

ALASKA POST

Home of the Arctic Warriors

Vol. 2, No. 30

Fort Wainwright, Alaska

July 29, 2011

INSIDE SECTION ALPHA

Garrison participates in exercise

EFMP Respite Care

Army Soldier Show

MEDDAC column

Fire exit preparation

Family Advocacy Program

SECTION BRAVO

Middle East

Community Calendar

Teen Fest

For Your Information

GI Jane

AT A GLANCE SOLDIER SHOW



Soldiers entertaining Soldiers, Families
More on page 4

FAMILY CARE



Family Advocacy life skill classes
More on page 3

WEEKEND WEATHER

Friday

Partly cloudy
Low 51 High 76
East winds to 10 mph



Saturday

Mostly sunny
Low 49 High 66
West winds 15 mph



Sunday

Mostly cloudy
Low 46 High 68



Forecast courtesy of the National Oceanic and Atmospheric Administration

Exercise, Exercise, Exercise



Fort Wainwright Fire Fighter Dietrich Smith treats a (simulated) head wound to Garrett Voorhees during an exercise near the School Age Services building August 26. The scenario for the exercise was a UH-60 helicopter that made a hard landing, causing a fire and hazmat incident. The exercise tested the capability of Fort Wainwright garrison employees to prevent and recover from events and assess the capabilities of response personnel. (Photo by Trish Muntean, Fort Wainwright PAO)

Soldier Show brings it to Fairbanks

Story and photos by **Allen Shaw**, Fort Wainwright PAO

The Army Soldier Show came to Fairbanks and performed three shows at the Hering Auditorium Friday and Saturday in front of more than 2,000 people. Spectators witnessed a variety extravaganza of lights, sound, action, singing and dancing all put together and performed by Soldiers. The audience immediately got caught up in the glitz and glamour while the cast took them on a musical carnival ride from past to present.

"The show was fabulous," said Jonathon Huff, owner of Alaska Universal Productions and local technical advisor. "They have some lighting equipment that is state-of-the-art and has never been used in Fairbanks," he said.

See more Soldier Show, on page 4



Sgt. Brittnea Jones, Sgt. Emily McAleesejergins and Cpl. Tiffany Ruff perform during the Soldier Show July 22 at the Hering Auditorium in Fairbanks.



EFMP Respite Care: Enhancing the quality of life for caregivers

Lt. Gen. Rick Lynch, Commander, U.S. Army Installation Management Command

Starting in July, the Exceptional Family Member Program is standardizing and streamlining the process for delivering respite care to eligible Families in need of support.

The EFMP is a mandatory enrollment program that works with other military and civilian agencies to provide comprehensive, coordinated community support, housing, educational, medical and personnel services to Families with special needs. It is focused on helping these Families find the support and care needed to ensure all their members can thrive.

Respite care is one way EFMP helps to provide support for all Family members—in this case, the caregivers. Caring for a Family member with special needs, especially severe chronic medical conditions, is an around-the-clock job. There may be no end to a caregiver's love, but everyone who shoulders such responsibilities needs a break to rest and recharge. EFMP respite care provides that break. Qualifying Families are eligible for up to 40 hours of respite care a month for each certified Family member.

See FAMILY, on page 2



Spc. Daniella Beard, performs a hip-hop routine during the Soldier Show, July 22 at the Hering Auditorium in Fairbanks. See more photos on page 4.

17384008
SN/ BIRCHWOOD HOMES

I can't believe it has been a year since I arrived in Fairbanks and began working with the Fort Wainwright family. It has been a year of ups and downs, like most are. We have deployed our Strykers and watched our some of our Arctic Falcons go, come home and go again. As I reflected on the medical and garrison support it takes to make that happen, I thought I would take a few moments to discuss some of the things Bassett has done to improve support to the Families who support our Soldiers so well, some things we couldn't make happen and a couple of things we will be looking to do over the next year.

There is not nearly enough print space to list every change Bassett has made, but I will try to squeeze in a few things. Some of the biggest changes have been in our access to care. We have restructured our schedules and opened up on Thursdays-creating more than 100 appointments a week. Just this week we began a pilot of changing how we book appointments, taking out the multiple types and going to just two. After a month or two to work down the backlog and the kinks, we will reassess and see if it is making things better. We have increased our staffing significantly in many areas including our call center which now has average wait times of under 60 seconds, though there are still peaks that are higher. Our continuity - how often you see your provider-is up to 50 percent. This is not yet at our goal of 70 percent, but getting closer. Additionally, we have increased Family Practice and Dermatology capability. We have started self-referral mammography to help with early breast cancer detection, as well as installing a new MRI. Our annual flu campaign was a great success, immunizing more than 2000 more family members than in 2009, and we are preparing for this

year's campaign as I write this.

We are not afraid of change, and took your suggestions in multiple areas. We had a summer sports physical day where more than 150 children were seen. We now open the immunization clinic at 7:30 a.m. We added a special meal after childbirth and evening meal hours at the dining facility. And one patient sitting with a Family member late one night in the Emergency Room noticed that there was no late-night coffee, so we have added a coffee machine on the second floor. This is, of course, just scratching the surface.

It was not all successes and there were some things that we just couldn't make happen. We thought we were going to have video capability for our new moms by now. Between costs and connectivity to deployed systems, it just has not materialized - but it looks like it will be here in the next couple of weeks. Parking remains an issue, as is ice during the winter. Despite our efforts we are still short of staff in the pharmacy.

I am excited for the next year and Bassett plans continuing to improve, with an eye to the future. We are working with the Health Facilities Planning Agency on the initial designs for a new 70,000 square foot Soldier and Family Health Clinic and should find out about funding in the next couple of months. We are implementing the Army's Patient Centered Medical Home model of primary care, increasing emphasis on continuity of care, nursing involvement, a team approach and prevention of disease and illness. TeamSTEPPS is a program that improves communication and teamwork that has been shown to improve patient safety and will be fully implemented in the next three months. Phase two of the Child and Family Assistance Center, which will increase availability of behavioral health to

MEDDAC commander

Col. George Appenzeller,
MEDDAC-AK commander



Medical Department Activity Alaska

our families begins fiscal year 12. We have hired a permanent provider for our Soldiers and Families at Fort Greely, which will increase availability of care both there and at Bassett. Additionally, we are bringing in multiple outside agencies to help us identify areas where we can become more efficient and effective with the resources we have. In fact, one comes to our pharmacy next week and this will continue across the hospital.

