



# Deuce Four



Volume 2 Issue 8    1st Battalion 24th Infantry    Fort Wainwright, Alaska    August 2009

## *Notes From the Commander*

Dear Family and Friends of the Legion,

I am very happy to say that this will be our last issue of the FRG Newsletter from Iraq. Our TORCH Party has already arrived at Fort Wainwright and over the course of the next several weeks we will transition our mission in Iraq to another unit and begin redeployment operations. This is an exciting time for everyone, but it is important that we remain focused on this end so we finish operations in Iraq on a strong, positive note.

As we send our troops home, I encourage you all to receive them upon arrival at Fort Wainwright and let them know how welcome they are back home in Alaska. Your support throughout this deployment has been immeasurable and I cannot think of any one way to express my gratitude. I am proud to know our families have been as strong as our Soldiers and we are close to successfully completing the tour on both the home front and in Iraq.

Your Soldiers will be coming home for a three day pass after arriving. I encourage you to let them rest and stabilize themselves from their traveling. I want to emphasize family time for the Soldiers after our in-processing at Fort Wainwright; they have worked long days and deserve to be with their families as much as possible. The Rear Detachment Command and the FRG Chain of Concern will pass along firm times and dates for when your Soldier will be arriving in Alaska.

As an additional reminder, Redeployment Block Leave begins on 9 October through 2 November; all Soldiers are authorized to take this well deserved time. Also, the Battalion Redeployment Ball is scheduled for 13 November at the Westmark Hotel in Fairbanks; all of Deuce Four is encouraged to attend.

It is an honor for me to command this great Battalion.

**STRENGTH AND HONOR!**

LTC Brian Reed  
LTC, IN  
CDR, Deuce Four

## *A Thought from the Chaplain*

We are all getting ready to return to you and Fort Wainwright. As you can well imagine we want to get back there as soon as possible. From what I am hearing, you also want us back there as soon as possible. This month I am going to go through some of the issues you will both face upon redeployment and reunion. The truth is, adjusting to redeployment is just as tough as adjusting to your Soldier deploying in the first place.

Many problems come from “when” you are starting the reunion from. The basic problem boils down to this, you as the spouse are beginning the reunion from how things are NOW! Your Soldier does not know what changes have been made, so he is beginning his reunion from how things were before he left for Iraq. That means there is a 12 month difference in our expectations of where to begin putting the pieces back together. Your Soldier is expecting to return to September 2008 not September 2009.

So, what changes have been made over the past year? There are so many you probably do not even realize what all has changed. Add this together with your soldiers returning as school has just begun and you have a recipe for a lot of confusion and chaos. Yes, reunion will be stressful. Expect it. Anticipate it. This will make you more able to deal with the issues. Many feel that if there is stress at reunion then they are not doing a good job as a couple or a family. The truth is there will be stress because of how well you handled the deployment. The changes the family made and how each has grown as individuals is part of the reason for the stress. The returning Soldier –husband must catch up on 12 months of changes and do it quickly while life is swirling around him.

Life will be disrupted for a while. It will take at least six weeks for your Soldier to fully wind down from the deployment. Over time he will gradually relax and return to a pre-deployment way of doing things. At first he will be overwhelmed by the family. I recommend you ask him about the single Soldiers and send him off to check on them or send him off to run errands on his own the first couple of weeks just to give him time to regroup. Encouraging him to have 30-90 minutes away from the family every couple of days is a good idea. He will need to think over all that has happened and will probably need time alone to do this; I'm talking about a small amount of time not a whole day or weekend.

As he resumes talking with you face to face, please cut him a break because he will be out of practice talking to you, a woman. Men and women communicate differently. He will have reverted to a more simple form of man to man communication and it will take some adjustment to resume the nuances of husband - wife talking. He still loves you and is listening to you, but for the past year he has been able

to receive and give instruction for the next 24 hours of activity in 10 words or less. He is also out of practice talking to people who do not expect him to yell (and for some to cuss), gently remind him you are family and not Soldiers.

