

# ALASKA POST

Home of the Arctic Warriors

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Fort Wainwright, Alaska

November 9, 2012

## VOW to make the transition easier

Trish Muntean,  
Fort Wainwright PAO

As the mission changes and more Soldiers leave the military for civilian life, the Army is expanding its services to make the transition as easy as possible.

The Veterans Opportunity to Work (VOW) to Hire Heroes Act was signed into law Nov. 21, 2011, and is scheduled for implementation Nov. 21, 2012. It mandates transition counseling and planning no later than 12 months before separating or demobilizing; the Individual Transition Plan (ITP); aligning and integrating education/employment services and functions under a single proponent and expanding virtual services for career and education counseling before, during and after deployment.

All of this is to ensure the lifelong success of Soldiers even after they leave the Army by connecting them with job opportunities, educating them on how to use the skills they learned in the Army and educating civilian audiences about what former Soldiers can offer.

One of the services offered to assist transitioning veterans locally is at the Soldiers and Family Assistance Center, by Tom Hutto, the Vocational Rehabilitation Employment counselor for the Veteran's Administration. While originally hired to serve Soldiers dealing with medical boards, his responsibilities have now grown to service everyone on the installation.

In many ways the program is much like the Army Career and Alumni Program, but Hutto said that the services offered are much more extensive. The program can also help with career counseling and testing to see what jobs are suited to an individual Soldier.

"What they (Soldiers) want to do and what they are capable of doing is the most important piece," Hutto said. He can also point Soldiers in the right direction with Depart-

See VOW on page 3

## Mini-cheer camp brings smiles to all ages



The University of Alaska Fairbanks Cheer Team was at Fort Wainwright's Youth Center Gym on Sunday to conduct a mini cheer camp for children of all ages. They also did a meet and greet and signed a few autographs. (Photo by Trish Muntean/Fort Wainwright PAO) See schedule of upcoming UAF Military Appreciation events, page 5.

## Jobs! Installation Management Command seeks to hire, retain former Soldiers in the Army civilian workforce



Lori Mann, right, an Army Career and Alumni Program counselor offers career guidance to a Soldier at the ACAP Center at Joint Base Lewis-McChord, Wash., earlier this year. (U.S. Army file photo)

**Bill Bradner**  
Installation Management  
Command

Army civilians serve alongside Soldiers every day, in every theater. From state-side garrisons to forward operating bases in Afghanistan, Army civilians write contracts, deliver goods, manage networks, operate ranges, manage business operations and provide support functions that would otherwise present distractions to training and wartime operations. From the sound of reveille to when a Soldier turns out the lights at the end the day, Soldiers are supported by their civilian counterparts.

There are vacant positions throughout the U.S. Army Installation Management Command which need to be filled so IMCOM can provide world-class customer service and deliver programs and services to Soldiers, civilians and Families. Throughout the command, about 40 percent of civilian employees have served in uniform.

For Soldiers considering

taking off their uniforms, continuing their careers with the Army as civilians is a logical transition choice, said Col. Francis Burns, at the office of the Assistant Chief of Staff for Installation Management at headquarters, department of the Army.

"Have you ever wanted to live in Hawaii? Or return to Europe to live and work, while still supporting Soldiers and their Families?" Burns asked. "You owe it to yourself to consider using that training and experience you earned in uniform to help you land the perfect job as a civilian."

Federal service may be an ideal opportunity for wounded warriors and disabled veterans through a process called "Schedule A" appointment authority. Using Schedule A, qualified candidates with disabilities can be hired non-competitively. This speeds up the recruitment process, helping our wounded warriors gain employment while filling critical vacancies quickly. (See sidebar on page 2.)

Schedule A benefits both the employer and potential employee by assisting those with disabilities to gain federal employment and by shortening the hiring process — which averages 102 days using traditional methods.

For example, the IMCOM headquarters placed six interns in less than 45 days using the Schedule A appointment authority and the Wounded Warrior database.

