

## Alaska National Guard donates historical armory to community of Gambell

**1st Lt. Balinda O'Neal Dresel**  
Joint Force Headquarters

The Alaska Army National Guard Divestiture Program handed over its 37th site, a Federal Scout Readiness Center built during the Cold War, to Gambell's Sivuqaq Incorporated in May.

The St. Lawrence Island community will continue to use the building as the Native Village of Gambell Office and headquarters for their search and rescue operations, but now the building belongs to them.

"The building is older than me," said Kristi Apanaglook, tribal coordinator for the Native Village of Gambell, who mentioned the possibilities of now being able to paint and spruce up the building.

"It's hard to get office space in rural Alaska," said Apanaglook, who explained that the building is a place

where community members can get things like information on summer community events. "Several programs are run in the armory, we hold our tribal council meetings and other gatherings here."

The divestiture of armories began in 2011 due to federal regulation dictating disposal of government property when it is in excess of government needs.

Rural communities who have received divested armories have turned the buildings into public infrastructure for safety and emergency operations, community centers, classrooms and other utilization options that benefit local Alaskans.

"Over the years, and prior to divestiture, many of these sites were and continue to be U.S. Post Offices, health clinics, Boys and Girls Clubs, and most

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A former Federal Scout Readiness Center, built during the Cold War, resides in Gambell, Alaska, Aug. 5, 2020. The Alaska Army National Guard Divestiture Program donated the building to Sivuqaq Incorporated May 17, 2021, where the St. Lawrence Island community will continue using it as a search and rescue operations headquarters. (Courtesy photo)

## Land acknowledgement sign unveiled



A land acknowledgement sign that will be installed at three installation access points were unveiled at the Ladd Army Airfield parade grounds June 13. The signs recognize the original stewards of this territory – the Chena band of the Tanana Athabascan people. An initiative supported by the U.S. Army Garrison Alaska, Fort Wainwright command, the signage and language were consulted over the last four months with tribes of Interior Alaska. Tribal governments conferred with University of Alaska Fairbanks-affiliated linguists regarding the language and wording to be used. The tribes contributed to the messaging and the final design. It is hoped that these indigenous land acknowledgements will help those who live and work at Fort Wainwright reframe the way they view the land, its resources and the history of Fort Wainwright. Col. Christopher Ruga, USAG Alaska commander (left) stands with Donald Charlie (right) of the Nenana Native Association as he spoke to those attending the unveiling ceremony. (Photo by Brian Schlumbohm, USAG Alaska, Fort Wainwright Public Affairs)

## Corps welcomes new contracting chief

Tracy Wickham assumed duties as chief of the contracting division for the U.S. Army Corps of Engineers – Alaska District in May.

In his new position, he is responsible for the planning and execution of the USACE contracting mission in Alaska. In a typical year, this workload involves about \$400 million in new contract awards, \$1 billion in ongoing construction, engineering and service contracts; and another \$1 billion in planning contracts to support the organization's

military, civil works and environmental programs.

Prior to his arrival in Alaska, Wickham held multiple USACE assignments in the U.S. and overseas. He served as chief of the contracting division for the Portland District from May 2015 until May 2021. From 2012 to 2015, he was chief of the construction branch for the Middle East District in Winchester, Virginia. On two separate stints, Wickham worked as chief of the construction and architectural/engineering branch

for the Walla Walla District from 2010 to 2012 and 2005 to 2007. Between these jobs, he served as branch chief for the direct contracting section at the Europe District in Wiesbaden, Germany, and also served a six-month tour of duty as the Gulf Region Central District's chief of contracting in Baghdad, Iraq, from December 2008 until May 2009.

Before his assignments with USACE, Wickham served for 20 years in the

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## Chena project's Moose Creek Landing Recreation Area closed for construction

**John Budnik**  
U.S. Army Corps of Engineers – Alaska District

The Moose Creek Landing Recreation Area will be closed from July 10 to August 10 for construction.

The Chena River Lakes Flood Control Project staff will be placing rip rap along a groin near the south side of the floodway to reduce erosion from the Tanana River. This breakwater is one of 12 L-shaped rock structures throughout the 22 miles of the Tanana Levee that helps prevent the river from encroaching on the Chena flood control project and other surrounding areas.

This closure will help ensure public safety throughout the duration of the project as large stockpiles of material are hauled and placed.

For more information, contact Justin Kerwin, senior park ranger at the Chena River Lakes Flood Control Project, at 907-488-5404.

### WEEKEND WEATHER

Friday



Mostly sunny. High: 80F.

Saturday



Mostly sunny. High: 78F.

Sunday



Mostly sunny. High: 80F.

### IN BRIEF

China, Russia and the United States are all on the African continent, each with their own interests. But while the commander of U.S. Africa Command said the U.S. would not ask African nations to choose between the U.S. and other countries as a partner, he did say they should pay close attention to what partnering will actually mean.

Read more on page 5.



