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## AT A GLANCE

### ICE BRIDGE



Frost forms on Pfc. Jason N. Woolard's balaclava during the 24-below workday at Fort Greely, Jan. 12. Woolard is a medic with Headquarters and Headquarters Company, 6th Engineers Battalion. (Photo by Sgt. Trish McMurphy, USARAK PAO)

More next week.

## ONLINE

### FACEBOOK

FortWainwrightPao

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### USARAK

usarak.army.mil

### FLICKR

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### ARMY NEWS

army.mil

### ARMY SERVICES

myarmyonesource.com

### DEFENSE VIDEO

dvidshub.net

### WEEKEND WEATHER

#### Friday

Cloudy.  
Low -17 High -10

#### Saturday

Mostly clear.  
Low -13 High 0

#### Sunday

Partly cloudy.  
Low -4 High 14

Unrestricted visibility  
NE winds 5 -10 mph

Forecast courtesy of  
Det 3, 1st Weather Squadron,  
Fort Wainwright, AK

## Task Force Denali Soldiers honored in redeployment ceremony

Staff Sgt. Brooks Fletcher, 16th Combat Aviation Brigade PAO

"The real success of this mission has to do with each and every Soldier standing here today," said Col. Robert Werthman, commander, 16th Combat Aviation Brigade. "They have executed their duties flawlessly, acted as superb ambassadors and helped a country in need."

Soldiers and Family members gathered in the Physical Fitness Center to formally welcome home the troops of Task Force Denali during a redeployment ceremony Jan. 19 at Fort Wainwright, Alaska.

Task Force Denali, composed of Soldiers

from 1st Battalion, 52nd Aviation Regiment, 16th CAB and supporting elements from U.S. Army Alaska, spent three months providing humanitarian assistance in support of flood relief operations in Pakistan.

In full cooperation with Pakistan military, U.S. aircraft flew more than 26 million pounds of relief supplies and rescued more than 40,000 people.

The task force flew over 3,500 flight hours, delivered 14 million pounds of relief supplies and carried over 28,000

evacuees and passengers. This represents approximately 50 percent of flood relief delivered and 70 percent of evacuees and passengers carried.

This operation was the brigade's first deployment since its inception Oct. 16, 2009.

"Task Force Denali's deployment and mission success has set the tone for a distinguished future," concluded Werthman.

Please see more on RELIEF, Page 4

## Wainwright celebrates Dr. King



Soldiers gathered at Fort Wainwright's Physical Fitness Center Jan. 13 in observance of Martin Luther King, Jr. Day hosted by 1st Battalion, 52nd Aviation Regiment of the 16th Combat Aviation Brigade. Rev. Fred Wilson of the First A.M.E. Church in Fairbanks spoke to all present honoring the courageous contributions that Dr. King has made to our nation. (Photo by Spc. Reese Von Rogatz/16th CAB PAO)

See more MLK Day, Page 5

## School partnership program: Win-win for students, Soldiers

Sheryl Nix, Fort Wainwright PAO

Almost six months have passed since leaders from Fort Wainwright, U.S. Army Alaska, the Fairbanks North Star Borough School District and Big Brothers Big Sisters of Alaska signed an official partnership agreement solidifying a long-standing informal relationship. The agreement signed last August at the FNSB School District office paved the way for the partners to take their collaboration to the next level.

Wainwright units and Soldiers wasted no time in recent months, jumping in to help area schools with participation in a variety of tasks from reading programs to school events and off-site activities, said Lynda Goodwin, one of Fort Wainwright's school liaison officers.

"Our biggest achievement is getting the Soldiers active in the schools," she said. "They seem very happy to do it and the schools are very happy to have them. We've overcome some challenges and it feels good to have the program up and running."

A major school partnership success story is the relationship forged between Barnette Magnet School and Soldiers from 3rd Battalion, 21st Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division, Goodwin said.

Gimlet Soldiers recently helped with the school's geography bee, making a big difference in the event, said Missy Odsather, Friday in Fairbanks coordinator at Barnette.

"The Soldiers helped with scoring, reading and running the geography bee. They were awesome," she said. "It's really inspirational for our military kids to have that contact with Soldiers. It's so beneficial for both military and nonmilitary students."

Wainwright's support for the school also enables students to fully embrace activities like ice skating in the community, Odsather said. "That's what we're all about at Barnette is giving kids opportunities. This program gives them opportunities. Having these Soldiers be part of this is so amazing."

Please see PARTNERSHIP, Page 4

## Memorial service for Pfc. Cameron Stratton

Staff report, USARAK PAO

The Brigade Troops Battalion, 1st Stryker Brigade Combat Team, 25th Infantry Division held a memorial ceremony Jan. 13, for Pfc. Cameron Carl Richard Stratton, 20, from Prescott, Ariz., who was found deceased in his car in a parking lot on Fort Wainwright Dec. 6. The ceremony took place in Fort Wainwright's Northern Lights Chapel.

Stratton, a radio operator-maintainer, was assigned to the 176th Signal Company, Brigade Troops Battalion, 1st Stryker Brigade Combat Team, 25th Infantry Division at Fort Wainwright. He graduated from basic training at Fort Jackson, S.C. and advanced individual training at Fort Gordon, Ga., in 2009, and from the Army Airborne School at Fort Benning, Ga., in 2010 before his assignment to Alaska.

As required for all on-post deaths, the incident is under investigation by the U. S. Army Criminal Investigation Command.



Brig. Gen. Raymond, P. Palumbo, commanding General, U.S. Army Alaska (USARAK) speaks to the family of Pfc. Cameron Stratton during a memorial service at Fort Wainwright's Northern Lights Chapel Jan. 13. Stratton was assigned to the 176th Signal Company, Brigade Troops Battalion, 1st Stryker Brigade Combat Team, 25th Infantry Division located at Fort Wainwright, Alaska. Stratton was found dead in his vehicle Dec. 6, 2010. The cause of death is still under investigation. (Photo by Spc. Thomas Duval/1-25th SBCT PAO)



Comedians Carole Montgomery, Leighann Lord and Gina Brillon. (Courtesy photo)

## Laughter: One way to cure winter blues

Trish Muntean, Fort Wainwright PAO

Chase away the winter blues with some laughter this week, courtesy of Family and Morale, Welfare and Recreation and the Army Substance Abuse Program who are bringing nationally known comedians to Fort Wainwright.