Last, a patient suggested starting a community health advisory board to discuss community issues and come up with joint solutions and it is a great idea. Which reminds me that sometimes, we are just too close to the situation to see the simple things. Your suggestions help us become better, safer and more patient-centered. The bottom line is that while we will not be able to support every suggestion, we will look into and take each and every one seriously.

So please, don't forget to fill out your surveys or just come by and see us. MEDDAC-AK is dedicated to providing outstanding care with great service, and your help is critical to making that happen.

FAMILY: Supporting those with special needs

Continued from page 1

"EFMP is one way the Army keeps key promises it made in the Army Family Covenant"

In an effort to enhance service delivery to EFMP-enrolled Families, IMCOM has revised EFMP respite care policies and procedures. The revision is effective this month. It includes changes in eligibility criteria and the Family Services Needs Matrix, and online training for EFMP managers and physicians. An EFMP respite care panel will be established at each garrison to review and recommend approval or disapproval of all respite care submissions to the garrison commander, who is the decision authority.

Garrison EFMP Managers are available to provide more detailed information to Families currently receiving respite care. Soldiers or Family members who have questions about it or other EFMP-related services can also visit the EFMP web page at Army OneSource (<http://www.myarmyonesource.com/>).

This revision to policy and procedures is part of the Army EFMP Strategic Action Plan to improve services and support for Families with special needs. Also as part of the strategic action plan, at the beginning of this fiscal year EFMP added 43 Systems Navigators, or non-clinical case managers, at 26 garrisons stateside and overseas to connect Families with required systems of care.

The focus on enhancing the effectiveness of EFMP could not be more important or timely. Important, because the EFMP is one way the Army keeps key promises it made in the Army Family Covenant: providing access to high-quality medical care, educational opportunities and Family programs that foster an environment in which Families can thrive.

Timely, because while the Army's commitment remains as strong as when the covenant was signed in 2007, we are operating in a different fiscal reality in 2011. Just as any Soldier or Family member asks "Is it worth it?" before opening their wallet, we are doing the same, making sure we are using resources as efficiently as possible to provide quality services to Families. Army life poses challenges for any Family, but especially for Families with special needs. It is part of our job, our commitment, to make sure we are delivering the right services in the right way to support the health and well-being of all Family members.

Support and Defend!

Lt. Gen. Rick Lynch, Defender 6

COMMANDER'S COLUMN

Col. Ronald M. Johnson, Garrison commander

Team Wainwright, let me start by saying how very happy and blessed my family and I are to be able to have the opportunity and privilege to serve in Alaska once again. Honestly, my cheeks still hurt from grinning so much at my good fortune! The three years I spent previously as the Garrison Commander here at Fort Wainwright are counted as some of the most rewarding years of my career. I look forward to working with all of you and continuing the process of transforming Fort Wainwright.

During my first tour here, I started the process of transformation of our post from an indirect-reporting garrison answering to Fort Richardson to a direct-reporting garrison with direct communications to the Pacific Region of the Installation Management Command (IMCOM).

In the three years I've been away from Alaska, the transformation has continued. I now see many changes, and I am encouraged that we are heading in the right direction to continue the support our Soldiers and Families deserve. In my absence, Fort



Wainwright has grown new supporting agencies and more employees to serve the Soldiers and Families here. Our housing and utilities are privatized, with focus on efficient services and smooth operations.

We have a lot of new buildings, including housing and barracks, modernized for convenience and comfort. We've upgraded our Last

Frontier Community Activity Center and the bowling center, as well as other recreational areas. We have altered streets and added traffic lights to ease traffic problems. Many of our offices and maintenance facilities have been upgraded to better accommodate our customers.

Our garrison staff has continued the tradition of providing world class service and support to our Soldiers and our Families. I pledge to you now that this support will continue with a renewed focus on finding ways to do it even better.

Above all, your well being will remain our top priority. Our goal is to ensure our Soldiers and Families are provided everything necessary for a happy and memorable tour at Fort Wainwright. It is so good to be home and my family and I look forward to renewing old friendships and starting new ones.

RJ

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.

Find us online

Facebook
FortWainwrightPao
twitter
twitter.com/PAOFWA
usarak
usarak.army.mil
flickr
flickr.com/fortwainwright
flickr.com/usarak
Army news
army.mil
army services
myarmyonesource.com
defense video
dvidshub.net

ALASKA POST

Home of the Arctic Warriors

EDITORIAL STAFF

Fort Wainwright Garrison Commander
Col. Ronald M. Johnson
U.S. Army Garrison Fort Wainwright PAO
Linda Douglass
Command Information Chief
Connie Storch
Editor
Allen Shaw
Staff writers
Trish Muntean
Contributors
Sheryl Nix, Alaska Post Contributor
Staff Report, U.S. Army Alaska PAO
Staff Sgt. Trish McMurphy, U.S. Army Alaska PAO
Tech. Sgt. Jacob N. Bailey, U.S. Air Force
GI Jane, Alaska Post Contributor
Dave Bedard, JBER PAO

The ALASKA POST is authorized by Army Regulation 360-1 and is published by the Fairbanks Daily News-Miner, a private firm in no way connected with the U.S. Army, and is under exclusive written contract. Contents of the ALASKA POST are not necessarily the official views of, or endorsed by, the Department of the Army. The editorial content of this publication is the responsibility of the U.S. Army Garrison Ft. Wainwright Public Affairs Office. The ALASKA POST welcomes responsible comments from its readers and will publish letters, articles or photos submitted at least one week prior to the next publication. The ALASKA POST reserves the right to edit or reject submissions. All submitted material will become official Army property unless otherwise indicated. To advertise call (907) 459-7548. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, gender, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron. The Editorial office is located on Ft. Wainwright in Building 1047 #1; Mailing address is Public Affairs Office, 1060 Gaffney Road, 5900, Ft. Wainwright, AK 99703. Call 353-6779 or 353-6701, or send emails to pao.fwa@us.army.mil
The ALASKA POST - Home of the Arctic Warriors

Family Advocacy life skills classes provide Soldiers, Families tools to thrive

Trish Muntean, Fort Wainwright PAO

To be successful, life requires skills not necessarily taught in school. The Family Advocacy Program life skills classes give Soldiers and Family members an opportunity to learn these skills.