# Nutrition Corner: Nutrition 101

**Myth Busters** – Does eating late at night contribute to weight gain?  
Eating late at night does not necessarily contribute to weight gain, it depends on the person and their schedule. It is not the late night eating alone that makes it difficult to lose weight; it is the extra calories the midnight munchies present.  
Some people find it useful to have a cut off time for their evening snacks so if

it is helpful for you to turn off your snack attack then go for it – but follow these guidelines.  
Don't set your cut off time too early. You want to be sure to leave time in your evening to have a balanced dinner every night and a small early evening snack if you tend to eat an early dinner. For example, if your cut off time is at 6 p.m. and you eat dinner at 5 p.m., you risk going to bed hungry

or waking up in the middle of the night hungry. Being overly restrictive can lead to binge eating, which is detrimental to weight loss efforts. If you make your cut off time a little bit later, there is time to incorporate a calorie-controlled, balanced snack that will prevent you from going hungry. If you eat dinner later in the evening, than there is really no need to have a snack.  
Remember, weight man-

agement boils down to overall caloric balance. As long as your evening snack does not turn into mindless over-eating, it is okay to have a small, balanced snack. Aim for something with fiber, a little carbohydrate and protein – like a container of reduced fat yogurt or piece of fruit with one tablespoon of peanut butter.  
**Recipe Spotlight:**  
Fruit skewers with dip

**Ingredients:**  
strawberries  
pineapple  
1 cup low fat sour cream  
1 tablespoon lime juice  
2 tablespoons of brown sugar  
Cinnamon sugar  
**Preparation:** Thread fruit onto skewers. Combine all other ingredients for the dip. Garnish with cinnamon sugar.

## History Snapshot: WACs enjoy summertime sled ride, 1945



The 1466th Air Base Unit Squadron W of the Women's Army Corps was established at Ladd Field in April, 1945. Although these personnel only remained here until December of that year, they enjoyed several seasons of what Alaska had to offer. Several photographs of WAC personnel visiting the installation dog kennels are in the Fort Wainwright collections. The kennels existed to support sled dog teams that could be utilized in backcountry search and rescue efforts. On this occasion in July, several WACs enjoyed a wheeled sled ride with some eager Alaskan sled dogs.

## MEDDAC Minute

**Important Phone Numbers**  
**Emergency:** 911  
**24 Hour Nurse Advice Line:** 1-800-874-2273 Opt. 1  
**Appointment Line:** 361-4000  
**Behavioral Health:** 361-6059  
**Benefits Advisor:** 361-6829  
**Immunizations:** 361-5456  
**Information Desk:** 361-5172  
**Patient Advocate:** 361-5291  
**Pharmacy Refills:** 361-5803  
**MEDDAC-AK Website:** [www.bassett-wainwright.tricare.mil](http://www.bassett-wainwright.tricare.mil)  
**MHS Patient Portal:** <https://myaccess.dmdc.osd.mil/>  
**Health Net:** [www.tricare-west.com](http://www.tricare-west.com), 1-844-8676-9378  
**Doctor on demand**  
Virtual appointments are even easier

now with the addition of dr+ on demand! Family members and retirees enrolled in TRICARE may use the 24/7 virtual urgent care without a referral. Register at [www.doctorondemand.com/hnfs](http://www.doctorondemand.com/hnfs) and then download the app for instant access to board-certified doctors throughout the country.  
**School/sports physicals**  
Beat the back to school rush by scheduling a school/sports physical for your youth three to 18 years old on July 22 from 4:30 to 6:30 p.m. by calling 907-361-4000.  
**Health coaching**  
The Fort Wainwright Army Wellness Center offers health coaching sessions for TRICARE beneficia-

ries and DOD civilians. Work on health and wellness goals during over the phone appointments by calling 907-361-2234.  
**Appointments from home**  
In partnership with TRICARE, PM Pediatrics is offering virtual appointments for TRICARE beneficiaries from birth through 26 years old. Visit with a pediatrician using your smart phone, table or computer from anywhere. Common illnesses that can be treated are sprains and strains, respiratory infections, coughs, skin rashes, sinus infections and pink eye. Get started by downloading the PMP Anywhere app or by visiting [pmpediatricsanywhere.com](http://pmpediatricsanywhere.com).  
**Over the counter medications**

Bassett Army Community Hospital Pharmacy offers beneficiaries the ability to receive free over the counter medications. Items such as

fever/pain reducers, antibiotic cream, cold and allergy remedies, lice treatment and vitamin D are available. Medicines are subject to availabil-

ity and families are restricted to a maximum of four items per week. A full list of medications is available at the pharmacy.

# ALASKA POST

## The Interior Military News Connection

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# The Chaplain’s Corner

## Compound interest

**Chaplain (Capt.) Joshua J. Barney**  
2nd Battalion, 8th Field Artillery Regiment

In the world of finance there is a concept called “compound interest.” Wikipedia defines this as “the addition of interest to the principal sum of a loan or deposit, or in other words, interest on interest. It is the result of reinvesting interest, rather than paying it out, so that interest in the next period is then earned on the principal sum plus previously accumulated interest.

Compound interest is standard in finance and economics.” This idea is powerful. For example let’s say you are 25 and want to retire at age 60. You have put away \$500 a month over the next 35 years. You save \$150,000. Now with compound interest at 10 percent instead of \$150,000 you have \$1,626,146.21. So why the big difference? Because the secret behind this is investing and reinvesting the gains on what you have. You earn on not just what you put in but also on what you

gain. Interest on the interest. Now at this point you may be asking what does this have to do with spiritual readiness or faith. Simply put, the concept of compound interest applies to not only financial investments but to all investments. The more you invest in your family the more you will receive returns on your relationship with them. And just like compound interest you get more out of it years down the road than you put in. This applies to anything in life.