FMWR is sponsoring a show featuring three comedians from the New York Underground Comedy Festival. "We had such a good turnout for the Drowning Pool concert this fall that we wanted to do something else for the Soldiers and adult family members during the winter months. So when the Armed Forces Entertainment production offered us this opportunity we couldn't pass it up," said M.J. Lohrenz, director of FMWR.



Comedian Bernie McGenahan brings special humor to a serious subject. (Courtesy photo)

The Armed Forces Entertainment website lists these performers who will be performing.

Carole Montgomery is a respected veteran of the standup comedy scene nationwide. She has headlined clubs and colleges across the country and starred in two different Las Vegas production shows.

Audiences feel like she's sitting in their living room, saying the things they'd never say. Her edgy, truthful style of comedy is a tribute to her hero, Richard Pryor.

The Las Vegas Sun calls Carole "one of Vegas' premier comics."

Please see COMICS, Page 3

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## Commander's column

Col. Timothy A. Jones, Garrison commander

### The CSF toolkit: What is in your bag?

Many people take stock of where they are at some point, if not the new year, perhaps a birthday or anniversary triggered self-assessment. Have you taken stock of what's in your kit bag to help with your own comprehensive fitness?

Resources are available to Soldiers and Family members at Fort Wainwright to assist in assessment, development or improvement of physical, emotional and spiritual well-being. Alaska offers unique challenges to Soldiers and families seeking to maintain an active lifestyle and physical fitness. The staff at the Physical Fitness Center can help with physical assessment and goals. A session with a fitness coordinator, body-fat-testing and fitness testing are all at no cost. An individual session with our fitness coordinator or a personal trainer can be beneficial for the beginner and also for fitness buffs who want to take their physiques to the next level.

Indoor fitness opportunities abound at our two gyms, the Physical Fitness Center and the Melaven PFC and Swim Center. The main PFC also sports a skating rink, indoor jogging track and regulation basketball and racquetball courts. State-of-the-art weights and free weights as well as treadmills and aerobics equipment fill the remaining areas of the two facilities. There are opportunities to participate in exercise classes such as cycling and Zumba, a Latin-dance-inspired fitness craze.

There are seasonal fitness courses just for adult family members. Family Activity and Motivational Exercise program is aimed at providing spouses with the opportunity to use the Melaven PFC and childcare is provided on-site.

Outdoor Recreation programs include an indoor rock-wall climbing program. Call 361-4089 to begin climbing walls for positive effect.

We recently introduced groomed, cross country ski trails at the Chena Bend Golf Course. Outdoor Recreation personnel have a part-time ski instructor ready to teach lessons when weather permits. They're looking for volunteer instructors for both winter and summer outdoor activities. It's another way to meet new people and share knowledge.

Temperatures will rise again, and when they do, recreational trails will beckon.

There's no need to purchase a lot of expensive equipment when you're trying out a new sport. Call 361-6349 for recreational-equipment rental

information, including skis, snowshoes and snowmachines, as they're called here.

Health education and prevention can do much to head off medical maladies.

For self-care, Arctic Health Link classes are offered at Bassett Army Community Hospital. Classes in pain management, tobacco cessation (smoking or chewing), nutrition and back-pain management are routinely offered. For more information, call 361-4148.

Army Community Service has classes on the 7 Habits of Highly Successful Army Families, as well as separate stress-and-anger management classes. Class schedules are available at the Family and MWR website [www.ftwainwrightfmwr.com](http://www.ftwainwrightfmwr.com) and in the monthly FMWR magazine, the Bear Necessities.

How's your spiritual fitness?

The Family Life Center is open to all members of the Fort Wainwright community.

In addition to individual and family counseling, the Family Life Center, unit and garrison chaplains coordinate and offer a variety of activities for Soldiers and Families such as mission trips, work projects, spiritual outings, volunteer opportunities and fellowship dinners.

Spiritual growth is promoted through education and reflection during worship services including Catholic, Protestant and gospel services in our three chapels on post. Concerts, food fights and fellowship have teens clamoring to join the fun at 5 p.m. Sundays during Youth of the Chapel programs.

One of the most potent tools in a Soldier's kit bag is Strong Bonds training. The chapel-led program assists commanders in building individual resiliency by strengthening the Army family. Strong Bonds programs increase individual Soldier and family member readiness through relationship education and skills training. Programs are available for single Soldiers, married couples, families with children. The off-site retreats and chaplain-led programs provide a real 'getaway' that's a safe and secure environment to address the impact of deployments, relocations and military family life stressors. Soldiers can also count on their unit and brigade chaplains for spiritual counsel or guidance.

When taking stock of emotional fitness,

consultation with a mental health professional can be beneficial. Counseling can be for a single session, short- or long-term, depending on the needs of the individual. There are resources both on- and off-post as well as online.

Counselors are not typically required to report to authorities or commanders unless a person is a danger to him or herself or others.

For short-term counsel, Military Family Life Consultants are available here on post and by phone, 24-hours a day. Call 388-2553.

For an appointment or assistance at the Fort Wainwright Behavioral or Mental Health Clinic, call 361-6059. For Bassett Army Community Hospital information, call 361-5172.

Online resources for emotional well-being are a click or a phone call away.

The Tricare Assistance Plan, also known as TRIAP, offers confidential video and online counseling. Call toll-free, (866) 284-3743 or visit [www.triwest.com](http://www.triwest.com). An online resource library is available at the website too. Military One Source supplements existing family programs by providing 24-hour, seven-days-a-week, 365-days-a-year service. You can call toll-free and speak to a master's level consultant, e-mail a consultant, or you can go online to access information. (800)-342-964 or visit [www.militaryonesource.com](http://www.militaryonesource.com) user ID: Military Password: OneSource

Next week, we'll join in deployment ceremonies for several of our units in the 16th Combat Aviation Brigade. Family members feeling stress or anxiety concerning impending deployments are also encouraged to make use of local and online resources such as My Army Life Too.