The Family Advocacy Program, "is a great place to go for resources," said Jessica McKeown an educator with FAP, a program within Army Community Service.

Family advocacy is dedicated to prevention of abuse (both child and domestic), education, prompt reporting, investigation, intervention and treatment, according to the fact sheet about FAP on the MyArmyBenefits website.

"There is the medical side that does treatment and then there is the prevention side," said Genevieve Barnhart, also a Family Advocacy Program educator.

"The prevention part is building awareness so that people know, hey these are the resources that we can go to, this is what we have on post," Barnhart said.

"It is not only a place to go when you feel that all of your other options or resources have run out," McKeown said. "It is here for our Soldiers and our Families and our DoD civilians so that even when life is going great, you come and get new strategies, new perspectives."

In the Fort Wainwright community, part of the FAP prevention process is the Life Skills classes.

Life skills are those needed to be successful in life, but not generally taught in school. These include stress and anger management, coping with grief or PTSD, resiliency and parenting classes (Scream Free Parenting, Divorce and Parenting and another on blending families), among others.

There are also classes to help people deal with the challenges of living in Interior Alaska (Sleepless in Fairbanks and Beating the Winter Blues) and many others, with more added as the needs of the community are identified.

After-hour sessions are available as requested, as are classes on-site such as at a family resource group meeting. Barnhart said that they

try to be as flexible as they can and they have several after-hours classes coming up during the next month.

Child care is available for those attending the classes. The children must be enrolled in the CYSS and reservations must be made at least two weeks in advance.

Life skills classes are not all that McKeown and Barnhart do. The FAP educators set up a table in the food court area of the PX to hand out information on every aspect of family advocacy.

This monthly event allows people to pick up handouts about various subjects discretely and gives McKeown and Barnhart the chance to talk about their classes, which are given free.

They also maintain a library, for everyone's use, with books on stress, communication, parenting, and anger management, which the staff would love to see better utilized.

"We can help point people in the right direction in an information and referral kind of way," Barnhart said.

In addition to classes, the FAP offers the parent support program and a playgroup for children ages 0-5 and their parents.

"What I'd really like for our community to know is that we are here for whenever they need us. We enjoy sharing techniques and solutions to help our Soldiers and Families feel well equipped to tackle different challenges that come with Army life," McKeown said.

"Often times if we allow ourselves to adjust our perceptions, there is more time to enjoy what's going on around us," she said. "For those

who feel that they have everything under control, that's wonderful. When life is going well, that can be a great time to gather techniques and solutions. There's no harm in storing those for a time when you may need them later on in life or for when someone you know needs new ideas."

"The important thing to remember is that we must celebrate in our large and small successes. We are a military community and we are resilient. And resiliency not only comes from experience, but also from knowledge."



LEGAL NOTICE

Anyone having claims against, or who is indebted to, the estate of Chief Warrant Officer 2 Eric C. Corl, D Company 123rd Aviation Intermediate Maintenance, 16th Combat Aviation Brigade, may contact Capt. Matthew Ardaiz, Headquarters and Headquarters Company, 1st Battalion, 52nd Aviation Regiment, 16th CAB, 3010 Montgomery Road, Fort Wainwright, Alaska 99703, or call 353-0151.

40383495
AFC/USAA
AK POST/AK POST
6 x 10.5

Soldier Show comes to Alaska

Continued from page 1



Sgt. Chad Zeller, heavy equipment repairer stationed at Fort Knox, Ky., adjusts lighting before the performance. Zeller is a member of the crew who enjoys the challenge of being on the road and challenging his technical skills.

The Soldier Show was started in the 1940s by Irving Berlin. "It was entertainment for Soldiers by Soldiers," said John Stewart, program director. Stewart was the NCOIC for the ensemble for years, retired from active status, was asked to return to the group and assume his current position two years ago.

"We have taken the tradition, but are doing it in the modern era," Stewart said. "We're actually doing the same thing they did in the 1940s by going around to installations and performing for retirees, civilians, Soldiers and Families."

Most of the cast and crew are in the military. There are MPs, cooks, mechanics and medical personnel. "Everyone has an MOS and an assigned duty station," Stewart said. Each Soldier has a background in entertainment, has auditions and then rehearses at Fort Belvoir, Va., for two-and-a-half months, before touring for seven and a half months. This is the first time the troupe has been back in Alaska since 2006.

"The last time we came here," Stewart



Sp. Daniella Beard, food service specialist stationed at Fort Campbell, Ky., takes a break during the set up, just before the rehearsal, costume change and performance during the Soldier Show, July 22 at the Hering Auditorium in Fairbanks.

said, "it was November. We like this a lot better."

Two semi trucks travel with the crew carrying props, costumes, lighting, sounds and set pieces.

Being on the road is a little different for this group. Stewart explained they don't have the luxury of having a road crew. "All the Soldiers that you see do the set-up, do a 90-minute performance and then they come back and break everything down," Stewart said. "This is a hard job. These Soldiers are so conditioned it is like Ground Hog Day for them; doing the same thing over and over again."

The Soldier Show is touted as something to lift the spirits and morale of Soldiers