Be it the gym, your relationships, or your work. If you want to be a millionaire when you retire, invest now. If you want to have a beach body, start working out now. If you want good relationships with your family, spend time with them now. If you want to be more spiritual, invest that time now. Compound interest starts small and snowballs over time until it’s very hard to change. The people and things you invest in now, while it may seem small, add up over time and create lasting bonds or failed relationships and regrets. I challenge you today to look at what is important to you



and invest in it. Get your life working for you. Spend your time in such a way that when your life is done you can look back and say that you ended up

where you wanted to go, with the relationships you wanted. “For where your treasure is, there your heart will be also.” Matthew 7:21

# ARMORY

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recently, isolation and care facilities for COVID 19,” said Kevin Vakalis, a realty officer with the Department of Military and Veterans Affairs Facility Maintenance Office who has been working with the divestiture program since 2018.

According to Vakalis, the present-day sites are functioning far differently from their original purpose of providing early warning measures and strategic defense during World War II and the Cold War in Alaska.

During World War II, thousands of Alaska Natives, known as Eskimo Scouts, volunteered to serve as sentries – conducting patrols and constantly observing the Bering Sea coastline to provide early warning in case of Japanese invasion – in the Alaska Territorial Guard. The one of a kind, highly specialized, small-unit organization was a U.S. Army reserve force that was formed in 1942 and operated for five years.

After the ATG disbanded, many of its former members continued to serve in the Alaska Army National Guard’s Scout Battalions of the 297th Infantry (Alaska Scouts) providing vital strategic purpose defending the western coast throughout the Cold War.

“The Scouts were men and women who used centuries-old Arctic skills to spot probing Soviets,” explained Tom Wolforth, a cultural resources manager for the DMVA. “Their place in the U.S. military was so valuable and respected that they sometimes trained the Army’s elite special operations forces sent up from the

Lower 48.” Continued growth of the Scouts prompted construction for Federal Scout Readiness Centers. These 20-by-60-foot modest metal buildings were built between 1950 and 1961 and similar 30-by-40-foot buildings were constructed in the early 1970s to handle the expanding Guard presence in many villages.

“There were Federal Scout Readiness Centers scattered across Alaska serving as the “Ice Curtain” to combat the “Iron Curtain,” said Vakalis citing a Cold War term describing the political boundary that isolated the then-Soviet Union from the West. “The Scout Battalions were one of the United States’ first line of defense against Soviet aggression, and the armories were used as mobilization centers for state and federal activation of troops.”

Half a century later, many of the FSRCs were in preservation-maintenance status – not staffed, and kept with minimum sustainment necessary to preclude safety hazards. With improved technologies, new weapons systems replacing obsolete systems, cost reduction goals and changes in Alaska National Guard strategy, these historic buildings were left without state or federal military missions.

“These remote locations became phased out due to their cost versus force structure gains,” explained Vakalis. “This, along with stationing reassignments to strengthen the force while promoting strategic efficiencies, was the catalyst to the disposal program’s initiation.”

“While the divestitures save the Department of Military and Veterans Affairs funding, the main interest of the program is to get these facilities into the hands of communities who can use them as quickly as possible,” said Maj. Gen. Torrence Saxe, the AKNG’s Adjutant General and DMVA commissioner. “Leaders within the communities are most familiar with the needs of the community and how best the facilities may be used now and in the future.”

Saxe said that while a National Guard presence in rural Alaska areas has decreased over the last few decades, the organization has a renewed focus on rural operations and expanding its presence in strategic locations across Alaska.

“We want to continue our rich history of rural Alaska membership within our ranks,” explained Saxe. “Guardsmen from throughout Alaska are a crucial part of who we are as a team, allowing our Hometown Army and Air Force service members to return home and serve locally after they complete military training.”

To meet current mission needs, facilities and properties in 18 locations will remain operational, including: Anchorage, Bethel, Fairbanks, Hooper Bay, Juneau, Kenai, Ketchikan, Kipnuk, Klawock, Kodiak, Kotzebue, Kwethluk, Nome, Quihagak, Sitka, Utqiagvik, Valdez and Wasilla.

Vakalis said that 39 out of 79 sites remain to be divested, and are in various stages of the federal disposal process.

“This process can take

from one to many years depending on land title and contamination cleanup issues. Each site is unique and individualized,” explained Vakalis. “The DMVA, along with the U.S. Army

Corps of Engineers, U.S. Fish and Wildlife Services, Bureau of Land Management, and General Services Administration continue to move the process along to ensure the ultimate goal of continued use to benefit the local communities.”

While these once bustling armories are being divested, Wolforth pointed out the importance of the historic preservation that is taking place as part of the divestiture program.

“We are creating a historic context book and recently finished an interpretive poster illustrating the history of the Alaska Army National Guard in rural Alaska communities focusing on the role of the Guard and armories in village life,” explained Wolforth. “These publications will help share the unique and substantial history that took place in these buildings residing in the heart of many villages.”

Wolforth is hopeful that the poster and context book will help share the buildings’ stories with a larger audience, as the majority of the structures are off the road system in inaccessible, remote and isolated locations.

“There are numerous people that have been involved in this program from its inception and it has been the culmination of the hard work from all that has led to the program’s success,” said Vakalis.

## Worship Services on Fort Wainwright

**Good Shepherd Catholic Community**  
Mass: Sundays, 9 a.m., SLC  
Holy Hour Adoration: Thursdays, 6 p.m., SLC  
Catholic Women of the Chapel: Wednesdays, 9 a.m., SLC

**St. George Anglican Parish**  
Holy Communion: Sundays, 11 a.m., SLC  
Mid-Week Holy Communion: Wednesdays, noon, BACH

**Cornerstone Protestant Community**  
Worship Service: Sundays, 11 a.m., NLC  
Protestant Women of the Chapel, Wednesdays, 6 p.m., NLC  
Cornerstone Youth, Sundays, 1 p.m., NLC

**Congregación Protestante Piedra Angular**  
Servicio de adoración: Domingos, 1 p.m., SLC  
Northern Lights Chapel Nov. 22, 2020

**Fort Wainwright Religious Support Office, 353-6112**  
1051 Gaffney, Unit 10  
Southern Lights Chapel (SLC), 8th St & Neely Rd.  
Northern Lights Chapel (NLC), Luzon & Rhineland Avenues



# ARMY PCS MOVE

Here are some tips for the 2021 Permanent Change of Station (PCS) season



The Army PCS Move App, now available for iOS and Android.