The online resource, MyArmyLifeToo, provides all family members with a "one-stop" knowledge center where spouses can fine-tune their skills, develop their leadership ability, and connect to other family members. Surf to [www.MyArmyLifeToo.com](http://www.MyArmyLifeToo.com).

These are just a few of the programs and resources Soldiers and Family members can turn to for assistance in improving their well-being.

The Army is as strong as our Soldiers and families.

If you have a question or issue you would like to see addressed in the Garrison Commander's column, please e-mail the Public Affairs Office at [linda.douglass@us.army.mil](mailto:linda.douglass@us.army.mil).



## National Defense Act will make premium-based Tricare benefits available for military family members up to age 26

Staff report, Tricare Health Alliance

FALLS CHURCH, Va. – The signing of the National Defense Authorization Act of fiscal year 2011 into law enables Tricare to extend coverage to eligible adult children up to age 26. A premium-based Tricare Young Adult program is expected to be in place later this spring.

The Patient Protection and Affordable Care Act of 2010 required civilian health plans to offer coverage to adult children until age 26. Tricare previously met or exceeded key tenets of national health reform, including restrictions on annual limits, lifetime maximums, "high user" cancellations, or denial of coverage for pre-existing conditions – but did not include this expanded coverage for adult children. Dependent eligibility for Tricare previously ended at age 21 or age 23 for full-time college students.

The fiscal year 2011 NDAA now gives the Department of Defense the authority to offer similar benefits to young adults under Tricare. The law was signed by the President Jan. 7, 2011, but full details of the Tricare Young Adult program will not be in place until later this spring, according to Tricare officials.

"We've been working hard to make sure we could put Tricare Young Adult on a fast track," said Tricare Deputy Director Rear. Adm. Christine Hunter. "Fortunately for our beneficiaries concerned about health care coverage for their adult children, the law signed by the President includes opportunities for military families to elect this new premium-based plan retroactive to Jan. 1."

Beginning later this spring, qualified, unmarried dependents up to age 26 will be able to purchase Tricare coverage on a month-to-month basis – as long as they are not eligible for their own employer-sponsored health coverage.

Premium costs are not yet finalized, but the NDAA specifies that rates must cover the full cost of the program. "This program has the potential to extend Tricare coverage to several hundred thousand additional beneficiaries," said Hunter. "The premium allows us to provide this excellent

benefit to our military families while responsibly addressing the impact of health care costs on the DoD budget."

Initially, the benefit offered will be a premium-based Tricare Standard benefit. Eligible family members who receive health care between now and the date the program is fully implemented may want to purchase TYA retroactively and should save their receipts. Premiums will have to be paid back to Jan. 1, 2011 in order to obtain reimbursement.

As details are being finalized to offer the Tricare Young Adult Standard option, the Tricare Management Activity will also begin work on the required policy and contract changes to offer a Tricare Prime option later in 2011. While it is too soon to provide specifics, eligible family members using the Tricare Young Adult Standard program may be able to change to Tricare Prime later in the year if it meets their

needs more fully. The Tricare Young Adult Prime option will also carry a separate premium.

Stay up to date about the Tricare Young Adult program by signing up for e-mail benefit and news updates from Tricare. To subscribe, Tricare beneficiaries can visit [www.Tricare.mil](http://www.Tricare.mil)/subscriptions and look for "Tricare Young Adult" under benefit changes.

Adults who are no longer eligible for Tricare, but need health insurance coverage, may wish to explore the Continued Health Care Benefit Program. CHCBP is a premium-based program that offers temporary transitional health coverage for 18-36 months. Coverage must be purchased within 60 days of loss of Tricare eligibility. For more on CHCBP, go to [www.Tricare.mil/CHCBP](http://www.Tricare.mil/CHCBP).

### LEGAL NOTICE

#### Disposition of personal effects

Anyone having claims against or who is indebted to the estate of Pfc. Cameron Stratton, of 176th Signal Company, Brigade Troops Battalion, 1st Stryker Brigade Combat Team, 25th Infantry Division may contact Capt. Garrett Mitchell via U.S. mail to: Brigade HHC, 1-25th SBCT, Fort Wainwright, Alaska 99703 or by calling (907) 353-2444.

## ALASKA POST

Home of the Arctic Warriors

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## Ask the MEDDAC commander

Col. George Appenzeller, MEDDAC-AK commander

**QUESTION:** Is it true that hand-washing is the easiest way to prevent infections?

**ANSWER:** Hand-washing is a simple habit, something most people do without thinking. Yet hand-washing, when done properly, is one of the best ways to avoid getting sick. This simple habit requires only soap and warm water or an alcohol-based hand sanitizer — a cleanser that doesn't require water.

Despite the proven health benefits of hand-washing, many people don't practice this habit as often as they should. Throughout the day you accumulate germs on your hands from a variety of sources, such as direct contact with people, contaminated surfaces, foods, even animals and animal waste. If you don't wash your hands frequently enough, you can infect yourself with these germs by touching your eyes, nose or mouth. And you can spread these germs to others by touching them or by touching surfaces that they also touch, such as doorknobs.

Infectious diseases that are commonly spread through hand-to-hand contact include the common cold, flu and several gastrointestinal disorders, such as salmonella and E. coli infection. While most people will get over a cold, the flu can be much more serious. Some people with the flu, particularly older adults

and people with chronic medical problems, can develop pneumonia. The combination of the flu and pneumonia, in fact, is the eighth-leading cause of death among Americans.

Good hand-washing techniques include washing your hands with soap and water or using an alcohol-based hand sanitizer. Antimicrobial wipes or towelettes are just as effective as soap and water in cleaning your hands but aren't as good as alcohol-based sanitizers. Alcohol-based hand sanitizers — which don't require water — are an excellent alternative to hand-washing, particularly when soap and water aren't available. They're actually more effective than soap and water in killing bacteria and viruses that cause disease.

Although it's impossible to keep your bare hands germ-free, there are times when it's critical to wash your hands to limit the transfer of bacteria, viruses and other microbes. Hand-washing doesn't take much time or effort, but it offers great rewards in terms of preventing illness. Adopting this simple habit can play a major role in protecting your health.