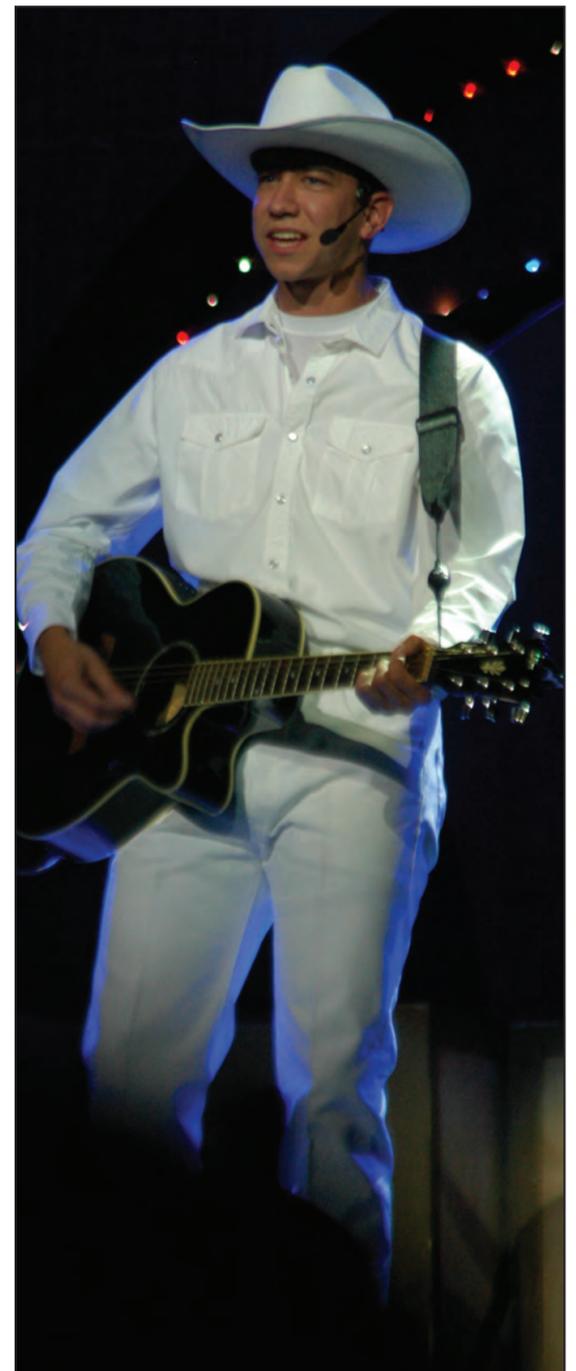
Sgt. Brittnea Jones, pharmacy specialist (left) stationed at Bamberg, Germany and Cpl. Tiffany Ruff, human resources specialist, stationed at Kaiserslautern, Germany pose with the styrofoam head used for setting the lighting July 22 at the Hering Auditorium in Fairbanks.

and Family members, whether at home, overseas or down-range. The Soldiers in the show spoke about being honored and how they appreciate being able to do something special, something memorable.

As the crowd mingled out of the venue and stood in line to shake the hands of the performers, who finished the show in military dress uniform, it was apparent that those who attended echoed the same sentiments. Many used the words proud, special, memorable, thank you and of course hooah.



Sgt. Emily McAleesejergins, Army National Guard, Frankfort, Ky., performs Lady Gaga's "Bad Romance" during the Soldier Show at Hering Auditorium in Fairbanks July 22.



Pfc. Cole Bixler, combat medic assigned to Fort Myer, Va., performs at the Hering Auditorium in Fairbanks July 22 as part of the Soldier Show. The cast and the crew are involved with unloading, loading, setup and transfer of equipment, as well as performing several routines during the 90-minute show.

Senior leaders work to improve R and R program

Staff Sgt. Kimberly Cooper-Williams, 1st Sustainment Command (Theater) Public Affairs

THEATER GATEWAY, Kuwait, July 20 -- Since the beginning of the Rest and Recuperation program back in 2003, many strides have been made to make the program more efficient.

As troops travel in and out of deployed locations throughout the world, the Theater Gateway in Kuwait has been a main hub to get them where they need to be. The process to get the troops home to their loved ones for their 15 days of leave has constantly been improving and while the program is running quite efficiently, key leaders are not done making the program even better.

International Security Assistance Force Command Sgt. Maj. Marvin Hill along with 1st Theater Sustainment Command, Command Sgt. Maj. Danfert Espinal recently toured the Gateway and met with the base command to talk about ways to improve the Rest and Recuperation, or R and R, process for the troops.

"I have heard many great things about the R and R area," Hill said to Theater Gateway Sgt. Maj. Fotini Nixon. "Most [troops] say this is where they receive the most rest on their deployment, but I wanted to come and see for myself the work that is being done."

A little less than a year ago, Nixon and Theater Gateway Deputy Director Maj. Mickey Turner, took over the Gateway and have made great strides to reduce the Soldiers, Sailors, Marines and Coast Guardsmen hold time at the Life Support Area.

"After reviewing customer comments and conducting a mission analysis on the R and R process, the team reduced the flight time from 12 hours to eight hours, which decreased the amount of time passengers spent in the Freedom Yard staging area," Turner said of the new and improved process.

When passengers arrive at the Theater Gateway, they receive a briefing to ensure their leave forms are properly filled out before going onto the next phase of the process. Once the leave forms are verified for accuracy, the passengers will be manifested onto a flight based on their geographical travel locations, Turner also added.

From there the passengers receive a customs brief and move through the baggage screening process which is a quite similar to the screening process people go through by Transportation Security Administration, or TSA, when catching a civilian flight back to the states. State-of-the-art baggage and body scanners are located in the Navy customs tent which is run by the Sailors of NAVELSG (FWD) Mike Wave.

Once the screening process is complete, passengers enter the Freedom Yard where they can relax, decompress and prepare for the flight home to see their loved ones.

Members of the Theater Gateway team live by their motto -- "To treat passengers with

passengers traveling outside Continental United States, ensure they possess a valid passport and have a completed Aircraft and Personnel Automated Clearance System approval prior to arrival at the Theater Gateway."



R and R program keeps getting better. Master Sgt. Aaron Elliott, 553rd Combat Sustainment Support Battalion, shows International Security Assistance Force, Command Sgt. Maj. Marvin Hill, where his team stores the Rest and Recuperation leave passengers' battle gear while they are home for leave. Troops drop off their gear when they get to the Theater Gateway and then retrieve it on their way back to the fight. (Photo by Staff Sgt. Kimberly Cooper-Williams/1st Sustainment Command (Theater) Public Affairs)

dignity and respect" -- manage customer expectations by providing up to date information throughout the day and to move R and R passengers within as little as 24 hours but no more than 48 hours upon arrival."

While the process at the Gateway has continuously improved, there are things units can do to make the process even more efficient for the troops.

"For R and R passengers traveling back to the Continental United States, ensure their DA 31 (leave form) is accurate and complete," Turner points out some of the things that could hold a passenger up during travel. "For

The customer friendly team at the Theater Gateway is always able to guide units with additional questions in the right direction for a smoother R and R process for the troops.

"The R and R program has been near and dear to me for a few years now," Hill said to the Theater Gateway team. "In Iraq my major concern was how I was going to get my troops home, and then when I got to Central Command, I was able to work on the issues in depth with Maj. Gen. Dowd (1st TSC Commanding General), and now I get a chance to help make the program even better."