The Army PCS Move App provides access to an organized central hub of information. Download the app today and / or call the Army PCS Help Desk at 1-800-521-9959.



Army wrestlers have bigger goals after qualifying for Tokyo Olympics

Joseph Lacdan  
Army News Service

Spenser Mango had battled against Ildar Hafizov’s strength before. Eleven years ago at the Dave Schultz Memorial International event in Colorado Springs, Mango took on Hafizov, then representing Uzbekistan and learned firsthand of the Uzbek’s relentless tenacity.

“I realized, wow, this guy’s really tough,” said Mango, now a staff sergeant and Hafizov’s wrestling coach with the Army’s World Class Athlete Program.

Mango found himself in another difficult position during April’s U.S. Olympic Team Trials as Hafizov faced Mango’s younger brother, Ryan, in an Olympic qualifying match in the Greco-Roman 60 kg weight class at Fort Worth, Texas.

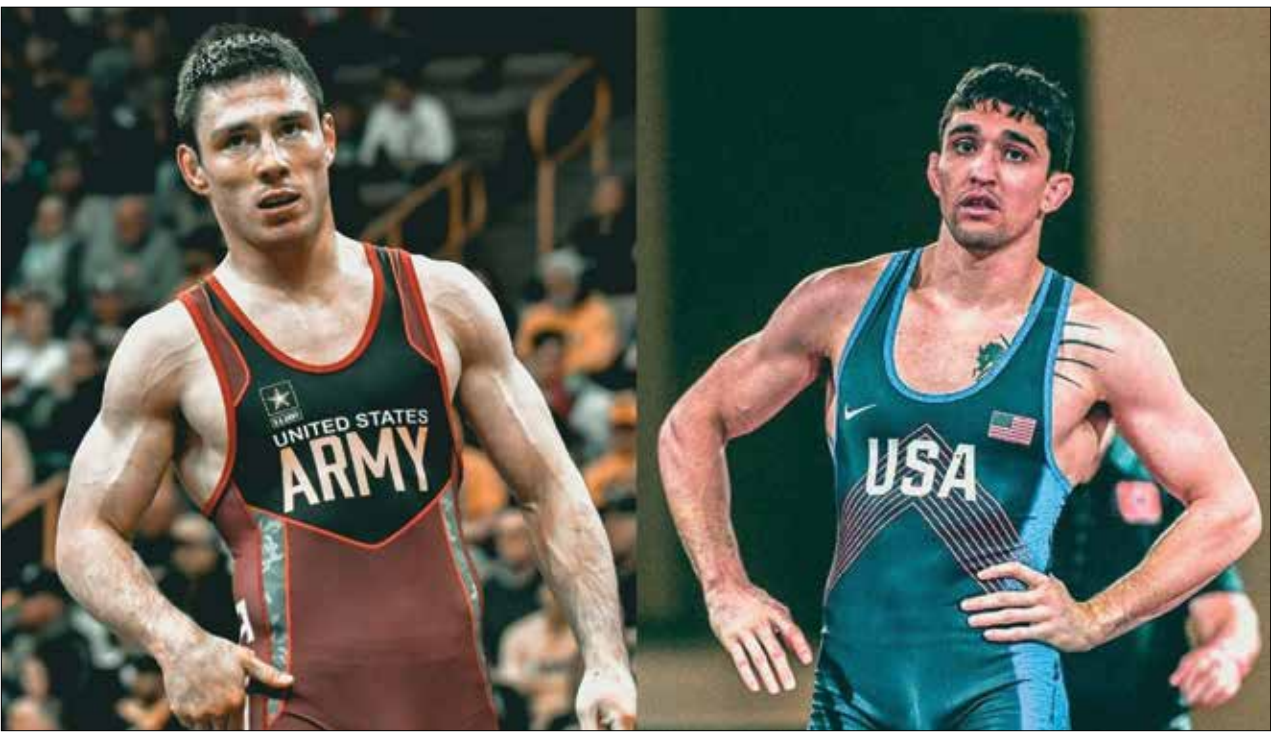
The winner would realize an Olympic dream. For Hafizov, a sergeant in WCAP, it would be a return to the Games but as a member of the U.S. national team and WCAP after competing for Uzbekistan in the 2008 Games. For Ryan, it would be a chance to follow in the footsteps of Spenser, a two-time Olympian.

However, Ryan entered the match while still recovering from an injury and Hafizov overwhelmed him. After winning the first match 7-0 and just seconds into the second bout, Hafizov quickly executed a takedown of Ryan, also a sergeant with WCAP, and followed up with a throw to secure the 8-0 victory by technical fall.

Although the triumph marked a significant milestone for Hafizov, who would return to the Olympics after 13 years, the win held even greater significance for him after emigrating to the U.S. more than seven years ago.

“It’s a moment of joy -- pride and joy,” Hafizov said earlier this month. “So now I can give back to the U.S. They have given me opportunities to wrestle and represent the Army and represent the United States. I am happy to give back.”