## Young Fort Wainwright artists move on to regional competition

Brian Schlumbohm, Fort Wainwright PAO

Young artists from Fort Wainwright's School Aged Services and Children and Youth Services Center showed their colors (and monochromatics) at a local exhibit displayed at the Bassett Army Community Hospital last week. Over 40 submissions were represented ranging from sculptures to line drawings, and out of those eight pieces of art were selected to represent the Fort Wainwright Youth Services at the upcoming regional competition in Atlanta, Ga. This is one of five regional judging events that will take place before the national level competitions.

Tonya McCarty the Child, Youth and School Services Training and Program specialist, coordinated this project with the help of teachers at

the School Aged Services facility. Made available through the Boys and Girls Club of America, the CYSS is allowed to participate in these types of events. "The groups are set up by category and ages: 9 and under, 10 to 12, 13 to 15 and 16 to 18," said McCarty. "For the younger kids the theme was 'Alaska' and what Alaska meant to them." Also presenting artwork at the BACH exhibit was the Child Development Center. Under the supervision of Miki Nihipali, the facility's Training and Program Specialist, children in the preschool ages also got a chance to create. The children received certificates and prizes for their efforts, said McCarty.

First place in the Monochromatic Drawings category were; "Butterfly"

by Alyssa Velez, 8, daughter of Spc. Natassia Velez and "Pengoo" by Mylissa Maclin, 14, daughter of Tonya and Franklin McCarty.

First place recipients in the Acrylics category for their age groups were: "Alaska" by Jordon Calderara, 8, daughter of Christy and Staff Sgt. Kevin Calderara and "Land Forget me Knot" by Julia Snipes, 11, daughter of John and Maj. Sandra Snipes. Julia also received a special recognition award in the acrylics category. "Ronaldo Scores!!" by Parker Joe Michel, 13, son of Gianna and Maj. Justin Michel also won.

In the Group Project category first place went to project "Best Friends Forever" by Kiemara Garnett, 12, daughter of Willie and Spc. Kandra

Scott and Taylor Joslin, 11, daughter of Cristy and Staff Sgt. David Joslin.

First place in the Sculpture category was "Daisy" by Georgie Michel, 12, daughter of Gianna and Maj. Justin Michel and first in Water Color was "Peace in the Forest" by Mylissa Maclin, 14, daughter of Tonya and Franklin McCarty. Mylissa also received a special recognition award in the Water Color category.

These works of art can be found displayed, for the next two weeks, on the Fort Wainwright's Commander's Access Channel (Channel 5 for those subscribing to GCI cable on post) and the Fort Wainwright webpage, just click on "Channel 5." See the winning sculpture on Page 7.

## COMICS: Nationally known comedians bring laughter to Fort Wainwright in two separate shows

Continued from Page 1

The Las Vegas Sun calls Carole "one of Vegas' premier comics".

Leighann Lord is a New York City native who has performed in North America, Europe, the Caribbean and for U.S. troops stationed in the Middle East.

When she is not on stage, she may be found on the Fox News online show, the Strategy Room, where she is a regular. There she gives her informed and funny take on politics, world news and current events.

She received the NYC Black Comedy Award for "The Most Thought-Provoking Black Female Comic."

When rising star Gina Brillon hits the stage, you can tell she loves her job. Starting at only 18, she blew the crowd away with her first performance.

Her routines are a mix of personal experiences, growing up racially mixed, and sex therapy which she studied before and during her standup career.

This show is Thursday at 8 p.m. at the Warrior Zone and is open to DoD ID cardholders and their guests at no cost.

The Army Substance Abuse Program is bringing comic Bernie McGrenahan and his show Happy Hour as part of their continuing effort to educate Soldiers about the dangers of drugs and alcohol.

According to Cheryl Adamson, Employee Assistance Program coordinator with the ASAP, McGrenahan does live stand-up comedy with a powerful and inspirational message about responsible drinking, drug abuse and suicide prevention.

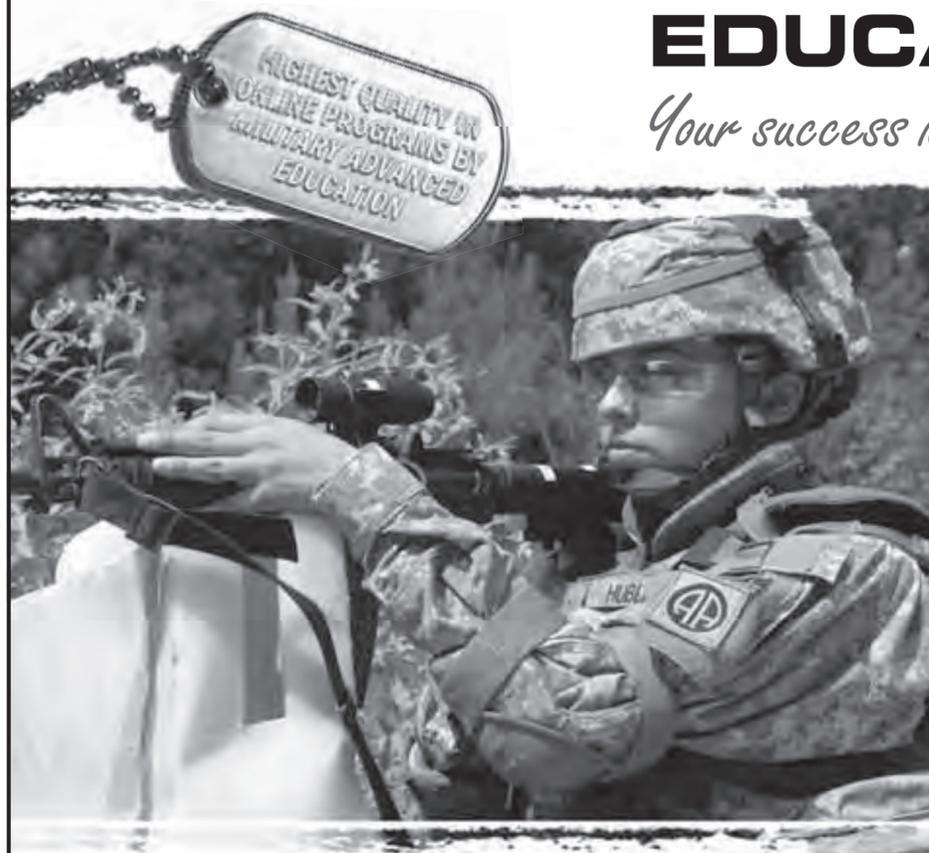
McGrenahan opens the program with a 30-minute comedy show which entertains; then he educates. He tells his personal story by revealing his step-by-step downward spiral into the world of high-risk drinking and drug abuse.