Junkyard Dogs keep Apaches in the air

Combined Joint Task Force 1 - Afghanistan

NANGARHAR PROVINCE, Afghanistan, July 19, 2011 -- A call for the quick reaction force to support Task Force Bronco Soldiers hits the Task Force Shooter Tactical Operations Center at Forward Operating Base Fenty. Without missing a beat, the battle captain, calls over to Company B "Killer Spades," 1st Battalion, 10th Aviation Regiment, TF Shooter, to launch their AH-64 Apache helicopters -- helicopters that wouldn't be able to perform the mission without the help of the "Junkyard Dogs."

Despite the Apaches' extremely high operational tempo of more than 650 flight hours per month, there is never a question if Company B will have helicopters ready to go. Capt. John Mclean, former Company B commander, nicknamed the maintenance crew for their company the Junkyard Dogs for their ability to fix aircraft and enable mission accomplishment -- regardless of the resources at hand.

Chief Warrant Officer 3 Matthew Rood and Chief Warrant Officer 3 Alvin Melvin, Company B's maintenance test pilots, are responsible for ensuring the Killer Spades' aircraft are fit to fly and are maintained to standard. They said they are extremely proud of their Junkyard Dogs.

"The sheer number of hours our aircraft have flown this deployment, and the maintenance they require to sustain the hours has caused our crew chiefs to become experts at diagnosing and troubleshooting issues before they become a problem," Melvin said. "They can tell by the slightest change in the noise the aircraft makes that there is an issue in the aircraft and where the likely problem lies."

"The most impressive example of how good our crew chiefs is not only never dropping a mission due to maintenance, but being able

to hot swap an aircraft in under 12 minutes, which ordinarily takes between 30 and 45 minutes," Rood added.

Hot swapping is when an aircraft comes in for repairs, and the pilots are able to transition to another aircraft to continue their mission.



Spc. Cody Roberts, with Company B, 1st Battalion, 10th Aviation Regiment, TF Shooter, 10th Combat Aviation Brigade, 10th Mountain Division, works on the rotor system of an AH-64D Apache helicopter at Jalalabad Airfield, Forward Operating Base Fenty, Iraq. He and his fellow maintainers have been nicknamed the "Junkyard Dogs" for their ability to fix aircraft and enable mission accomplishment regardless of the resources at hand. (US Army photo)

Dogs have made a lasting impact to the many servicemembers throughout Regional Command East according to Capt. Brett Monette, the commander of Company B.

"The extraordinary success of the Killer Spade's flight crews in this theater of operations is, without a doubt, directly correlated to its first class maintenance team. I cannot express how proud I am to have the most mission-driven Soldiers a commander could ever ask for."

"Another key trait about our guys, that can't be overstated, is their ability to understand the importance of their work. Our guys understand the impact our Apaches have protecting our fellow Soldiers on the battlefield. They truly understand that keeping our birds in the air keeps our ground forces safe and destroys the insurgent forces," Rood said.

Not only do the Junkyard Dogs contribute greatly to the success of TF Shooter's operations, they have also made a tremendous positive impact to the health and welfare of the squadron as a whole.

Under the leadership and planning of Sgt. Timothy Nosser, the 10 crew chiefs planned and built the task force a well-stocked gym, which is appropriately called the "Small Arms Repair Room."

In addition, they created a balcony overlooking the flightline and produced the furniture used on the balcony, which hosted numerous key leaders.

Whether they are maintaining aircraft or improving the facilities at FOB Fenty, the Junkyard

what is it?
when is it?
where is it?

find it here!

Friday – 29th

ELVIS PRESLEY STORY HOUR AND CRAFTS, 4 to 5 p.m., Post Library, Building 3700. Call 353-4137.

COMMUNITY CPR AND FIRST AID CERTIFICATION, 9 a.m. to 3 p.m., School Age Services, Building 4391. Call 361-7713.

RESILIENCY SKILLS, 10 a.m. to noon, Northern Lights Inn conference room, Building 3402. Call 363-6286.

SAS FASHION SHOW, 3:30 to 4:30 p.m., School Age Services, Building 4391. Call 361-7394.

WELCOME AND ORIENTATION BBQ, 3 to 7 p.m., Youth Center, Building 4109. Current members (3 to 4 p.m.), incoming 6th graders and newcomers (4:30 to 5:30 p.m.), barbecue and activities (5:45 to 7 p.m.). Call 361-5437.

Saturday – 30th

ZUMBA FITNESS, 1 to 2 p.m., Physical Fitness Center, Building 3709. Cost is \$7 per class. Call 353-7223.

COMMUNITY GAME DAY, 1 to 6 p.m., Post Library, Building 3700. Call 353-4137.

FAMILY AND MWR SPECIAL EVENTS AND CYSS PRESENTS "SUMMER JAM," 2 p.m., Youth Center, Building 4109. Summer Jam "Teen Fest" for all youth 12 through 18. "Forever the Sickest Kids" concert starts at 7 p.m. No video cameras allowed. Cameras may be used. This concert is for youth only. Youth may bring their friends age 12 through 18. Adult family members are welcome if they are accompanying their children. There will be a full security check to enter the concert. Call 353-6043.

FAIRBANKS CITY LEAGUE CHAMPIONSHIP, 8 a.m. to noon, Chena Bend Golf Course, Building 2092. Call 353-6223.

ICE CREAM SKEDADDLE 5K FUN RUN, 10 a.m., Physical Fitness Center, Building 3709. Registration begins at 9:30 a.m. Call 353-7223.

ELVIS PRESLEY STORY HOUR and CRAFTS, 10:30 to 11:30 a.m., Post Library, Building 3700. Call 353-4137.

BOATER SAFETY COURSE, 1 to 5 p.m., Outdoor Recreation Center, Building 4050. A Boater Safety Card is issued at the completion of the course and is valid for four years. Everyone renting a watercraft from the Outdoor Recreation Center is required to have a Boater Safety Card issued from the ORC on Fort Wainwright prior to boat reservation. There are no exceptions. The course is conducted rain or shine. Open to participants 18 and older. Call 361-2652.

Sunday – 31st

GULKANA GLACIER DAY HIKE, 7 a.m. to 5 p.m., Outdoor Recreation Center, Building 4050. Participants need to bring a lunch and an extra pair of shoes to cross the river. Open to patrons 10 and older. Cost is \$10. Call 361-2652.

Monday – 1st

AUTO SAFETY ORIENTATION, 6 p.m., Auto Skills Center, Building 3730. Call 353-7436.

ZUMBA FITNESS, 6 to 7 p.m., Physical Fitness Center, Building 3709. Cost is \$7 per class. Call 353-7223.