You may also find your children are out of sorts. Kids react to the stress of reunions differently. The younger ones may cry and be fussy. Eating and sleeping habits may be thrown off. This is normal as they come to grips with all the changes taking place. With the stress of school beginning and redeployment as well, expect your children to get sick. Their systems are run down from excitement of the new school year, stress from anticipation of the reunion followed by stress from the reunion itself and the whole range of emotions involved. All this will take its toll on the entire family; the bottom line is to expect the entire family to be experiencing challenging moments for awhile. This is normal, it doesn't mean your family is messed up or that you are a bad mom or a bad wife; it is a normal part of reunion.

Just so you know, I have told your husbands not to resume the role of disciplinarian until they are emotionally reconnected with their children, this will take a couple of weeks. It is important to work at reconnecting before disciplining kids because when they are emotionally connected, they are a loving parent correcting bad actions. As a disconnected parent, they are just bullies. I am leaving you in charge of making sure your husbands are doing okay. If you think your husband is having trouble, you are more than welcome to suggest he talk with me or whomever else you think may help him. The truth is, it is going to take about six weeks for him to return to normal, that is about 45 days. Still, if you feel he is having issues, please have him come see me. It is always better to address issues sooner rather than later.

You are probably a bit intimidated by now. Just remember patience, kindness and time; these are the miracle weapons in dealing with returning from war. Take things slowly, give each other the space needed, particularly at first. Your Soldier will also be concerned for his single friends and want to have them over for dinner. Do not be alarmed, he has just spent every day of the past year with this person and wants to make sure he is okay and show off his family, because he has been talking about and bragging on you during the entire deployment. For the record, I have two people who made me promise to have them over for dinner and I am not alone in this phenomenon. If we have not arrived when you read this, look for us to arrive soon. We miss you and want to see you as soon as we can. Enjoy your reunion and know people are there to help if things do not go smoothly.

Take Care and God Bless,

Brian Palmer  
Deuce-Four Battalion Chaplain



### MOVE TO FOB GRIZZLY

The month of July included the move from FOB Warhorse to FOB Grizzly. HHC, and most of the sections moved to prepare the incoming unit for success. The staff sections were established quickly and operating smoothly supporting the Battalion. The excitement of the upcoming redeployment was, and still is, high. Many of the Hammer Soldiers have remained busy with preparing equipment for the journey home. You would be surprised how much paperwork there is for this task. The Soldiers have settled into their new living quarters, improving them almost daily for the incoming unit.

This month brings us close to the end of an honorable tour. Each Soldier in HHC has contributed and sacrificed much in order to accomplish the Battalion mission. The families of the Soldiers have done no less, and for that I am immensely grateful. But our journey is not complete and I continue to ask for the support and determination of our Hammer families to finish strong. LTC Reed has given us a final piece of guidance regarding our tour and that is "Finish at a sprint." We will continue to strive daily to improve not only our respective areas of responsibility, but to ensure the incoming unit is that much closer to success.



### HHC Points of Contact

Company Commander:	CPT Mackey	<a href="mailto:matthew.mackey@us.army.mil">matthew.mackey@us.army.mil</a>
Company First Sergeant:	1SG Brooks	<a href="mailto:edwin.terrell.brooks@us.army.mil">edwin.terrell.brooks@us.army.mil</a>
FRG Leader:	Sarah Mackey	<a href="mailto:strwbryp@yahoo.com">strwbryp@yahoo.com</a>

## *Alpha Company ATTACK!*



Dear Family and Friends of Attack Company,

As we enter the final month of our deployment, it makes me really proud to look around the Company and see that there is no decrease in the men's dedication, concentration, and commitment to mission accomplishment. Your Soldiers are operating with every intention of, as the Battalion Commander is fond of saying, "crossing the finish line running." This is important in so many ways,



2LT Davis, CPT Jassim, Sheik Faruk, and Adam about to Give out humanitarian assistance to the people of Aswad on July 20<sup>th</sup>.

and is the mark of a truly great unit. For one thing, it is this attitude that prevents mistakes, either tactical or accidental, and keeps Soldiers from getting hurt, especially this late in the game when it would truly be a shame. For another, the morale and military bearing of the outgoing unit directly impacts that of the incoming unit, and we want to do everything we can to set the next unit up for success.