Due to heavy demand, three shows are being offered, all at the Northern Lights Chapel. The first is Monday at noon and 6 p.m. and the third show will be at noon Tuesday. Each show will last about an hour.

"Sometimes, a show like Bernie's, that tackles tough topics, might get people thinking about themselves, a coworker or loved one. If people have questions, or wonder what's available, they can call me," said Adamson. For more information, call 353-1381.

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- ☉ Top 20 Online MBA—by *CEO Magazine* in 2009.



Photos courtesy of Department of Defense

## PARTNERSHIP: Soldiers participate in school programs, activities

Continued from Page 1

Recruiting Soldiers to participate in the program and school activities has not been a problem for Sgt. 1st Class Gabriel Brewer, 3-21st program coordinator.

"All the Soldiers I have talked to who have volunteered have absolutely loved this," he said. "I never have an issue finding Soldiers to volunteer in the schools."

Students and schools are not the only beneficiaries in the partnership. Soldiers benefit greatly from their experiences with schools and students, Brewer said. "When we helped Barnette with ice skating some of the older and more experienced kids were trying to teach our Soldiers how to ice skate," he said. "Every chance we can volunteer in the schools benefits our Soldiers as much as the children. For the children involved it gives them a chance to interact with other adults other than the ones they see every day. For our Soldiers, especially the younger Soldiers who don't have any siblings, it gives them a chance to interact with kids while providing a positive influence."

Soldiers from 3-21st will ice skate with Barnette second-graders today at the Physical Fitness Center ice-skating rink. They also partner with Ladd Elementary School.

"Honestly, I believe the best part has been having the opportunity to see the Soldiers and children embracing this partnership," Brewer said. "When the Soldiers return from volunteering within the schools they are ecstatic and you can see (their) sense of pride and accomplishment."

The relationship between Fort Wainwright and BBBS has also flourished under the school partnership agreement, said Taber Rehbaum, chief executive officer, BBBS of Alaska.

Since entering into the official agreement, BBBS has made 12 new matches between a military big brother or big sister and children and six new matches with military "littles," or children. They have also received almost 20 inquiries from potential military "bigs" and "littles."

"We so appreciate Fort Wainwright's support of the Big Brothers Big Sisters program and we look forward to serving more military families as well as engaging more Army personnel as big brothers and big sisters," Rehbaum said.

Partnering with Better Opportunities for Single Soldiers members, giving presentations to units and family readiness group meetings and attending installation Newcomer Orientations are a few examples of their ramped up involvement with Fort Wainwright, she said.

BBBS also plans to implement an adopt-a-Soldier program to coincide with upcoming deployments. "The idea is to show our Soldiers how grateful we are for their service and to keep them connected so that when they come back they might consider volunteering as 'bigs,'" she explained.

It is rare to find a program with clear and obvious benefits for all parties, but Goodwin said the school partnership program is exactly that.

"Anytime you can help the kids - help them feel good about themselves; help them enjoy education, help them in their learning experiences - it's a

positive," Goodwin said. "And the Soldiers also feel good about themselves and they're helping kids. It's a win-win."

Goodwin said she hopes to continue making partnerships, citing a recent match between 539th Transportation Company, 17th Combat Sustainment Support Battalion, 3rd Maneuver Enhancement Brigade, and Lathrop High School. For more information about unit partnerships with area schools, call Goodwin at 361-9897.



Recently promoted Spc. Miranda McBroom (right) and Pfc. Taminikia McCray, both from 25th Brigade Support Battalion, 1st Stryker Brigade Combat Team, 25th Infantry Division, load eggs onto spoons for students from Anne Wien Elementary School during the egg race at last year's Field Days. Working with students during school events is just one way Wainwright Soldiers support area schools as part of the U.S. Army Alaska school partnership agreement. (File photo)

## Task Force Denali achieves significant milestone in supporting Pakistan

Staff Sgt. Brooks Fletcher and Spc. Reese Von Rogatz, 16th CAB PAO

In July, unprecedented flooding struck Pakistan.

The heavy rains of the monsoon season and floods that followed displaced local inhabitants, causing widespread devastation to livelihood, property and infrastructure throughout the country. Nearly one-fifth of Pakistan's land area was underwater.

It affected more than 18 million people, with 1.7 million houses damaged or destroyed and an estimated 2,000 deaths.

At the request of the government of Pakistan, President Barack Obama authorized both immediate and long-term assistance for the battered nation.

The U.S. military provided fixed- and rotary-airlift capabilities in support of Pakistan's flood relief efforts.

Six U.S. Army helicopters were dispatched from Afghanistan to Ghazi Aviation Base and began urgently requested relief flights. U.S. Marine and Navy helicopters arrived shortly after, relieving Army counterparts.

In addition to these joint efforts, the 16th Combat Aviation Brigade, based out of Fort Wainwright, received notification that its assets would be needed for additional support.

The brigade immediately identified 1st Battalion, 52nd Aviation Regiment and other subordinate elements, to deploy to Pakistan as Task Force Denali.

The deployment required strategic airlift, shipment and transportation to Pakistan Air Force Base Chaklala, provided by the U.S. Air Force, C-5 and C-17 aircraft.

Requiring minimal assembly, the unit's Black Hawks moved forward to Ghazi Aviation Base to begin taking command of operations in the north. Marine and Navy helicopters, ideal in flatter terrain, prepared to move south. Meanwhile, Chinooks were also assembled and brought on-line at a rate of one per day.