"Schedule A cuts through a lot of the red tape," said Rufus B. Caruthers, the IMCOM EEO director. "The hiring action can take as little as two weeks, it can happen just that fast."

There are many opportunities for Soldiers transitioning out of the Army, regardless of their status, to continue their service by joining the IMCOM team. Many of the benefits are obvious: paid job-related training and education, comprehensive benefits packages and leave accrual rates based on time-in-service. In addition to opportunities

See JOBS on page 3

### WEEKEND WEATHER



**Friday**  
Increasing clouds  
Highs: 3 to 10 above  
Lows around 5 above  
East winds to 10mph



**Saturday**  
Mostly cloudy  
Highs: mid-teens  
Lows around 5 above  
Night: chance of snow



**Sunday**  
Cloudy with a  
chance of snow  
Highs: 10s-20s  
Lows around 5

### BRIEFS

#### National Education Week

The Education Center will host American Military University Wednesday; Adult Learning Programs of Alaska and the Literacy Council Thursday and University of Phoenix Friday. All events take place from 10 a.m. to 3 p.m. at the Education Center, Building 2110 Montgomery Road. Questions? Call 353-2113.

#### UAF Military Appreciation Week

From swimming to hockey, shooting to basketball — collegiate athletes from University of Alaska Fairbanks are fired up to meet and honor Soldiers and military Families at on- and off-post events free of charge. See details on page 7.

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## Medical Department Activity - Alaska

### Diabetes awareness and prevention - powerful choices for health

**Col. Dennis LeMaster,**  
Medical Department  
Activity-Alaska commander

November is American Diabetes Month, a time when we bring awareness to the disease and its complications. According to the American Diabetes Association, nearly 26 million children and adults are living with diabetes, while another 79 million are at high risk for developing diabetes. Untreated or poorly controlled, diabetes can have a detrimental impact on your quality of life. At MEDDAC-AK we are here to not only assist you in managing your diabetes, but also in supporting you in preventing diabetes. We encourage you to know and recognize symptoms, assess your risk and do what you can to protect yourself.

In the simplest of terms, diabetes means that the body's blood glucose, also called blood sugar, is too high. Glucose comes from the food you eat and is needed to fuel our bodies, but having too much sugar in the blood is not healthy. It damages your kidneys, eyes, heart and

vascular system and can lead to heart attacks and strokes.

Symptoms of diabetes can be very subtle, often delaying the diagnosis. Common symptoms include increased thirst, hunger even after eating, dry mouth, frequent urination, unexplained weight loss, fatigue, blurred vision, headaches or numbness and tingling in your arms or legs. If you are experiencing any of these symptoms, it is important to schedule an appointment with your primary care provider.

While diabetes can develop at any time of life, the most frequent is adult onset, called type 2 diabetes. Type 2 accounts for more than 90 percent of all diabetes cases. Type 2 diabetes is usually not diagnosed until health complications have occurred. Most often, there are no diabetes symptoms or a very gradual development of the above symptoms of type 2 diabetes. In fact, about a third of all people who have type 2 diabetes don't know they have it. Several risk factors make individuals more prone to diabetes including being

overweight, low physical activity, a family history of diabetes and a history of gestational diabetes.

You can improve your overall health, lower your blood sugar levels and lower your chance of having a heart attack or stroke by changing your diet and activities. Here are a few things you can do to stay as healthy as possible after you've been diagnosed with type 2 diabetes.

#### Maintain a healthy body weight

Many people with type 2 diabetes are overweight.

Losing weight and keeping it off will help you control your blood sugar and make you feel better. Body mass index, or BMI, is a measure of body fat. It is based on your height and weight. Go to [www.nhlbisupport.com/bmi](http://www.nhlbisupport.com/bmi) to calculate your BMI. A healthy BMI is less than 25. If your BMI is more than 25, talk with your primary care provider about things you can do to lose weight. Begin by setting a goal to lose 7 percent of your current weight. For example, if you weigh 250 pounds,

your first goal will be to lose 18 pounds. Losing any amount of weight and keeping it off will improve your health, so don't get discouraged if you lose the weight slowly. Combining a healthy diet with exercise is the best way to lose weight and keep it off.