This has been a challenging and confusing month for the Company, as we all tried to find a way to continue with our mission amidst the restrictions enacted following June 30<sup>th</sup>, when the more stringent limitations of the Status of Forces Agreement went into effect. Through patience, professionalism, and persistence, the men of Attack Company have been

able to rebuild relationships with the Iraqi Security Forces and the local government which were severely damaged in the days immediately following June 30<sup>th</sup>. Through their actions, they were able to demonstrate to the Iraqis that we do respect their sovereignty, that we truly are here to support them and not the other way around, and that we are more than willing to let them take the lead on matters of security, governance, and essential services, but that we are also standing by, ready to assist in any way we can.

We also made some great progress this month on a project that, we think, will have an impact not just within our Company AO, but throughout the Diyala Province, and potentially across all of Iraq. For the past several months, we have been working with two Iraqi brothers named Wajdi and Hussayn. These two men are very knowledgeable about the poultry industry, and with their help, we have been able to identify the major inhibitors that have been holding back the area's once prosperous poultry industry. Together with



4th Platoon Soldiers prepare for a morning mission

these men, and with the help of several agencies within the Department of State, we have put together a plan to form a chicken farmers' cooperative that will make local farmers more

competitive with imported chickens by lowering the cost of feed grain by buying in bulk, increasing the number of chickens that actually make it to market by producing the necessary vaccines to protect the vulnerable chicken stock, and educating the poultry farmers in the region on the available biological defense measures they can use to increase their own productivity. For months, we have been navigating this project through the sea of red tape inherent in a project of this size and complexity, but finally, it is in its last phases of approval, and all indications say that the project will be a “go”.

This project has also opened the doors to execute a similar process (which we are already starting and hoping to hand over to the next unit) to revive the cattle and dairy industry in the area. The deciding factor for this project’s success, as with the poultry project, will be finding a few individuals with the knowledge, drive, and integrity that we found in Wajdi and Hussayn to see the project through.

While I was on leave, I talked to both Karen Lewis and Genevieve Barbour, and I told them that if they started getting bombarded by questions from the FRG members, to compile those questions, forward them to me, and I would answer them to the best of my ability. So far, I have to admit that I have been surprised at not being inundated by questions. I’m not sure if you’re just a much more patient group than I’ve dealt with in the past, or if it’s a sign of our shared experience from multiple deployments. However, I know that as we approach our return, this is likely to change, and that is all right. It’s natural for families of returning Soldiers to start getting antsy and want as many details as they can get so that they can plan for that long-anticipated reception and reunion. Many of these details I may not be able to provide to you, simply because of the fluid and tentative nature of a redeployment that is

inherently subject to change from various factors. However, as I said, please don’t be afraid to ask, and I will answer what I can.



3<sup>rd</sup> Platoon distributed cooking oil, flour, and sugar to the widows and poor families of Aswad on July 20<sup>th</sup>.

In the meantime, be assured that morale is high in the Company (it was especially high yesterday as we completed our first Customs inspection and began loading some of our equipment and baggage into containers to be shipped home...a long-awaited milestone in any deployment), and that your Soldiers continue to make a name for Attack Company and the Arctic Legion, as a whole, through their diligence and dedication. You all share in these glories, because we couldn’t do it without your support back home.

Very Respectfully and with Heartfelt Thanks,  
 CPT M. Scott Jones  
 Attack 6

### A CO Points of Contact

Company Commander:	CPT Jones	<a href="mailto:matthew.s.jones@us.army.mil">matthew.s.jones@us.army.mil</a>
Company First Sergeant:	1SG Long	<a href="mailto:sanford.e.long@us.army.mil">sanford.e.long@us.army.mil</a>
FRG Leader:	Karen Lewis	<a href="mailto:ACo124FRG@yahoo.com">ACo124FRG@yahoo.com</a>

# Bravo Company Barbarians

Barbarian Friends and Family,

We have finally entered our last month in Iraq. All of the Barbarians have moved up to FOB Grizzly, about 90km north of our previous position! As you can see, the terrain up here is very different – almost the exact mental picture of what you would think Iraq looks like. It is vast, hot, and empty desert.