This shift enabled helicopter crews to maximize their aircraft performance capabilities and expand requested support to flood relief.

"The Black Hawks gave us the speed to respond once we initially arrived," Lt. Col. John Knightstep, Task Force Denali commander said. "It also gave us the ability to get into more isolated areas to provide aid and support."

Once Task Force Denali established support operations, the unit was dedicated to maximizing its potential, according to Knightstep.

"There is a higher sense of priority and effort given to the mission once you've seen the devastation throughout the area," he said.

Pilot and commander of CH-47s, Capt. Travis Easterling, B Company, considered it to be a very valuable deployment due to the often demanding flight situations and the environments the unit encountered. "You are constantly operating at a very high altitude, very high temperature and high gross weight," Easterling said, invoking the aviation phrase 'high, hot and heavy' with regard to the three most dangerous conditions for a helicopter. "You really have to know how to manage the aircraft."

The aviators racked up the equivalent of nine months' flight time in only three. The skill level of pilots and crews increased at an accelerated pace, according to Easterling.

"I'm very impressed with how well our leaders were able to measure up to the challenges," Knightstep said.

Flight crews were just one component of the operation. Maintenance was essential to ensure the aircraft were able to fly and accomplish the mission.

D Company, Aviation Intermediate Maintenance, often performed aircraft maintenance "phases" in a quarter of the time it would normally take. In some instances, a 30-day phase was completed in just seven days.

"I think we were ready for that," Task Force Denali Command Sgt. Maj. Scott Bailey said. "Key NCOs were placed in the right positions and I knew our capacities were able to meet expectations."

To allow helicopters to reach remote communities,

E Company, the Forward Support Company, established two separate Forward Area Refueling Point sites. Ten-person teams were sent north of Ghazi to Swat and Kohistan valleys.

"The main reason we set up FARP's is to extend the aircraft's range," said Sgt. 1st Class Robert Apfelbaum, platoon sergeant.

The FARP operations increased the number of hours available to fly each day, which meant more support provided, according to Knightstep.

The task force's work ethic didn't go unnoticed. Pakistan military personnel were able to see the Soldiers and NCOs of Task Force Denali conduct these operations every day and were impressed with the unit's performance and leadership capabilities, according to Bailey.

By November, Task Force Denali achieved a significant milestone in supporting Pakistan's flood relief efforts, exceeding 10-million pounds of relief supplies delivered.

"To reach that mark is a significant event, but more importantly, it represents the hard work the Soldiers have done flying and maintaining the aircraft," Knightstep said at the time. "The greatest success story is not only in helping the government and people of Pakistan - it is that the Soldiers still seemed motivated, still excited to do it."

In coordination with the Government of Pakistan, Task Force Denali successfully concluded its humanitarian assistance airlift mission on Nov. 30. Pakistan and U.S. officials gathered at Ghazi Aviation Base on Dec. 2 to mark the occasion with a ceremony.

Bailey, who has been on three deployment and several overseas tours, is proud of the unit's performance and said the Soldiers exceeded his expectations.

"What the Soldiers did out there ... they set a new standard for the Army. I've never seen anything like what our Soldiers did," Bailey said. "Watching these men and women grow into Soldiers; this was probably my most rewarding deployment. They worked hard and did a great job."



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## Honoring Dr. Martin Luther King Jr

Staff Sgt. Brooks Fletcher, 16th CAB PAO

Rev. Fred Wilson addressed attendees during the Dr. Martin Luther King Jr. observance hosted by the 1st Battalion, 52nd Aviation Regiment, 16th Combat Aviation Brigade, Jan. 13. The 23-year military veteran serves as a pastor at First A.M.E. Church in Fairbanks and a member of the National Association for the Advancement of Color People. (Photo by Staff Sgt. Brooks Fletcher/16th CAB PAO)



The 1st Battalion, 52nd Aviation Regiment and the Fort Wainwright Equal Opportunity Office hosted the 2011 Dr. Martin Luther King Jr. Observance Jan. 13. at Fort Wainwright's Physical Fitness Center.

The Fort Wainwright and neighboring communities were invited to attend and honor the courageous contributions that Dr. Martin Luther King Jr. has made to our nation.

The guest speaker for the event was Reverend Fred Wilson of the First African Methodist Episcopal Church of Fairbanks. The 9th Army Band also performed during the event, as well as members of the Child, Youth and School Services.

## Dr. Martin Luther King Jr. youth basketball tournament draws 13 teams

Brian Schlumbohm, Fort Wainwright PAO

Fort Wainwright's, 12th Annual Dr. Martin Luther King Basketball Tournament event had the largest turnout to date, with 13 basketball teams competing in a three day-tournament ending with the championship playoffs taking place at Youth Sport Services Jan. 16.

Matthew Sagartz, the Child and Youth School Aged Services, Youth Sports and Fitness director, said "It was a great success; a fantastic weekend full of exciting games!"

Teams from Fort Wainwright, Fairbanks, North Pole and Eielson Air Force Base communities started the round-robin tournament Jan. 14, with three age bracket pools. Ranging from middle school to high school-aged players, 23 games were played throughout the weekend in order to determine who would play in the championships. Sunday, the bleachers were full as the last six teams started their final games.

In bracket pool A, team Fort Wainwright played a close game against the Fairbanks Fire team, but came up short in the end losing by only three points.

Eielson AB team played the Interior Youth Basketball's Wolves for the championship game in Pool B with the Wolves winning. Championship Pool C was won in overtime by the undefeated IYB's, North Pole Heat 10 playing against IYB's Grizzlies 5.

Sagartz wanted to thank everyone who made the Fort Wainwright 12th Annual MLK Basketball Tournament a success. The three day tournament was "well organized, safe and fun." Sagartz said, "I hope that next year you all help us celebrate Dr. King's legacy and support our tournament again; thank you everyone who remembered that Martin Luther King Day is, "A Day On, Not a Day Off."