#### Make healthy food choices

Less than 25 percent of your calories should come from fat. Avoid fatty foods like deli meats, hot dogs, snack foods and pastries. If reducing the amount of fat from calories does not help you lose weight, decrease the total number of calories you consume. The number of calories you should consume each day depends on how much you weigh.

#### Exercise regularly

Getting at least 150 minutes per week of moderate exercise, like walking, biking and swimming, will help you lose weight and keep it off, and it can help keep your heart healthy. Spread your exercise out over several days each week (for example, five sessions of 30 minutes



**Col. Dennis LeMaster**  
MEDDAC-AK commander

each). Try not to go more than two days without exercising. If you do not have any major health problems that limit your activities, add resistance exercises to your routine. For example, you can lift weights three times a week, targeting all the major muscle groups.

#### Free classes

Our Arctic Health Link offers classes on diabetes to help in making healthy choices and in providing a better understanding to those diagnosed with the disease. For AHL class information, call 361-4148.

Our team at MEDDAC-AK is committed to helping you maintain a healthy lifestyle and preventing diabetes. Your primary care provider and care team can help you develop a plan to stay healthy or manage your diabetes.

A program that provides information on the following...



Introducing your guide to Link for Life...  
Visit the American Diabetes Association to watch a video with animated character, Type 2 Lou., [www.web.diabetes.org](http://www.web.diabetes.org)

### Army emphasizes education, employment and entrepreneurship during Warrior Care Month

**Staff report,**  
Warrior Transition  
Command

Alexandria, Va. – In November the military services observe Warrior Care Month, commemorating the sacred obligation and enduring mission to care for the Nation's most wounded, ill and injured Service Members and to support them as they transition back to the Force or leave military service.

The theme for this year's observance is "Success through Transition – Education, Employment, Entrepreneurship."

Across the Army lead-

ers will host employment fairs, professional development sessions, open houses, media days, adaptive sports and reconditioning events, and celebrate the resiliency of Soldiers and their Families. Wounded, ill and injured Soldiers from Warrior Transition Units will engage local community groups, sharing personal experiences from health care to training, education and employment.

On November 19, the Warrior Transition Command will launch an employment campaign and on November 20, host a joint-service sitting volleyball competition in the

Pentagon. Similar activities and engagements are planned across the Army.

Many of the events are listed on the Army Warrior Care Month website: [http://www.wtc.army.mil/about\\_us/warrior\\_care\\_month\\_2012.html](http://www.wtc.army.mil/about_us/warrior_care_month_2012.html).

Currently about 10,000 wounded, ill or injured Soldiers are assigned to Warrior Transition Units and Community Based Warrior Transition Units, and 87 percent of Soldiers assigned to a WTU have deployed at some point in their careers. The Army supports 29 Warrior Transition Units and 9 Community-Based Warrior Transition Units.

### Veterans Day Observance

**Linda Douglass,**  
Fort Wainwright PAO

Each year the community of Fairbanks gathers to pay tribute to our nation's veterans of past conflicts as well as veterans from the current conflicts taking place globally.

The annual Veterans Day observance recognizes veterans of conflicts from World War II, Korea and Vietnam through Operation Iraqi Freedom and Operation Enduring Freedom. The observance also honors those who served in peacetime.

Men and women of all ages and races, stand proudly at attention when the colors are posted and when their service anthem is played by the 9th Army "Arctic Warrior" Band. Some of them are bent with age and require help. Some of them have visible scars, others have scars we can't see. But they still stand and render honors.

I also see Soldiers, some of them wounded warriors, and their young children in the group, talking with the older veterans and humbly accepting the thanks and recognition of those around them. Their children watch quietly, and they see they are not the only ones who view their parents as heroes.