The people that have chosen to live here are for the most part separated from the politics and government problems of the south. However, they are very much tied into a tribal system of life. They rely on the small Udaim River to sustain them and are in the fourth year of a bad drought. Since losing the support of the central government and the economic prosperity they have eked out through farming, Al Qaeda was able to move in and establish some roots. They took advantage of old tribal conflicts and began to use the old trade routes and personalities through the area as a means of pushing their agenda.

Now that the Al Qaeda has largely been defeated in this area, it falls to us to locate and destroy their weapons caches and former bases so that they cannot regenerate. Part of our mission, as it was in the south, will also be to start the rebuilding process with the help of the small local government located here. Their main issue is water, of course, but they are also very interested in building new schools for the children. One of the things Al Qaeda did here was to close down schools and frighten the teachers away, leaving the children vulnerable to their teachings. As we build new relationships here, we will start the ball rolling on some projects to help these people.

Much of what your soldiers have been doing this month was focused on learning the new area from top to bottom. They have traveled to nearly every village in a nearly 700km area, met with village Muhktars, Iraqi Army leaders, and the many people of the area. We are attempting to set our replacements up for success, so that when we hand the area over to them, they will already have projects on stand-by, a solid plan of action for the future,

and a massive amount of raw data and knowledge to help them move into their new area intelligently.

You soldiers have done a wonderful job this month, and this year. Many people wonder what we have done here and why we have had to spend so much time in Iraq away from home. The truth is that your husbands and sons have rebuilt a nation so that our Nation's enemies cannot use it a staging ground from which to attack our homeland. Their efforts have made the lives of the Iraqi people better and more secure; and through that effort, have made it impossible for Al Qaeda to remain entrenched in this country.



While the bigger Iraqi picture does not always reflect a perfect situation, it is stable, functional, and secure – thanks in no small part to your soldiers.

Take care and we'll see you soon.-Barbarian 6

## B CO Points of Contact

Company Commander:	CPT Harmon	<a href="mailto:jeffrey.harmon1@us.army.mil">jeffrey.harmon1@us.army.mil</a>
Company First Sergeant:	1SG Black	<a href="mailto:william.black1@us.army.mil">william.black1@us.army.mil</a>
FRG Leader:	Kristin Harmon	<a href="mailto:theharmons02@hotmail.com">theharmons02@hotmail.com</a>

# Charlie Company Centurions

Dear Centurion Families,

We're almost HOME! I figured I would start of on a good note with this part of my update. Centurions will start arriving to Alaska the last part of this month, with the remainder arriving no later than mid-September. I can safely say that regardless of when your Centurion arrives, it will be the best day of his life in at least the last year. I know that every Soldier is excited to get back, regardless of where their family currently resides. We've been truly fortunate and blessed as a company and a battalion to not have anyone life-threateningly injured throughout the deployment, and I have every expectation that will continue to be the case.

July was not without a sad note. 1SG Ramon Dang conducted a change of responsibility with SFC Travis Crawford on 26 July. 1SG Dang will become the 1SG for the Northern Warfare Training Center based out of Fort Wainwright. 1SG Dang is an excellent First Sergeant, and I see the evidence of that reflected in this company every day. I thank him for his service to this unit. He will be missed.



FOB Grizzly has proven to be everything expected. Depending on who you talk to, JCOP Zaganiyah was either great, or, to put it lightly, not-so-great. I can safely say that FOB Grizzly raised everyone's standard of living. The showers always have water, the toilets always work, and the availability of 4 meals a day does not go unnoticed (even the midnight chow from 11 PM to 1 AM gets quite the crowd). Overall, it is a very nice touch to round out our time in Iraq.