Hafizov and Spc. Alejandro Sancho will represent the U.S. and



Sgt. Ildar Hafizov, left, and Spc. Alejandro Sancho will represent the United States and the Army's World Class Athlete Program at the Summer Olympics in Tokyo. (Courtesy photos)

WCAP at the Olympics in Tokyo in late July. Sancho qualified after defeating fellow WCAP member Sgt. Ellis Coleman at 67 kg.

Hafizov’s venture into the sport began at age 6 when a friend of Hafizov’s father spotted him playing outside his family’s home in Tashkent and took him to a youth wrestling practice. Born in the former Soviet Union, a hard work ethic had been bred into Hafizov at an early age. His father, Hafizov Shavkat, had competed for the USSR in wrestling at the junior levels.

The younger Hafizov, now 33, eventually became one of the central Asian nation’s top competitors at featherweight. After qualifying for the 2008 Beijing Games, he earned a silver medal at the 2011 Asian Wrestling Championships.

However, Hafizov had suffered a worsening injury to his left ACL and eventually had to undergo surgery, sidelining him from competing at the 2012 Games in London.

With a wife and young daughter, Hafizov wanted a better life for his family. Wages in Uzbekistan remain low, causing many to flee the country or become migrant workers to seek additional income. At the time, Hafizov had been working as a youth wrestling coach.

So Hafizov and his wife, Dina, entered their names in the immigration lottery several times to find better opportunities in the U.S. before finally securing immigration

in 2014. And that meant he had to put his wrestling career on hold.

Hafizov reignited his desire to compete in 2015 when he learned of the Army’s WCAP program, a chance to continue wrestling at the highest levels full time while earning a sustainable income for his family.

In his second year with the WCAP program, Hafizov quickly rose through ranks, becoming the top-ranked competitor in the 59 kg weight class in 2016. Although standing only 5 feet, 2 inches tall, Hafizov possesses a wide repertoire of skills, able to manufacture a hold or a throw even when the odds have stacked against him, Mango said.

“He’s just a technician,” Mango said. “He’s good from every position, very knowledgeable with the sport. You can name any move, and Ildar can hit it.”

Hafizov fell short of reaching the Olympics in 2016 when he lost to eventual qualifier Jesse Thielke in straight matches in the finals of the Olympic trials. Hafizov went on to earn a bronze medal at the 2019 Pan-American Games and also won a silver medal at the U.S. National Championships while qualifying for World Teams in 2017 and 2019.

At an Olympic regional qualifying tournament in Ottawa, Canada, in March 2020, Hafizov took the first step in his return to the Olympic stage by mounting a come-from-behind victory

over the two-time Pan Am Games champion and 2016 Olympian Andres Montano-Arroyo of Ecuador, earning Hafizov an automatic bye to the final round of April’s Olympic trials.

Hafizov had to wait a year to fully qualify for the Olympics due to the pandemic. Now the father of two hopes to not only give back to his adoptive country, but accomplish what he could not in 2008: medal at the Olympics.

Finally a top dog

After an emotional battle with one of his WCAP squad mates, Alejandro Sancho looked upward and clenched his fists. He let out an exuberant scream as he turned to his family and friends in attendance at Fort Worth’s Dickies Arena in April.

Since joining the USA Wrestling program as a student at Northern Michigan University, Sancho had been ranked as high as No. 2 or No. 3 nationally at the 67 kg Greco-Roman weight class but failed to qualify for the 2016 Olympics in Rio de Janeiro.

He also spent four months recovering from an injured pectoral tendon before his

triumph in Texas.

“It’s every kid’s dream to make the Olympic team,” said Sancho, 27. “I’ve always had that ambition since I was a child. It just made it so much more sweet. And having my family there was so emotional. They knew ... how much work I put into making this team.”

In April, Sancho had faced 2016 Olympic qualifier Coleman, to whom Sancho had previously lost to at the World Team trials and other tournaments. This time, Sancho came out the aggressor, winning the best-of-three series, 2-0 and 3-1. Coleman had qualified for the previous four world teams and entered the match as the favorite, although Sancho came in as the No. 2 ranked competitor.

Coleman, a veteran who won the U.S. Open five times, typically controls matches from the standing position, but during the Olympic trials final, Sancho took charge.

“He put the perfect match together and perfect series ... and he did everything exactly how he was supposed to,” Mango said. “I think some people were a little surprised.”

It had been an un-

likely journey for Sancho, who entered the sport at an older age. Born to Cuban immigrants, he grew up in a southern Miami neighborhood. Sancho initially followed in the footsteps of his stepfather, Fernando Hernandez, who practiced judo in the Santo Suarez neighborhood of Havana. Sancho practiced the combative sport until he reached high school. And then he had hopes of one day making his high school’s varsity basketball squad while playing hoops as an undersized freshman.

“Then I realized I wasn’t going to make the NBA,” he said.

Fortunately for Sancho he had years of judo training as a youth under his belt and a coach convinced him to try out for the school’s wrestling team. Because he had strong hips and had learned basic fundamentals from martial arts, Sancho adapted to wrestling quickly. After falling short of qualifying for the state tournament as a freshman, Sancho became one of Florida’s top wrestlers, placing 4th in his weight class at state as a senior.

“I wasn’t the most athletic. I wasn’t the best wrestler out there,” Sancho said. “But I always had that work ethic, that dedication to the sport.”

He showcased enough potential to earn a scholarship to Northern Michigan University, which hosted the country’s only resident Olympic Greco-Roman wrestling program.