Veterans Day is not a holiday for gift exchanges, or stuffing ourselves with great food or barbecues at the beach. It is a day to stop and reflect and thank veterans for all they have given in service to our country.

Fighting in World War I ceased at 11 a.m. Nov. 11, 1918, – the 11th hour

of the 11th day of the 11th month. A year later, President Woodrow Wilson proclaimed Nov. 11 as Armistice Day. The original concept was for a day observed with parades and public meetings and a brief suspension of business beginning at 11 a.m.

Once included in the holidays that are observed on Monday to allow three-day weekends for federal employees, Veterans Day was dropped from that group and continues to be observed Nov. 11, regardless of what day of the week it falls. This preserves the historical significance of the date, and helps focus attention on the important purpose of Veterans' Day – to recognize and honor America's veterans for their patriotism, love of country and willingness to serve and sacrifice for the common good.

We salute those who made self-sacrifice to protect the freedoms that we enjoy as Americans. We also know that the sacrifice made does not just lie on the shoulders of the Soldier or other service member; his Family also shares the responsibility.

As the Fairbanks community gathers Sunday to honor all veterans from all branches of the armed services, I encourage you and your Family to come out as well to share in the patriotism, and to meet and talk with and shake the hands of heroes. I hope you will find it as great a privilege as I do.

The Veterans Day Recognition Ceremony will be held in the Gold Room of the Westmark Fairbanks Hotel on 10th Avenue at 11 a.m., Nov. 11.

### November is a time to learn about and commemorate the vibrant, myriad cultures of our country's first people, American Indians and Alaska Natives

U.S. Army Alaska Equal Opportunity Office  
and Medical Department Activity-Alaska

#### BY THE PRESIDENT OF THE UNITED STATES OF AMERICA A PROCLAMATION

As the first people to live on the land we all cherish, American Indians and Alaska Natives have profoundly shaped our country's character and our cultural heritage. Today, Native Americans are leaders in every aspect of our society -- from the classroom, to the boardroom, to the battlefield. This month, we celebrate and honor the many ways American Indians and Alaska Natives have enriched our nation, and we renew our commitment to respecting each tribe's identity while ensuring equal opportunity to pursue the American dream.

Since 1900, many people have sought to recognize the great influence American Indians have had on the history, cultural development, and continuing growth of the U.S. Various dates and weeks were acknowledged until 1976, when Congress authorized a week in October as Native American Awareness

Week. Finally, in 1990, the month of November was chosen because it is traditionally a time when many American Indians gather for fall harvest festivals, world-renewal ceremonies and powwows.

The 2012 Fort Wainwright National Native American Heritage Month Observance is Nov. 28 from 1:30 to 3 p.m. at the Physical Fitness Center gym and is sponsored by the Medical Activity-Alaska in partnership with the Fort Wainwright Equal Opportunity Office.

The guest speaker for this month's observance is Dr. Walkie Charles, assistant professor, Alaska Native Language Program, University of Alaska Fairbanks.

Visitors without DoD ID need to stop at the main gate visitor center to obtain an installation pass before entering the post. Drivers must present a valid driver's license, proof of vehicle insurance and the vehicle registration.

## ALASKA POST

Home of the Arctic Warriors

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The ALASKA POST – Home of the Arctic Warriors

# Honoring those who have answered the call to serve

**Maj. Gen. Michael X. Garrett**  
U.S. Army Alaska  
commanding general

Last week, I was blessed with the opportunity to speak at a Spartan Brigade [4th Brigade Combat Team (Airborne) 25th Infantry Division] redeployment ceremony for the second time in my career. I was the brigade commander and brought them home from a tough deployment to Iraq in 2006 and now could not have been prouder to welcome them home from Afghanistan as their commanding general.