As usual, I'd like to talk a little about how every Centurion has performed in Iraq. If you didn't know, the United States is currently doing something it has never before done: we are completely subordinate to the military command of a host nation. June 30 marked a new era in Iraq, and though at times it has been rocky in dealing with our Iraqi counterparts, your Soldier has performed admirably. It is no small task to be deployed away from

your family trying to help better another country and, on the odd occasion, be treated as if you are a nuisance. Though very rarely, it has happened. Through it all, your Soldier, down to the man, has acted professionally and with nobility. Though less lethal that years past in Iraq, there has been no other time where brainpower of the Soldier on the ground is more important than firepower. Additionally, there has never before been a time in Iraq where the actions of privates and sergeants in an infantry team on the ground have the potential to affect the strategic outcomes at the 4-star general level. Through it all, the right decisions are made by Centurions every day. That is a testament to both their resolve and the support they receive from you, their families and loved ones.

In closing, I'd like to communicate that it is this command's intent to maximize family time upon our return. Upon your Soldier's arrival at Fort Wainwright, he will immediately be set on a 3 day pass. After that, it will be a light half day schedule filled with reintegration training until block leave. I am fully committed to enforcing the half day schedule as strictly as possible. As with any job, there is the potential that the odd event might pop up, but I assure you I will do everything in my power to protect that from happening. If you don't have plans for block leave (9 October thru 2 November), I encourage you to do so. If it isn't flying home to see loved ones or going on a family vacation, I hope you at least make some type of getaway to mark the return of your Warrior. If you're the parent of one of our soldiers, I hope that you encourage your son to take a trip as well. The Centurions and their families have well earned it! Thank you for all you do.

-CENTURION 6  
CPT Dale Terrill  
C CO, 1-24 Infantry  
Commander



## C CO Points of Contact

Company Commander:	CPT Terrill	<a href="mailto:cdale.terrill@us.army.mil">cdale.terrill@us.army.mil</a>
Company First Sergeant:	1SG Dang	<a href="mailto:ramon.dang@us.army.mil">ramon.dang@us.army.mil</a>
FRG Leader:	Melanie Terrill	<a href="mailto:melanie.terrill@us.army.mil">melanie.terrill@us.army.mil</a>

*Deuce Four welcomes the following babies into our  
Legionaire Family:*




*A son,  
Jack Abraham,  
Born to SSG  
Robert L. Amanda  
DuPont,  
May 22, 2009  
7 lbs 13 oz  
21 1/4 inches*



*A daughter, Aemilea Josephine  
Born To SGT Robert L. Nakita Strasser  
May 23, 2009, 7 lbs 13 ounces, 21 1/2 inches*



*A daughter, Abigail Nicole  
Born To SGT Tracee and Brandy Burris  
January 22, 2009*



*A daughter,  
Brooklyn Elizabeth  
Born To PFC  
Michael and  
Samantha  
Freeman  
September 9, 2008  
9 lbs 7 ounces  
21 1/2 inches*

*Congratulations!*



*A daughter,  
Presleigh Isadora  
Born To SSG Joshua  
& Natalie Callow  
April 13, 2009  
6 lbs 9 oz  
19 inches*



*A son, Kingston Ellis,  
Born to SGT Tamarreo & Veronica Spear,  
June 4, 2009 - 7 lbs 10 oz - 19 3/4 inches*



*A son,  
Noah Thomas,  
Born to CPL  
Brian & Kelly  
Oliver,  
July 9, 2008  
6 lbs 1.5 oz  
21 inches*



*A daughter, Annabelle Marie*

*Born To SPC  
David and  
Nicole Bach  
June 6, 2009  
8 lbs 5 oz  
19 inches*

If you are the proud parent of a new baby that was born after our soldiers deployed in September, please send a photo along with the following information (Baby's name, Parent's Name and Rank, Birth date, weight and length) to: [sherilin.m.andersen@us.army.mil](mailto:sherilin.m.andersen@us.army.mil). We will be sure to include them in a future newsletter.