The Fort Wainwright 12th Annual Dr. Martin Luther King Basketball Tournament's championship games were played Jan. 16, at the Youth Sports Services gym. Three championship games were all well-played and equally matched, evident in the close scoring which made for an exciting tournament. The most memorable was the championship bracket C game (left), which took place between the undefeated Interior Youth Basketball's North Pole Heat 10 and the IYB's Grizzlies 5. Going into overtime, both team's rapid scoring kept the crowd on their feet and roaring until the very end when the Heat 10 shot ahead against the Grizzlies 5, 21 to 20. Team Fort Wainwright played a close game against team Fairbanks Fire (right). The match was a fast-paced, leap-frog scoring game and made it anyone's guess on the outcome. But in the end the Fairbanks Fire pulled it out to win over Fort Wainwright, 35 to 32. (Photos by Brian Schlumbohm/Fort Wainwright PAO)

## Fort Wainwright children participate in 'Make a difference day' essay contest

Lori Glassco, North Haven Communities

If you were asked "How can you make a difference?" what would you say? Would you pledge to start volunteering or donate old clothes? To celebrate North Haven's Make a Difference Day, children from both Forts Wainwright and Greely had the opportunity to answer this question in an essay contest. The only requirement of the essay was to identify a need in the community and how you pledge to make a difference. There were four different age groups:  
K-2nd grade: picture and narrative (2-3 sentences)  
3rd-5th grade: picture and short paragraph narrative  
6th-8th grade: narrative with 500 words or less  
9th-12th grade: narrative with 500 words or less

The essays were judged on two areas: did the writer identify a need and how they pledged to help make a difference. North Haven's Senior Leadership team judged the essays and anonymously scored each one on the criteria. Overall, the judges truly enjoyed reading the essays and seeing how the children wanted to make a difference.

The four winners are:

### Fort Wainwright

- Savanah Canen, daughter of Staff Sgt. Karl and Jade Canen; 7th grade
  - "I pledge to not judge any one because of their race, speech, or the way they sing and dance because they, like me, are unique in every way."
- Annjela Lane, daughter of 1st Sgt. Christopher and Abigail Lane; 2nd grade
  - "You can recycle flip tabs for the Ronald McDonald House Charities. With the cans, you can donate them to make more soda cans."
- Krystle Lane, daughter of 1st Sgt. Christopher and Abigail Lane; 3rd grade
  - "I would take some winter gear from the donation building to give to the teachers to give to the kids that need them."

### Fort Greely

- Shandeigh Roller, daughter of 1st Lt. Eric and Amber Kraus; 7th grade
  - "One thing I could do is start a blood donation to those who have a blood disorder. So is that all I should say? No! I should just keep going."

Note: The other entries can be found for a limited time on facebook-FortWainwrightPao, the Fort Wainwright's Commander's Access Channel (Channel 5 for those subscribing to GCI cable on post) and the Fort Wainwright webpage, just click on "Channel 5."



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Under the Sculpture category, Georgie Michel, 12, daughter of Gianna and Maj. Justin Michel created a rendition of a flower relief, using a punch technique on copper sheet metal, appropriately named "Daisy." Michel's artwork, along with six other youths' art from the Fort Wainwright area, will go onto regional competitions in Atlanta, Ga. (Photo by Brian Schlumbohm /Fort Wainwright PAO)

### Friday - 21st

**SOLDIERS AGAINST DRUNK DRIVING RIDES**, 10 p.m. to 4 a.m. Call 353-6610.

**IMAGINATION STORY HOUR AND CRAFT**, 4 to 5 p.m., Post Library, Building 3700. Call 353-2642.

**OPEN ICE SKATING**, 5:30 to 7:45 p.m., Physical Fitness Center Ice Rink. Call 353-7520.

**KEEPING LOVE ALIVE, PART 11**, 10 a.m. to noon., ACS, Building 3401. Call 353-4227.

### Saturday - 22nd

**SOLDIERS AGAINST DRUNK DRIVING RIDES**, 10 p.m. to 4 a.m. Call 353-6610.

**TRAIL SNOWMACHINE ADVENTURE**, 8 a.m., Outdoor Recreation Center, Building 4050. \$75 per person and \$10 for additional passenger. Call 361-4089.

**ZUMBA FITNESS CLASS**, 1 to 2 p.m., PFC, Building 3709. \$7. Call 353-7223.

**DOG MUSHING**, Noon to 2 p.m., Birch Hill Ski and Snowboard Area. \$5 per ride. Call 353-9131.

**CHILD, YOUTH AND SCHOOL SERVICES ICE SKATING**, 1 to 2:30 p.m., Youth Center Ice Rink. Call 353-5437.

**CUDDLE CURE CLASS**, 10 a.m. to noon, Child Development Center 1, Building 4024. Call 353-7372.

**GROUP CYCLING CLASS**, 10 a.m., PFC, Building 3709, \$3. Call 353-7223.

### Sunday - 23rd

**NEW GOSPEL BIBLE STUDY**, 11a.m. This Bible study will be coordinated by Chaplain Munson. Call 361-5624.

**OPEN ICE SKATING**, 1:30 to 4 p.m., PFC Ice Rink. Call 353-7520.

### Monday - 24th

**5 LOVE LANGUAGES**, 10 to 11:30 a.m., ACS, Building 3401. Call 353-4227.

**WARRIOR TRANSITION BATTALION ORIENTATION**, 8 a.m. to 4 p.m., Soldier Family Assistance Center, Building 4054. Call 353-7322.

**ROMP AND STOMP**, 10 a.m. to noon, School Age Services, Building 4391. Call 361-7372.

**ZUMBA FITNESS CLASS**, 6 to 7 p.m., Physical Fitness Center, Building 3709. \$7. Call 353-7223.

**AUTO SKILLS SAFETY CLASS**, 6 p.m., Building 3730. Call 353-7436.

### Tuesday - 25th

**GROUP CYCLING CLASS**, 6:30 a.m. and noon, PFC, Building 3709, \$3. No cost for active duty Soldiers wearing PT uniform for the 6:30 a.m. class. Call 353-7223.