When Alaska Governor Sean Parnell spoke at last week's ceremony, he invited all the paratroopers to settle in Alaska when they complete their service to the Army. I know this was a genuine request because Alaska has a higher percentage of veterans than any other state in the nation. We are truly blessed to serve in such patriotic communities. Alaska values the training, experience, standards and personal worth instilled in those who have sworn to uphold the Constitution and protect their homeland.

Veterans Day has its roots in the conclusion of World War I.

That was to be the "war to end all wars." Now nearly a century later we see through the wisdom of hindsight just how wrong that claim proved to be. The last hundred years have been fraught with conflict and our nation has called over and over again for valiant young men and women to serve on battlefields across the globe.

The bravery and heroism displayed by those who answered the call endure in the pages of history. No one can appreciate their sacrifice and burden more than those of us who have served in our military over the past twelve years of war. Having been through the crucible of combat operations ourselves, we have a great appreciation for what it takes to protect a nation at war.

It takes profound strength to wear this uniform and once someone has earned the right to wear our colors, they are bonded to us for life. The uniforms we wear have changed many times in our history. What hasn't changed is the determination, patriotism and spiritual strength of those who volunteer to serve in our ranks.

Like the uniforms we wear, the perception of veterans has changed over the past decade.



Maj. Gen. Michael X. Garrett

Nearly half of those serving today are between 22 and 30 years old. America now has the highest population of young veterans since the Vietnam War. Since Sept. 11, 2001, nearly three million Americans have taken the oath to defend a nation at war. Now over a decade later, more than 1.3 million service members who have deployed to war have left the service and returned to civilian life.

With the war in Iraq now over and the war in Afghanistan nearing completion, the Army is projected to get smaller over the next five years. We ex-

pect more than 130,000 Soldiers to leave the Army this year and more than 500,000 by 2017.

Our Army is committed to the lifelong success of our Soldiers, veterans and their Families through programs that provide employment, healthcare and education opportunities. The Transition Assistance Program exists to help separating Soldiers transition successfully to get a civilian job, start a business, go back to school or enroll in training programs. When our veterans are successful, they add to the strength of the Army.

Occasionally, I hear claims that the Army doesn't care about its Soldiers and their Families. There is nothing further from the truth. NOBODY cares as much as the Army does. No civilian corporation or any other group puts as much time, effort and resources into supporting the welfare of the people in their organization as our Army. For example, last September the entire Army dedicated a full day to suicide prevention education. Think of the millions of man-hours that cost. I can't imagine a bank or car company dedicating that kind energy and lost production for the

welfare of their employees.

Another example is the Warrior Transition Units. WTUs are dedicated to the healing and recovery of injured Soldiers. They facilitate the recovery process, in some cases for years, to provide wounded warriors the opportunity to return to serve in our ranks or else effectively transition as a veteran to the civilian world with every possible opportunity to succeed.

Soldiers, veterans and their Families have given so much to the defense and safety of our people and nation. We who continue to serve have a sacred duty to maintain their trust and faith in us and remind them that they are our legacy and will always be a cornerstone of our nation's strength.

Unless we make the ultimate sacrifice for our nation, each of us will be a veteran some day. I encourage you to take the time to thank a veteran for their service. Remind them that those of us still serving appreciate what they have done for the efforts of those who defended America before us, we wouldn't have the privilege of defending her today.

Arctic Warriors! Arctic Tough!

## Jobs: Supporting a workforce that sustains the Army

Continued from page 1

in the U.S., civilians serve around the world in locations such as Japan, Korea, Europe and Puerto Rico, among many others.

There are also many not-so-obvious benefits. The sense of camaraderie and teamwork is strong in the civilian workforce, and is cultivated just as carefully as it is among active-duty Soldiers. Another similarity to serving on active duty is the emphasis Army civilians place on values.

"There's not much difference in how you feel about your job and how you conduct business in and out of uniform," said Sgt. Maj. (Ret.) Willie Wilson, who today works for IMCOM and runs the Army's World Class Athlete Program. "And in most Army civilian positions, you're still taking care of Soldiers and their Families. I'm glad that's still part of my job description."