*A son, Curtis Thad, Jr.,  
Born to SGT Curtis & Brandy Sensmeier,  
June 18, 2009, 9 lbs 2 oz, 21 inches*





**Battalion Picnic**  
**26 July 2009**



Glass Park



# Welcoming Home the TORCH Party!



## Army Community Service - Reunion/Reintegration Workshops

### 1st Tuesday of each Month:

- Mindful Money matters ..... 1-2:30 pm
- Post Deployment BATTLEMIND for spouses ..... 6:30-8 pm

### 2nd Tuesday of each Month:

- Kids and Reunion..... 1-2:30 pm
- Making Marriages Work After Combat ..... 6:30-8 pm

### 3rd Tuesday of each Month:

- Post Deployment BATTLEMIND for spouses ..... 1-2:30 pm
- Mindful Money matters ..... 6:30-8 pm

### 4th Tuesday of each Month:

- Making Marriages Work After Combat ..... 1-2:30 pm
- Kids and Reunion..... 6:30-8 pm

### 1st Wednesday of each Month:

- Homecoming Basic ..... 1-2:30 pm
- Hot Monogamy..... 6:30-8 pm

### 2nd Wednesday of each Month:

- Return/Reunion Workshop for Marriages ..... 1-2:30 pm
- Suicide Prevention ..... 6:30-8 pm

### 3rd Wednesday of each Month:

- Hot Monogamy..... 1-2:30 pm
- Homecoming Basic ..... 6:30-8 pm

### 4th Wednesday of each Month:

- Suicide Prevention ..... 1-2:30 pm
- Return/Reunion Workshop for Marriages ..... 6:30-8 pm

### 1st Thursday of each Month:

- Adults Working Together in Families ..... 1-2:30 pm
- Internet Safety ..... 6:30-8 pm

### 2nd Thursday of each Month:

- Anger Management from Combat to Home..... 1-2:30 pm
- His, Hers and Theirs Step Parenting ..... 6:30-8 pm

### 3rd Thursday of each Month:

- Internet Safety ..... 1-2:30 pm
- Adults Working Together in Families ..... 6:30-8 pm

### 4th Thursday of each Month:

- His, Hers and Theirs Step Parenting ..... 1-2:30 pm
- Anger Management from Combat to Home..... 6:30-8 pm

These classes are taught in a small group setting.

Classes available through June 2010.

Occasionally, special classes/workshops with out of town guest speakers will be available.

Contact Army Community Service at 353-4331 to RSVP or for information on a specific class.

At this time, childcare is **not** provided.

Check with CYSS to see if respite care is available for your specific class time.

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## ***COMMUNITY ACTION COUNCIL MEETING – 3 JUNE 09***

- **Director, Plans, Training, Mobilization and Security (DPTMS) - Felicia Jackson, 353-6612**
  - Welcome Home banners can be placed on US Army owned fencing. Please secure banners with medium or large sized zip ties, 5/50 cord or small bungee straps. Be sure banner is securely fastened to fencing. Do not use tape, fishing line, wire or light weight string or twine. Please do not use shower curtains, plastic sheets or cardboard to make your signs out of as they do not work well. Please identify unit on back of sign (unless identified on the front). Check your banner once or twice a week to make sure all four corners are secure. Banners will be taken down if loose corners are found. When removing banner, please remove all fasteners. If your banner was removed, it can be picked up in the basement of Building 1555.
- **Director of Emergency Services, Mr. Maurice Fischer, 353-6548**
  - Motorcycle Safety Policy, Garrison Policy #17, has been updated. For those soldiers and family members who use a motorcycle, please go to <http://www.wainwright.army.mil/publications/policyLetters.asp> for details.
  - There are several wildfires in central Alaska. Please pay attention to the local news for updates and take appropriate precautions when out in the smoky air.
- **DPW, Mike Meeks, 353-77287**
  - Barracks are becoming available as work is being finished. FRGs will have limited access before soldiers return. For specific dates, contact your Rear Detachment or DPW.
- **Director, Family and Morale, Welfare and Recreation, Randy Blanchard, 353-7611**
  - Do you know of a soldier who is a “Rising Star”? Register at LFCC through 13 August. Performance is on August 22, at the Zone.
  - For all the latest activities, go to <http://www.ftwainwrightfmwr.com>.
- **Army Community Service, Denise Mitchell, 353-4243.**
  - Reunion/Reintegration classes are offered Tuesday/Wednesday/Thursday. See schedule of classes on page 13.
  - Currently seeking volunteers for ACS to assist with special projects and administrative functions.
  - ACS is currently reorganizing offices—please be patient with the changes.
- **Chaplain’s Office, CH Vanderjagt, 353-9825**
  - 17 August, Robin Chaddock, author/speaker, is speaking on “How to get a Smart Mouth” (The Power of Using Your Words Wisely) at Northern Lights Chapel, 7:00pm. The first 100 attendees will get a copy of her book.
  - Attention all High Schoolers! “Nitengale” will be giving a concert in Hangar 6 at 7pm on August 21st. Awesome Music + friends + snacks + rock wall + hummers & helicopters = A good start to the year. Bring valid picture ID!
  - “Strong Bonds” program will be offered in the future. Watch for dates!
- **CYSS, Tammy Ford, 353-9505**
  - FAME sign up for September begins 20 August.
  - A new CYSS Sports Calendar will be coming out soon.
  - Intramural Sports Registrations will be starting soon. Watch for updates.
  - Reminder that most Army Family Covenant discounts will discontinue for families of deployed soldiers 60 days after soldier returns from deployment.
  - FRG Childcare will continue on regularly scheduled days.
- **ASYMCA, Chris Mott, 353-5962**
  - Operation Hero is an after school program at Arctic Light and Crawford Elementary Schools. This is a FREE after school program designed to assist children of active duty military parents with stress from frequent duty station transfers and parent deployments. Program will meet twice weekly for 2.5 hours each day with children entering grades 2-6 in the fall. For more details, call ASYMCA or email [asymca.ia.fbks@gci.net](mailto:asymca.ia.fbks@gci.net).
- **PAO, Linda Douglas, 353-6773**
  - Tanana Valley State Fair: 7-15 August. Military Appreciation Day is Sunday, 9 August. 452-3750 for more info.
  - Pioneer Park Military Appreciation Day: 22 August, 12:00-5:00 pm