Competing against the nation’s best grapplers, combined with a more disciplined training regimen elevated Sancho’s skills to new levels, Mango said.

But with the success came bitter disappointment. Despite consistently being recognized as one of the elite wrestler at

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CHIEF


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Army and retired at the rank of lieutenant colonel in 2005. His final 11 years on active duty were with the acquisition corps where he served in a variety of contracting positions in both

Army and joint commands.

Wickham earned a bachelor’s degree from the University of Northern Iowa and holds a Master of Business Administration from Babson

College in Massachusetts. He is originally from Iowa and has been married to his wife, Emily, for more than 32 years. They have three grown children, Jennifer, Nathan and Matthew.



### Fort Wainwright School Liaison Officer's Family Readiness Workshops

Workshops are open to the whole Fort Wainwright Community

#### Kindergarten Readiness Workshop

for Families of Incoming Kindergartners

**Wednesday, July 21, 7 - 8 p.m.**  
**School Age Center, 4166 Neely Road**

1. Discuss importance of your child being ready for kindergarten
2. Learn the eligibility requirements for kindergarten and how MiCS can help
3. Identify ways to know if your child is ready to start school
4. Develop ways parents can help a child be successful in kindergarten
5. Describe how to prepare for the first day of kindergarten

\*Registration Deadline: July 16

\*\*Families currently enrolled in CYS with children transitioning to Kindergarten, please attend this workshop to officially register your child for School Age Center.\*\*

#### Applying to College Workshop



for Families of Students Applying to College

**Wednesday, July 28, 7 - 8 p.m.**  
**School Age Center, 4166 Neely Road**

1. Identify college choices and how to narrow them down
2. Discuss college application options
3. Share details on the college application process

\*Registration Deadline: July 23

**PRE-REGISTRATION REQUIRED & SPOTS ARE LIMITED!**  
Register by calling (907) 353-7713



**Have questions for the School Liaison Officer?**  
(907) 361-9897  
wainwright.armymwr.com



July 16, 2021

# Leaders committed to transparency with African partners

C. Todd Lopez  
DOD News

China, Russia and the United States are all on the African continent, each with their own interests. But while the commander of U.S. Africa Command said the U.S. would not ask African nations to choose between the U.S. and other countries as a partner, he did say they should pay close attention to what partnering will actually mean.

"Both China and Russia are ... competing fiercely in Africa," said Army Gen. Stephen J. Townsend during an online discussion Tuesday with the Center for Strategic and International Studies. "I think the Russian's competition there is very self-interested and exploitative. I don't believe either one of these actors are really there to help Africa in the long run. But in Russia's case, I think they're there to exploit the continent for their own gain."

Some Russian-based mercenary groups operating in Africa, for instance, are suspected of committing atrocities in the Central African Republic, Townsend said.

"We have pointed out the actions of [The Wagner Group] in Libya just a few months ago," Townsend said. "I don't think these actors are helping Africans, that's what I believe."

China has done much investment in Africa on infrastructure. Townsend said while the U.S. is not going to compete with Chinese investment in infrastructure, it does

have its own benefits to offer.

What the U.S. does offer, he said, is always tied with democratic values and transparency — just like what is offered by the European Union.

"That's what we bring," he said. "We play with our cards facing out, as the saying goes. And we offer our skills. And I think that's an attractive proposition for most of our African partners."

Townsend said that while the U.S. doesn't ask African nations to choose between it and China, for instance, he does offer caution about what's being offered and what the terms are.

"I think that these countries ought to just go into these relationships with their eyes wide open," he said. "I don't think Russia is out for the best interests of Africa and probably in the long term, neither is China. But China is bringing a lot of investment to the continent and I would just urge our African partners: try to take advantage of that without getting taken advantage of."

**Combined African Exercises**

Last year's exercise Flintlock 2020 was held across multiple locations in Mauritania and Senegal, and involved more than 1,600 service members from 30 African and Western nations. It's an example of successful partnerships in Africa, Townsend said.

"Flintlock 2020 was a fantastic exercise," he said. "Our view of these exercises is it's ...

See AFRICA on page 7



U.S. Army Sgt. 1st Class Ben Simon assigned to Headquarters and Headquarters Company, 1st Battalion, 102nd Infantry, 86th Infantry Brigade Combat Team in support of Combined Joint Task Force-Horn of Africa, instructs during a dry-fire exercise at Tondibiah, Niger, May 25, 2021. Soldiers plan to take the skills they learned and train current and future Nigerien forces on the U.S. M224 60MM Mortar System. (Photo by Sgt. Brandon Julson)

# WRESTLE Continued from page 4

his weight class, Sancho fell short of his ultimate goal: the Olympic Games. He finished third at 66 kg in the 2016 U.S. Olympic Trials as a member of the New York Athletic Club.

After graduating from Northern Michigan, Sancho considered leaving the

sport to pursue a career in law enforcement. Then Sancho joined the Army and WCAP in 2018 and his skill level reached a new plateau. He worked harder on his wrestling technique and paid closer attention to his diet and training.

"When I first saw him, I immediately recognized how gifted he was," Mango said. "He works hard at it. And he's definitely a student of the game."

Sancho has consistently finished as No. 2 or No. 3 at the U.S. World Team Trials and U.S. Open in

the 66 kg class. He finished as the runner up at the 2017 World Trials. His victory in April marked nearly 10 years of effort at the national levels to finally breakthrough on the Olympic stage.

With his recent triumph, Sancho has his

sights set on doing more than simply qualifying for Tokyo.