The sense of accomplishment and value is high in the Army civilian workforce. In a recent Federal Employee Viewpoint Survey, 92 percent of federal employees answered positively to the statement "The work I do is important."

Training and leader development is also as pervasive in the civilian workforce as it is in uniform. The Civilian Education System, modeled after the Army Non-commissioned Officer Education System, provides a full spectrum of continuing education and career development courses. Civilians are first exposed to the training at in-processing to their first duty station, and have access to schools and virtual classes to help them progress from entry level to

Senior Executive Service.

IMCOM leads the way in work force development initiatives that include yearly opportunities for developmental assignments, structured mentoring programs, and an academy dedicated to instruction of installation management professionals.

IMCOM has also developed the IMCOM Enterprise Placement Program to help ensure the command can keep employees in the organization once hired. IEPP matches job vacancies at Army installations around the world with qualified IMCOM employees already serving in another capacity. The voluntary referral and placement program is designed to give employees affected by structure and resourcing changes the opportunity to relocate and find the best fit to continue serving the Army family. The IEPP enables the command to retain institutional knowledge and preserve its superior workforce, all while continuing the Army's "I will never quit" philosophy that so many Army civilians take to heart.

"That's our version of leaving no Soldier behind," said Lt. Gen. Mike Ferriter, IMCOM Commanding General. "We owe it to our dedicated civilians and to the Soldiers we support to do everything we can to keep a highly-motivated, highly-qualified workforce in place to maintain our infrastructure and sustain our Army." Ferriter remarked that more than 2,000 positions are available today worldwide throughout IMCOM.

To learn more about the IEPP or civilian job opportunities within the Installation Management Command, visit the IMCOM homepage at [www.imcom.army.mil](http://www.imcom.army.mil).

### Schedule A: The basics for those with disabilities

1. Wounded warriors or disabled persons seeking a position in the federal government should register with one (or more) of the following agencies:

\* The Employer Assistance and Recruiting Network, <http://learnworks.com>, is a free service that connects employers with active duty, veteran and civilian disabled job candidates.

\* The Workforce Recruitment Program, <http://wrp.gov>, is a recruitment and referral program that recently graduated students with disabilities through both summer and permanent jobs.

\* Veterans and wounded warriors should contact the Department of Labor's Veterans Employment & Training Service at [www.dol.gov/vets/welcome](http://www.dol.gov/vets/welcome), the Hire Hero's pro-

gram at [www.hireheroesusa.org](http://www.hireheroesusa.org), and the Wounded Warriors project at [www.woundedwarriorproject.org](http://www.woundedwarriorproject.org).

\* Other resources include the Office of Personnel Management's disability site at [www.opm.gov/disability](http://www.opm.gov/disability) and the Federal Government's one-stop website for people with disabilities, their families, employers, veterans and service members: [www.disabilityinfo.gov](http://www.disabilityinfo.gov).

2. Once registered, the Selective Placement Coordinator or Disability Program Manager at the agency taking advantage of the Schedule A hiring authority will search the databases above, as well as counterparts at other agencies, and provide a list of qualified disabled candidate to the hiring authority.

### Schedule A: The basics for employers

1. Hiring managers should coordinate with their agency's Selective Placement Coordinator or Disability Program Manager, usually found in the garrison's EEO offices, and describe the competencies required for the position.

2. The SPC/DPM will consult with numerous resources, including local colleges and universities, the Wounded Warrior program, EARN and the Department of Labor's Workforce Recruiting Program (to name a few) and develop a list of eligible candidates. No job announcement is required.

3. The hiring official reviews the list, conducts interviews and makes a selection. (Hiring officials also have the option of not selecting from the list and using the traditional hiring process.)