**PRE-DEPLOYMENT BATTLE MIND FOR SPOUSES**, 6 to 8 p.m., Post Library, Building 3700. Call 353-4227.

**STRESS MANAGEMENT**, 3 to 4:30 p.m., ACS, Building 3401. Call 353-4227.

**PLAY MORNING**, 9:30 to 11a.m., School Ages Services, Building 4391. Call 353-4227.

### Wednesday - 26th

**MINDFUL MONEY MATTERS**, 9:30 to 11:30 a.m., ACS, Building 3401. Call 353-4227.

**WTB/SFAC CYSS BENEFITS**, 8:30 to 10 a.m., SFAC, Building 4054. Call 353-7322.

**ANGER MANAGEMENT**, 3 to 4:30 p.m., ACS, Building 3401. Call 353-4227.

### Thursday - 27th

**ZUMBA FITNESS CLASS**, 6 to 7 p.m., Physical Fitness Center, Building 3709. \$7. Call 353-7223.

**GROUP CYCLING CLASS**, 6:30 a.m. and noon, Physical Fitness Center, Building 3709, \$3. No cost for active duty Soldiers wearing P.T. uniform for the 6:30 a.m. class. Call 353-7223.

**FEDERAL EMPLOYMENT SYSTEM**, 2 to 4 p.m., ACS, Building 3401. Call 353-4227.

**PLAY MORNING**, 9:30 to 11a.m., School Ages Services, Building 4391. Call 353-4227.

**SEVEN HABITS OF HIGHLY SUCCESSFUL ARMY FAMILIES**, 11:30 a.m. to 12:30 p.m., ACS, Building 3401. Call 353-4227.

**NEW YORK UNDERGROUND COMEDY TOUR**, 8 p.m., Warrior Zone, Building 3205. Call 353-1087.

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Officials have recently changed gate hours at some of the installation's gates.

Badger Gate hours of operation are from 5 a.m. to 9 p.m. seven days a week.

Tractor Gate is open from 5:30 a.m. to 8:30 p.m. Monday through Friday. It remains closed on weekends.

The Siku Basin Pedestrian Gate hours of operation are from 6 a.m. to 5 p.m. Monday through Friday. The Siku Basin Pedestrian Gate is closed Saturdays and Sundays. Closure at the end of the school year will be directed by the Directorate of Emergency Services and publicized as widely as possible.

Additional closures can occur under orders from the DES, or under emergency circumstances.

The Main Gate will remain open 24 hours a day, seven days a week.

Closure occurs only when ordered by the Director of Emergency Services or under emergency circumstances.

All of the gates will be open on holidays and training holidays.

Drivers of vehicles without Department of Defense decals still need to stop for daily passes at the visitors' center near the main gate. Valid driver's license, proof of insurance and vehicle registration are required to obtain a visitor's pass.

### HOUSING OFFICE CLOSED

The Housing Service Office will close Monday at 11:30 a.m. and will re-open at 7:30 a.m. Tuesday.

The North Haven Housing office will remain open during this time.

For emergencies, contact Mae Harrell, 590-8901.

### TEST OF EMERGENCY SYSTEM

The Department of Homeland Security's Federal Emergency Management Agency, the Federal Communications Commission, the State of Alaska, and the Alaska Broadcasters' Association will conduct a second statewide test of the Emergency Alert System in Alaska on Wednesday, January 26, at 10:00 AM Alaska Time (2 pm EST) to assess the improvements made in a previous January 2010 Alaska EAS Exercise.

As the Federal, State and local governments prepare for and test their capabilities, this event should also serve as a reminder that everyone should establish an emergency preparedness kit and emergency plan for themselves and their family, and stay informed about what to do during an emergency.

During the test, the general public is encouraged to visit the following website and report results of seeing or hearing the test: <http://www.ready.alaska.gov/test/>

### TAX ASSISTANCE

The Tax Center is open. Active-duty, mobilized Reserve, retirees and the family members of these sponsors who have simple personal income tax returns are eligible for tax assistance service.

Returns may be filed electronically whether you are getting a refund or you owe taxes. Only taxes prepared by a Fort Wainwright Tax Assistance Center staff member can be electronically filed at the Tax Assistance Center.

The Tax Assistance Center is located in Building 1049, Unit 4 near the Law Center on the north side of Fort Wainwright. Both appointments and walk-ins are available, but customers having an appointment take priority.

For more information or to schedule an appointment call 353-6559.

### YOUTH PRAISE NIGHT

On Sunday The Fort Wainwright Youth of the Chapel will be hosting a Youth Praise Night with Eielson Air Force Base Chapel Teens. The event will begin at 5 p.m. at Northern Lights Chapel and will include games and ice breakers, then take turns with music, testimonies and readings from the Bible. Event will conclude with a big meal at 7pm.

### BIBLE STUDY

A new gospel Bible study will start Sunday at 11a.m. This Bible study will be coordinated by Chaplain Munson, who can be reached at 361-5624.

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### BIRTH ANNOUNCEMENTS

#### Jan. 5

A daughter, Addyson, was born to Alissa and 1 Lt. David Brooks Jr., 5th Squadron, 1st Cavalry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division.

#### Jan. 5

A daughter, Rylen Rayne, was born to Alaina and Sgt. James Spiller, 2nd Battalion, 8th Field Artillery Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division.

#### Jan. 9

A daughter, Zaila Naomi, was born to Rebecca and Pfc William Mozell, 2nd Battalion, 8th Field Artillery Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division.

#### Jan. 11

A son, Jae Hong Michael, was born to Jeong-Seop and Spc. Susanna Epperson, 25th Brigade Support Battalion, 1st Stryker Brigade Combat Team, 25th Infantry Division.

#### Jan. 12

A son, Ryan Tylor, was born to Kimberly and Spc. Tylor Engelking, 2nd Battalion, 8th Field Artillery Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division.

#### Jan. 12

A son, Gerald Mason, was born to Meghan and Sgt Duane Hood, 6th Squadron, 17th Cavalry Regiment, 16th Combat Aviation Brigade.

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**Healthy Alaska: What's in Our Fish?**  
Todd O'Hara, Associate Professor of Wildlife Toxicology, Institute of Arctic Biology, UAF

**FEB. 1**  
**Thawing Permafrost: What Does it Mean for the Arctic?**  
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