GROUP CYCLING, noon, Physical Fitness Center, Building 3709. Call 353-7223.

SCREAM FREE PARENTING, 2:30 to 4:30 p.m., Northern Lights Inn conference room, Building 3402. Call 353-6286.

Tuesday – 2nd

GROUP CYCLING, 6:30 to 7:30 a.m., Physical Fitness Center, Building 3709. Call 353-7223.

STRESS MANAGEMENT, 3 to 4:30 p.m., Northern Lights Inn conference room, Building 3402. Call 353-4248.

COPING STRATEGIES FOR THE UNCERTAINTIES OF LIFE, 6:30 to 8 p.m. Last Frontier Community Activity Center Quiet Room, Building 1044. Call 388-2553.

Wednesday – 3rd

ANGER MANAGEMENT, 3 to 4:30 p.m., Behavioral Health conference room, Building 4066. Call 353-4248.

BLOOD PRESSURE CHECKS, 11 a.m. to noon, Physical Fitness Center, Building 3709. Call 353-7223.

PERSONAL FINANCIAL READINESS, 8:30 a.m. to 4 p.m., Post Library, Building 3700. Call 353-7438.

BLENDED FAMILIES, 10:30 a.m. to noon, Northern Lights Inn conference room, Building 3402. Call 353-6286.

Thursday – 4th

GROUP CYCLING, 6:30 to 7:30 a.m., Physical Fitness Center, Building 3709. Call 353-7223.

ROMP AND STOMP PLAYGROUP, 9:30 to 11 a.m., Youth Center, Building 4109. Transportation for Families to and from Romp and Stomp is available at Northern Lights Inn at 9 a.m. Call 361-7713/7372.

ZUMBA FITNESS, 6 to 7 p.m., Physical Fitness Center, Building 3709. Cost is \$7 per class. Call 353-7223.

LEVY BRIEFING, 9 to 11 a.m., Military Personnel Division basement classroom, Building 3401. Call 353-4333.

THAT'S THE TICKET, 10:30 to 11:30 a.m., Northern Lights Inn conference room, Building 3402. Call 353-6286.

Softball Results

Men's Division

1. 472nd MP
2. HHC 16 CAB
3. B Troop 5-1 CAV

472nd MP defeated HHC 16 CAB 17-12 in the Championship Game.

Women's Division

1. AAFES
2. Chicks with Sticks
3. Peanut Butter Jelly

AAFES came out of the loser's bracket to win the tourney. They defeated Chicks with Sticks 13-2 in the Championship Game to force the IF Game. AAFES defeated them in the IF Game 23-3.

Peanut Butter Jelly finished in 3rd place.

Wainwright Teen Fest features fun, games and Forever the Sickest Kids

Staff report, Fort Wainwright PAO

Child, Youth and School Services in conjunction with the Directorate of Family and Morale, Welfare and Recreation special events is hosting a Teen Fest for youth sixth grade to seniors Saturday.

The event will run from 2 to 6 p.m. with games, a dunking booth, marshmallow-eating contest, climbing wall, karaoke contest, talent show, prizes and a DJ. Food and beverages will be sold by family readiness groups.

The entertainment portion of the event will be from 7 to 9 p.m. featuring the nationally known Forever the Sickest Kids.

Forever the Sickest Kids is an American pop punk band from North Richland Hills, Texas, currently signed to Universal Motown Records Group. In issue 228 of Alternative Press, the group was



named the number one underground band in the "22 Best Underground Bands." Their first extra play musical album, "Television Off, Party On," was released July 3, 2007. Their debut album,

"Underdog Alma Mater," was released Apr. 29, 2008. The first part of their new three-part mini-LP (a collection entitled "3P"), "The Weekend: Friday," was released Nov. 17, 2009, with their newest, self-

titled album released March 1st.

"We really wanted to do something great for the youth of our community," said Megan Brown, DFMWR special events coordinator. "We try to have

something for all age groups and we haven't had a youth-only special event, so this was wonderful when the band wanted to come and play."

The band will have a 3 p.m. meet and

greet at the Teen Fest.

"The CYSS team started a collaboration to make it a fun filled event with a fest feel to it and that is how we have come up with the "Teen Fest," said Brown. "I know the youth are really excited and it is a safe environment for them to hang out with their friends."

Youth may bring guests. There will be a security check at the entrance to the event. It will be at the Youth Services building parking lot at Neely Road Building 4109. Parents of teens are allowed to attend, but no younger children. Adults must have a teen participating in the festivities to attend the Teen Fest. For more info please call FMWR special events at 353-6043 or the Youth Center at 361-5437.

For your information

RED CROSS EMERGENCY CALLS

No matter where a military member and their family are stationed, they can rest assured the Red Cross will deliver their notifications in times of crisis.

To contact the Red Cross for emergency assistance, call (877) 272-7337. The number is toll-free within the continental United States.

For the Fort Wainwright Red Cross station office, call 353-7234.

BACK-TO-SCHOOL INFORMATION

Fort Wainwright Families with questions about Fairbanks area schools are encouraged to attend the Back-to-school information session Thursday at 6 p.m. in the Youth Center Building 4109. The School Liaison Office and Pete Lewis, Fairbanks North Star Borough Schools superintendent will be on-hand to answer questions and provide up-to-date information available on school redistricting and other issues.

For more information, call 353-9897.

CONSTRUCTION VIBRATIONS

A new hangar construction project will be underway shortly. Ground compaction is required and will likely cause vibrations that may be felt in surrounding areas. Compaction is done to stabilize the soil and involves releasing a weight from a predetermined elevation using a crane. Compaction activities are expected to last for approximately 30 days. Compaction may take place 24-hours a day although most days it will be less.

For questions and comments about construction, call the garrison public affairs office at 353-6780.

PHOTOGRAPHY LAB CLOSURE

The Photography Lab will be closed until Monday. If you have any questions concerning photographic support during this period of closure please contact Mike Bonnell at 353-7037.

NEW, IMPROVED BIBLE SCHOOL

Vacation Bible School is not being canceled, it will be rescheduled for a later date.

The redesigned VBS program for Fort Wainwright youth and their families will emphasize methods to help children develop and nurture spiritual resiliency in these trying times. The intention is to make it a fun and significant event for all. To be added to the VBS mailing list, call 361-4375.

EDUCATION FAIR

Fort Wainwright's Education Center will sponsor an education fair Thursday from 11 a.m. to 5 p.m. at the Post Library.