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- **SAFETY, Jerry Russell, 353-6473**
    - Motorcycle Refresher Course is available for soldiers who are returning from deployment. Soldier must have already completed the basic MSF Course, either ERC or BRC, have your own motorcycle and have all of the required personal protective equipment. The course is 2-3 hours long. Contact Garrison Safety Office to sign up at 353-7079 or 353-7083.
  - **Staff Judge Advocate (SJA), Gary Kluka, 353-6554**
    - Law Center will be closed August 6 for Organization Day.
    - The Law Center will be moving back into Building 1562 on Gaffney Road beginning August 17. Move will be completed by August 21. Legal Assistance will be closed August 17-18, but will monitor messages for emergencies. Claims Office will be closed August 18-19.
    - Customers are to use the entrance by the Parade Field. Employee Entrance is by the parking lot behind the building.
  - **DHR, Charlie Carr, 353-7612**
    - Post 9/11 GI Bill: Read up on the particulars before transferring from the Montgomery GI Bill. Contact the Education Center for more information in order to make an informed decision. If you have questions, please contact the Education Center.
    - Deployment Cycle Support (DCS):
      - Soldiers receive a 72 hour pass when they return from deployment. Pass starts the day following “boots on the ground”.
      - Soldiers have a four day DSC Plan that starts immediately following their 72 hour pass. Areas covered during this time include (but aren’t limited to): Medical/Dental, Administrative Functions, ACS/Chaplain Briefs, PPD Read.
  - **MEDDAC**
    - ICE Comments, Surveys and Patient Advocate are several ways your voice can be heard. Let MEDDAC know what they are doing a good job on and also ways they can improve.
    - **Starting 19 August 2009, those children who are in need of “rescue medications” being available during CYS programs who do not have the medications available will be denied services until the medications are provided to CYS Staff. Please ensure you take care of this requirement so your child/children can uninterrupted care.**
    - With our soldiers returning, some appointments may be more difficult to obtain. Through August, Woman’s Wellness appointments can be made by calling 361-5353.
    - Sports physicals are available on 14 August by calling 361-4000 and telling attendant you need a sports physical.
  - **AAFES, Larry Ronke, 356-1357 ext 300**
    - Burger King is scheduled to reopen August 10, 2009.
    - Starting August 8th, Star Card holders can receive a 5 cent discount per gallon on fuel purchases charged to their Star Card. Patrons can save 20 cents per gallon on August 21-23 for fuel purchases charged to their Star Card.
    - Check out Fall/Winter clothing at the PX! Last year, an abundance of stock was delivered. Some of that stock was not put on the floor for sale and is now available starting at 25% off.
  - **DECA (Commissary), Loriann McDonald, 353-6770**
    - September 11-13 will be the final Case Lot Sale of this year.
  - **General Comments**
    - The next Post wide garage sale is scheduled for September 19th. This will be the last one of the year.
    - It’s almost time to winterize vehicles again. The Auto Craft/Skills Center will help you get your vehicle ready.
    - Fairbanks North Star Borough School Website: <http://www.northstar.k12.ak.us/>. The link to their new website is on this page. Please see the website for new Chicken Pox Vaccine requirements to ensure that your child is ready to begin the school year.
    - A customer service survey will be taking place between August 24th and September 18th. All soldiers and family members are encouraged to participate in this anonymous survey. Survey link will be sent through email and will be available on the Fort Wainwright website.