"I'm representing the two best teams in the world: Team USA and team Army. So it's a great honor and I'll take that responsibility," he said. "I definitely want to win the





# COMMUNITY CALENDAR

## Fort Wainwright Family & MWR

### Weekly Events

July 17 - 24

17

**CrafterNoons**  
July 17  
11:30 a.m. - 1:30 p.m.

Every Saturday, head to the Post Library, work on your crafts, and meet others in the Fort Wainwright Community.

Post Library, Bldg 3700  
Call 353-2642

19

**Youth Center: STEM Camp**  
July 19 - 21  
10 a.m. - Noon

Youth in grades 6 - 12 are invited to our Summer Programming! STEM Camp includes: Egg Drop Challenge, Balloon Car, Architecture Building, Marble Maze, Ice Cream in a Bag, and Lemon Volcano! Cost: \$40 per Youth.

Warrior Zone, Bldg 3705  
Call 353-1087, reservations strongly encouraged

21

**Grow & Giggle**  
July 21  
9:30 - 11:30 a.m.

Join Grow and Giggle for a different craft and story every week! This program is designed for children ages 0-5 years old to increase motor skills, socialization skills, and more.

Army Community Service, Bldg 1044  
Call 353-4227

21

**Kindergarten Readiness Workshop**  
July 21  
7 - 8 p.m.

Join the School Liaison Officer for a Readiness Workshop geared towards helping families with incoming Kindergartners. Open to all Fort Wainwright families.

School Age Center, Bldg 4166  
Call 353-7713, registration required

23

**Applying to College Workshop**  
Registration deadline: July 23  
Event details: July 28, 7 - 8 p.m.

The School Liaison Officer will assist families in understanding what to expect with Navigating the Process of Applying to College.

School Age Center, Bldg 4166  
Call 353-7713, registration required



**HIRING FAIR**  
Wednesday, July 21, 12 - 4 p.m.  
At Bldg. 1045 Gaffney Road  
Murphy Hall Conference room

**JOB OPPORTUNITIES IN THE FIELD OF:**

- Child and Youth Program Assistant
- Cook (CYS) • Custodial Worker (CYS)
- Laborer • Maintenance Worker
- Recreation Assistant (Lifeguard/Pool Operator)
- Recreation Assistant (Physical Fitness) and more...

Apply at [USAJobs.gov](https://usajobs.gov) anytime!  
Keywords: "NAF" - Location: "Fort Wainwright"

**DRESS FOR SUCCESS!**  
Bring your...

- Resume
- High School Diploma and/or Transcripts
- PCS Orders
- DD-214
- Other supporting Documents

**NON-DOD POST ACCESS:**  
Contact NAF HR Office via e-mail at:  
[usarmy.wainwright.chra-west.mbx.naf@mail.mil](mailto:usarmy.wainwright.chra-west.mbx.naf@mail.mil)  
By July 12 to get post access

**FOR MORE INFORMATION:**  
Visit: [wainwright.armymwr.com](https://wainwright.armymwr.com)

NAF Human Resources Office  
Murphy Hall, 1045 Gaffney Road (907) 253-5408  
[www.wainwright.armymwr.com](https://www.wainwright.armymwr.com)  
@WainwrightMWR #WainwrightMWR



Reservations start July 24 at 10 a.m. for the Mike Super: Illusionist Show at Last Frontier! Show times are 5 & 7 p.m. on August 7. Find more information at [wainwright.armymwr.com](https://wainwright.armymwr.com).

@WainwrightMWR #WainwrightMWR



**Need advice  
for your PCS move**

Local transportation offices are ready to help.  
Find the telephone number  
for the closest transportation office at the  
Official DOD Customer Moving Portal: <https://move.mil/customer-service>,  
or call the Army PCS Help Desk at 1-800-521-9959.



# Army Gunsmoke satellites successfully deploy from Mojave Desert, International Space Station

Jason Cutshaw  
USASMDC

The U.S. Army Space and Missile Defense Command delivers Army space assets on orbit by any means necessary to test new capabilities for the warfighter. The command’s first and third Gun-smoke-J satellites, a joint capability technology demonstration by the USASMDC Technical Center and Assured Position Navigation and Timing/Space Cross Functional Team, were placed into orbit, June 30, by two very different paths. The first CubeSat was deployed from the Cygnus cargo vessel S.S. Katherine Johnson as a secondary mission shortly after it undocked from the International Space Station. “We were very lucky to have this unique opportunity to place our satellite into orbit,



The International Space Station releases the Cygnus cargo vessel S.S. Katherine Johnson over southern Wyoming in the U.S. on June 30. As a secondary mission, the Cygnus cargo vessel deployed a U.S. Army Space and Missile Defense Command and Assured Position Navigation and Timing/Space Cross Functional Team Gunsmoke-J joint capability technology demonstration satellite. (NASA photo)

and we extend our gratitude to those involved for making this a reality,” said Rebecca Nagurney, Gunsmoke deputy program manager. “What this group and our Gunsmoke-J team has accomplished over the past few months is amazing and is a testament to what true teamwork can achieve.”