The fair will provide Soldiers, Family Members, Department of Army Civilians and contractors a wide avenue of information to enhance their various educational pursuits and options.

There will be some fun things for the children.

The education fair embraces voluntary participation by the various directorates, agencies, organizations and tenants with interests or pertinent educational information and/or services (such as the Post Library, ACS, AER, school liaison, commissary, Family Advocacy

Program, Army One Source, and MAC Federal Credit Union) in providing various financial aid (such as scholarships, grants, etc.), programs, academic, vocational and training educational venues.

Participating schools are University of Alaska Fairbanks, Wayland Baptist University, Embry Riddle-Aeronautical University, Central Texas College (our on-post schools), Digital Training Facility Manager and approximately 20 Servicemember Opportunity Colleges (Distance Learning external degree programs) from various colleges and universities throughout the United States.

For more information, call 353-7486.

NATIONAL NIGHT OUT: GIVING CRIME AND DRUGS A GOING AWAY PARTY

North Haven Communities will host the National Night Out celebration at Fort Wainwright and Fort Greely communities Tuesday. The Fort Wainwright event will be at Birch Hill Ski and Snowboard Recreation Area from 5 to 8 p.m.

In addition to traditional "lights on" and front porch vigils that remain part of NNO, North Haven encourages "having fun under the midnight sun" at this event.

This event offers something for everyone with a performance by the Orange County Company Kids, a bouncy house, face painting, and washable tattoos.

There will be a supply school give-away and

various prizes for those in attendance.

The "Ground Zero Flag" will be on display. The Directorate of Emergency Services will provide a car-seat safety inspection, a water-hose zip line, a fire truck with crew and equipment layout, as well as information booths for the Police and Fire Departments.

Refreshments including hot dogs, hamburgers, chips and soda along with cotton candy and popcorn will be available.

For more information about the Fort Wainwright event call 356-7165.

For more information on the Fort Greely National Night Out call 869-3032.



DES AND NORTH HAVEN COMMUNITIES HOST FIRE SAFETY DAYS

In two years Fort Wainwright has racked up over \$2 million in property loss claims from 20 post housing fires said Chuck Downham, project manager, North Haven Communities,

Since then the Fire Department and North Haven have formed a partnership to raise awareness and promote fire safety. One of the results of this partnership is Fire Safety Days, one of which is Saturday. Sessions in Denali Village are 9 to 11 a.m. and in Siku Basin 1 to 3 p.m.

Maurice Fischer, the director of Emergency Services, explained he wants the community to have an opportunity to meet the people who serve them.

"We want to enlighten the residents as to who we are and what we do," he said.

"Given the number and frequency of fire occurrences, NHC believes an interactive session involving displays and (fire) department personnel will have a lasting and effective impact on resident fire safety and awareness that we hope will translate into reduced fire incidents," Downham said.

The training is mandatory for all housing residents. Non-participation by a resident could result in revocation of self-help privileges.

Residents who attend will receive a package filled with fire safety information including

useful tips for around the home.

The fire department will provide displays and interactive training during Fire Safety Days.

DES will offer fire-extinguisher training, fire-prevention information and tips and provide residents the opportunity to sign up for a Project Safe Guard home fire and crime prevention consultation. Directorate of Emergency Services also offers the free Project Safeguard assessments to Fort Wainwright families living off post.

Children can look forward to climbing on the fire truck and wearing and trying out equipment. A smoke trailer will teach fire survival techniques and Sparky the Fire Dog will be there with his bouncy house for the children to enjoy, Fischer said.

In addition to Saturday's training, additional training will be at Southern Cross 9 a.m. to noon. Aug. 27 at Northern Lights from 9 to 11 a.m. and Bear Paw 1 to 3 p.m. Sept. 10.

NHC residents may attend training in any neighborhood, not just the one in which they reside. Residents must sign in to get credit for attending.

For more information, call North Haven Communities at 356-7000 or the fire prevention office at 353-9166.

EFMP undergoes changes, continues serving Families

Sheryl Nix, Alaska Post Contributor

In an effort to continue matching the right services and resources with the needs of Soldiers and Families, the Army has announced revisions to the Exceptional Family Member Program, including the program here, effective this month. While local EFMP officials continue to process new regulations and specific guidelines they are certain of one fact -- Wainwright EFMP Families will have the support and resources they need, keeping the promise of the Army Family Covenant.

"That's why we do what we do," said D'Letter Shumate, Wainwright's Army Community Service EFMP manager. "We are here to ensure that every Family enrolled in our program is matched with the service and support they need. There is nothing more important than that."

From respite care to command sponsorship and community resources, Wainwright's program will continue to serve Soldiers and Families who face not only the challenges of military life, but also the challenges of caring for a special needs Family member, Shumate said.

More information about specific revisions to the EFMP here will be available soon after the local EFMP team completes a review of the new revisions and guidelines, she added. For more information, call Shumate at 353-4243.

18385233

PURE ESSENTIALS DAY SPA

FF-AK POST/SERVICES

2 x 2.0

16385339

GREAT NORTHERN SHEDS

AK POST/AK POST

2 x 4.0

12384332

BEAVER SPORTS

AK POST/SHOP

2 x 6.0

18383897

ALASKA DOLLAR PLUS

AK POST/AK POST

1 x 1.0

18385545

JUST HAIRCUTS

AK POST/COUPON-AP

1 x 4.0

11385382

PERFECT PARTY, THE

AK POST/AK POST

1 x 2.0

PWOC offers monthly program, deployment break for spouses

Sheryl Nix, Alaska Post Contributor

Deployments are just a fact of life around the Fort Wainwright community. No one knows this more than Families of deployed Soldiers. And although deployment reality can seem a little bleak and unending at times the Protestant Women of the Chapel are determined to provide an outlet for Families by providing a monthly event just for them.

"First Fridays" is a program featuring a fun, completely free of charge event hosted by PWOC every first Friday of the month. The purpose is to bring people together who are all going through the same things to provide entertainment, support and of course, a staple of any good event during a deployment, free childcare.

Childcare is often a big issue for families during a deployment so offering this is an important part of the First Fridays program, said Margaret Franklin, PWOC president and wife of Chaplain (Maj.) Herb Franklin, 1st Stryker Brigade Combat Team, 25th Infantry Division, chaplain. "Offering childcare as well as games and activities for children means that moms can just relax and have a fun evening. While women enjoy a meal and a time to socialize, their children are engaged in fun, supervised and age appropriate activities."