# Echo Company — Rear Detachment Redeployment Time

The summer Season is now coming to an end. The Tanana Valley State Fair is in full swing now until the 15th of August and temperatures are dropping. Hopefully, we'll start seeing less and less smoke as some sort of precipitation comes down.

The biggest event of the year so far, begins later this month with the impending redeployment of the Battalion from Iraq. The first group of Soldiers have made it back and are already back to work, and another small group will be flying back in later this month. We expect the first main body flight to arrive toward the end of August and for the entire Battalion to be back on the ground by mid to late September. If you are hoping to make it up to Alaska in time to see your loved one fly in, we can only give you week-long windows as a best guess. As many people learned with the Torch flight coming in, plans change unexpectedly. The best advice we can give is to get to Fairbanks early and plan to stay for awhile. If you haven't been contacted by your FRG leader, get in touch with them as soon as you can and get them an updated phone number. Contact information can be found in this newsletter on the corresponding page for each Company.

There are many key events in the month of August. The Tanana Valley State Fair is going on right now. If you've never been, it's definitely a uniquely interior Alaskan type of event that should be seen at least once. August 21st through 23rd will be a very busy weekend. The Alaska Department of Fish and Game will be hosting a Women's Outdoor Weekend and Chena Hot Springs Resort is hosting a Renewable Energy Fair. The 22nd of August is also Military Appreciation Day at Pioneer Park. In early September, key events include the beginning of Moose, Grizzly, and Duck seasons, and the

Commissary Case Lot Sale will run from the 11th through the 13th of September. This will be the last Case Lot Sale of this calendar year.

With multiple units redeploying at this time, the number of Soldiers and family members on Fort Wainwright and in the Fairbanks area is increasing exponentially. Plan accordingly for any business you may have around town or on Post. It may take a little longer to get things done than you are used to.

Stop by and see us at the Battalion, Building 3214, across from the Bowling Alley. SGT Garza and SPC Sandifer are now available to help with any paperwork issues. If we can't help you, we will find somebody that can.

Sincerely and Respectfully,  
CPT Joshua P. Bost  
E Co., 1-24 IN  
Commander

- Numbers of Importance:
- Military Family Life Consultants – 388-2552
  - Army Community Services - 353-7298 or 347-4636 after hours
  - Social Work Services – 361-6284
  - Community Mental Health – 361-6059
  - Alcohol/Substance Abuse - 361-9872
  - Family Advocacy – 353-7315
  - Financial Readiness – 353-4369
  - Army Emergency Relief – 353-7453
  - American Red Cross – 353-7234 or 1-877-272-7337 after hours
  - Brigade Family Help Desk – 353-4180

## E CO Points of Contact

Company Commander:	CPT Bost	353-2453	<a href="mailto:joshua.bost@us.army.mil">joshua.bost@us.army.mil</a>
Company First Sergeant:	SFC Reich	353-2494	<a href="mailto:eric.reich@us.army.mil">eric.reich@us.army.mil</a>
Family Readiness Support Asst:	Sherilin Andersen	353-2424	<a href="mailto:sherilin.m.andersen@us.army.mil">sherilin.m.andersen@us.army.mil</a>