The third CubeSat was air-launched into orbit by a 747 carrier aircraft from Mojave Air and Space Port in Mojave, California. It was flown out to a launch site over the Pacific Ocean, about 50 miles south of the Channel Islands. After a smooth release from the aircraft, the LauncherOne rocket ignited and propelled itself toward space, ultimately deploying its payload into an orbit approximately 500 km above the Earth’s surface. “This deployment and same day launch of two separate Gun-smoke-J satellites is a major step toward demonstrating what we believe will be enabling tactical

warfighter capability,” said Wheeler “Chip” Hardy, division chief, USASMDC Technical Center Space Directorate’s Space Applications Division. “We are excited to be at this point after five years of development. This is the culmination of a lot of hard work by a lot of people to get to this point. We look forward to the verifying demonstrations and a possible future transition of the technology to the tactical forces.” The Gunsmoke-J science and technology effort will provide new and advanced capabilities to tactical warfighters in a satellite about the size of a loaf of bread. Its experiments will show how its sensors can provide critical data and information key in multi-domain operations. The effort will also help inform future acquisition decisions. “We are very excited because now we can begin our checkout and mission operations as our work is part of a science and technology demonstration effort,” Nagurney said. “If the Gunsmoke experiments are successful, then this work could lead to future systems, which would enhance long-range precision fires in support of the warfighter.” Gunsmoke and potential follow-on small satellite systems are designed to provide information or sufficient data relative to tactical decision-making that is delivered in a timely manner. “The team has worked extremely hard on this effort so it was thrilling to watch a successful launch,” Nagurney said. “It is very rewarding to work on a program like Gun-smoke where our work is going to impact future technology and Army acquisition decisions to help support the warfighter.”

# COVID-19 pandemic not over, concerns over delta variant growing

C. Todd Lopez  
DOD News

Nearly 68 percent of active duty personnel have been vaccinated against COVID-19 with at least one dose. But that still leaves many service members vulnerable to the delta variant of the virus, health officials at the Pentagon said. Due to the effectiveness of the Defense Department's ongoing vaccination program, COVID-19 case counts across the department are dropping and installation commanders have been reducing local health protection conditions, or HPCON levels, Dr. Terry Adirim, the acting assistant secretary of defense for health affairs,

said during a press briefing today at the Pentagon. "However, the delta variant poses a threat to that return to normal," Adirim said. "We are particularly concerned with the impact of the delta variant on our unvaccinated or partially vaccinated population, and its potential spread at installations that are located in parts of the country with low vaccination rates." According to the military health system, the delta variant of the COVID-19 virus is more transmittable, causes more severe disease, and results in higher cases of hospitalization and death than any other strain of the virus. "The pandemic is not over, and we are not done

with our all-out efforts to encourage vaccination." - Dr. Terry Adirim, acting assistant secretary of defense, Health Affairs The DOD has an active whole genome sequencing program in place to identify what strain of the virus is present in those who test positive for COVID-19, Adirim said. "We're closely watching our DOD case counts, positivity rates and the prevalence of the delta variant among all the other variants of concern," she said. "We anticipate that health protection conditions could change at some of our installations in the future based on outbreaks that result from the high transmutability of the delta variant."

The more virulent delta variant is spreading quickly through communities with lower vaccination rates, she said, and it is likely to become the predominant variant in the United States. "The delta variant poses a threat to our service members who are not fully vaccinated," Adirim said. "The best way to beat the delta variant is to be fully vaccinated." Studies have shown that one dose of a COVID-19 vaccine is only about 33 percent effective against the delta variant, while two doses are at least 88 percent effective, Adirim said. "We are investing great effort into ensuring our service members and other

beneficiaries get both doses," she said. "So the bottom line is: get vaccinated, they are safe and effective." Across the entire Defense Department, including military personnel, family members, civilians and contractors, there have been 303,000 cases of COVID-19 and 355 deaths related to the disease. Right now, there are about 21 individuals hospitalized for COVID-19 in DOD facilities, Army Lt. Gen. Ronald J. Place, director of Defense Health Agency, said. "This is a decline from a peak of 240 inpatients on January 8 of this year, essentially the lowest point we've had since the earliest days of the pandemic," Place said.

# AFRICA

Continued from page 5

one of the best ways to bring allies and partners together to work on common security objectives and to share knowledge and best practices." The Flintlock exercise is a Special Operations Command Africa led all-domain exercise meant to strengthen the ability of partner

nations to counter violent extremist organizations, protect borders and provide security to civilians. "I think these things are important because they allow us to share best practices and improve our interoperability," Townsend said. "If we are going to operate together

on the battlefield, we have to exercise so we know how ... each of our armies work." He said exercises like Flintlock allow partners to better understand each other's equipment, procedures and communications. "I think the exercises are very important and we seek, in U.S.

Africom, to continue our exercises not only in West Africa but across the continent on ... air, land and sea," Townsend said. Africom conducts six annual multinational exercises including Flintlock; Africa Lion and Justified Accord, both led by U.S. Army Southern

European Task Force Africa; and the Express Series consisting of Phoenix Express,

Cutlass Express and Obangame Express, all led by U.S. Naval Forces Africa Command.

CONTACT INFORMATION

North Haven Communities Maintenance  
(907) 356-7000  
<https://www.nhcalaska.com>

U.S. Army Garrison Alaska Directorate of Public Works (DPW), Environmental Division  
Front Desk  
(907) 361-9686

Water Program  
(907) 361-6220

Pest Management  
(907) 361-4539

24-Hour Spill Reporting Hotline  
(for spills outside of housing areas)  
(907) 482-7267

Household Hazardous Waste Program  
(907) 356-2023

Learn more about lawn care, gardening, composting, and invasive species in the Fairbanks area from the UAF Cooperative Extension:  
<https://uaf.edu/ces/garden/>

For more information, visit the Fort Wainwright Storm Water website:  
<https://home.army.mil/Alaska/index.php/Fort-Wainwright/Storm-Water>

From the U.S. Army Garrison Alaska Storm Water Program

HEALTHY YARDS & GARDENS

on Fort Wainwright