The goal behind First Fridays is simple, Franklin said. "We want to just love on Families in our community and let them know that they are not alone. They have friends, support and a place to come enjoy an evening of fun during this deployment."

Sometimes spouses of deployed Soldiers just need something to look forward to; something to break up the monotony, said Joanna Hart, PWOC deployment coordinator and wife of Maj. Dan Hart, 1st Battalion, 5th Infantry

Regiment, 1-25th SBCT, executive officer. "First Friday events are lots of fun," she said. "We're hoping to reach out to women in the community to give them a place to come and have a break with free childcare, no cooking and just have fun with other women."

Each First Friday has a different theme seen in the decorations, activities and food. Previous themes have included a Hawaiian Luau and a red, white and blue event. The next First Friday will be Aug. 5, 6:30 to 8:30 p.m. at the Northern Lights Chapel. August's "Rummage Swap" event will provide an opportunity to bring household items and take home someone else's offerings, Hart said.

"This event should be a lot of fun and maybe even helpful for those of us who have a few things around the house we want to get rid of," she said. "I think the old adage that 'one man's trash is another man's treasure' will definitely apply to our August First Fridays event." Attendees can drop off their "Rummage Swap" items at 10:30 a.m. or 6 p.m. Aug. 5 at the Northern Lights Chapel.

PWOC will host First Fridays events open to all women in the Fort Wainwright community each month throughout the deployments. "We hope everyone will mark their calendars now for each first Friday and join us," Franklin said.

In addition to First Friday events, PWOC meets Thursdays throughout the school year at 9:30 a.m. at Northern Lights Chapel for Bible studies and fellowship and offers free childcare. The fall kick-off will be Aug. 25.

For more information, contact PWOC at wainwright@pwoc.org.



Sarah Billingsley, wife of Chaplain (Capt.) Drew Billingsley, 1st Battalion, 24th Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division, chaplain, has a ball -- a beach ball -- at the Hawaiian Luau "First Friday" event June 3 at the Northern Lights Chapel. Hosted by Protestant Women of the Chapel, First Fridays offer Families of deployed Soldiers a monthly evening of entertainment, support and free childcare. The next First Friday event, a "Rummage Swap," will be Aug. 5 at 6:30 p.m. at the Northern Lights Chapel. For more information about First Fridays, call 356-9205. (Photo by Sheryl Nix/Alaska Post contributor)

GI Jane answers FRG questions, provides insight

GI Jane, Alaska Post Contributor



If you've been in the Army a month or more, eventually you will hear the "F" word. No not that word. I'm talking about "FRG," otherwise known as family readiness group. Yes, FRG has been known to cause even the most valiant of commanders to break out into a cold sweat at their first meeting but with good communication and a positive attitude by all participants, it can be a great resource during the deployment. Although the FRG program has been around the Army for a number of years each one is different and may operate in its own specific way based on the volunteers who step up to serve in leadership roles within the group. Each FRG leader and key caller is a volunteer who has to balance meetings and duties to the unit with his or her own work schedules and family responsibilities. It takes a very special person to answer the call to serve and many of our volunteers do so with care and concern for the Families they serve. Few FRG members see the hours of preparation that goes into meetings, newsletters, welfare calls, fundraisers and unit activities. It takes a great deal of effort, time and communication between commanders, family readiness support assistants and leaders working together as a team to have a successful FRG. So here's to the volunteers who dedicate so much of their personal time to serve our units. Thank you! Your willingness to serve hasn't gone unnoticed.

Deployments are a challenging time and as we make our way through this one I believe our FRGs help to ease stress, frustration, uncertainty and anxiety we might encounter. I receive all kinds of questions about FRGs and wanted to share a few of them in this week's column. Feel free to send in your questions on FRGs or another topic to the email address below and we'll tackle them together in a future column. After all, we are in this together.

Q: What is the family readiness group?

A: An FRG is a command sponsored organization for all assigned Soldiers - both married and single - Department of the Army civilian employees, volunteers and their Families - both immediate and

extended - who together provide mutual support and assistance and a network of communications between Family members, the chain of command and community resources.

Q: What is the Role of the FRG?

A: An FRG conducts activities that enhance the flow of information between a unit's command and Families. It also provides feedback on the state of the unit's Families to the command, disseminates information to Families received from the command and acts as an extension of the unit in providing official, accurate command information. An FRG provides mutual support between the command and the FRG membership, advocates the efficient use of available community resources and helps Families solve problems at the lowest level.

Q: How do I get information about my Soldier during his or her deployment?

A: Check with your unit's family readiness support assistant who can connect you to the FRG leader, Virtual FRG website and newsletters.

Q: What is a family readiness support assistant?

A: FRSA's are paid employees who serve as vital links between commanders, the Families and the community resources available on the installation. A FRSA works under the general supervision of the commander or rear detachment commander.

Q: How can I find information about military Family life?

A: The Army Family Team Building program at Army Community Service has great classes to learn all about the Army life; everything from Army acronyms to conflict management. Call 353-2382 for more information on current classes offered. You can also visit the My Army Life Too, website: www.myarmylifetoo.com, and take the courses online.

Q: Is there a 24-hour, seven-day-a-week source for information and assistance for military Families?

A: Yes. Military One Source can be reached by phone at: 1-800-342-9647 or visit their website at: www.militaryonesource.com.

Q: What is the Virtual FRG?

A: The Army vFRG is direct connection to command information from your unit. Register for your unit's vFRG site and get connected to all of the pertinent information and resources you need to stay informed and connected. Contact your unit's FRSA for more information or visit www.armyfrg.org to register.

Q: How do I get involved?

A: Attend meetings and activities regularly. Ask yourself, "How can I help?" There are numerous ways to get involved. You can share your ideas for activities, organize an event or fundraiser, welcome new spouses to the unit, write articles or share recipes for the newsletter, take pictures at events, host a hobby class and much more. All you have to do is talk to your FRG leader to find your place in the FRG.

Editor's Note: The Alaska Post features the GI Jane column every other week. GI Jane is a composite character of many different military spouse contributors and offers a wide variety of viewpoints and perspectives. We would like to hear from readers. Submit column ideas and feedback to pao.fwa@us.army.mil.

50383610
ALASKA FUN CENTER SALES
AK POST/KLR 650-AP
3 x 3.0
RED