4. Once a selection decision is made, the agency's HR office makes an offer to the candidate.

"Schedule A has been around for as long as I've been in federal service," said Rufus B. Caruthers, the IMCOM EEO director, "but as the number of disabled vets grows, and with the President's emphasis on hiring disabled vets, we'll see a big increase in the number of people hired under that authority."

For employers, that means more qualified candidates to choose from. And for people with disabilities seeking employment, it means a significant growth in the number of hiring authorities using those databases to select candidates.

For more information, visit your local EEO or Wounded Warrior office, or go online to [www.disabilityinfo.gov](http://www.disabilityinfo.gov).

## VOW: Soldiers in transition

Continued from page 1

ment of Labor and the Veteran's Administration to get the help they need.

Vocational rehabilitation can also help Soldiers figure out not just what they want to do when they get out of the Army, but if they use VA benefits or not. Hutto said "to put it simply, vocational rehabilitation is helping folks finding out what they are going to do when they get out of the Army that will sustain them for the rest of their lives."

Another service Soldiers may find valuable is that as part of the integrated disability evaluation system, Hutto can assist Soldiers with getting Veteran's Administration ratings before they leave the military, saving them about one

year of red tape.

Hutto said that "...VA of course provides the GI bill, post 9/11 Montgomery Bill and as a voc-rehab counselor I can tell if someone is eligible for voc-rehab benefits, which is a different program that the VA has."

"We want Soldiers to realize there are services available and we want them to take advantage of those services before they get out and they are not available. We want to educate people to take advantage of what they have, so they can make the best decisions, when they get out."

Soldiers in transition may find the following websites helpful: [www.H2H.jobs](http://www.H2H.jobs) which allows users to translate military occupational skills (MOS), explore potential

career paths, upload resumes and perform customized job searches. It also enables employers to search for veterans.

For more information on "veteran's preference," which gives preference over many other applicants for federal jobs, go to [www.fedshirerevets.gov/job/vetpref/](http://www.fedshirerevets.gov/job/vetpref/)

For verification of military experience and training visit the website [www.dmdc.osd.mil/appj/vmet/index.jsp](http://www.dmdc.osd.mil/appj/vmet/index.jsp). This database contains records of individuals who served in the four DoD military services on or after Oct. 1, 1990, for the purpose of furnishing certification or verification of any job skills and experience you acquired while on active duty that may have application to your employment in the civilian sector.

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# Employee retires after 47 years of federal service, 32 at Bassett Army Community Hospital

**Brandy Ostanik,**  
Medical Department Activity-Alaska

When Joyce Lindberg began working for the government, the price for a gallon of gas was 25 cents, NASA was introducing America's first astronauts and Dwight D. Eisenhower was in the White House.

The year was 1959. Lindberg ended her career with much fanfare Oct. 31, 2012, when she retired from Medical Department Activity-Alaska after 47 years of government service, 32 of them at Bassett Army Community Hospital.

Lindberg began her career with the military working at Bethesda Naval Hospital, where she met her future husband, Robert, who was in the Navy. After they married, she left government service for several years to accompany her husband to his last three duty stations.

They spent three years in Cairo, Egypt, where her husband was assigned to the Naval Medical Research Unit. During that time Lindberg worked with world-renowned epidemiologist, Dr. Harry Hoogstaal. Lindberg assisted Hoogstaal in creating a paper on ticks and tickborne diseases.

After a tour in California, where Lindberg worked for Customs Ser-

vice at the California-Mexico border and later for the Drug Enforcement Agency. Her husband retired in 1977 and was recruited to work as a medic on the Alaska Pipeline.

The family moved to Anchorage that year and then moved to the Fairbanks area, originally settling in Salcha in 1979.

"I decided to go back to work because I was going crazy living out in Salcha," said Lindberg.

Lindberg applied as civilian personnel and was hired almost immediately at BACH to work as the assistant to the chief of Professional Services, now known as the deputy commander of Clinical Services.

According to Lindberg she was hired because she knew shorthand.

"They were ecstatic I knew shorthand," said Lindberg who used the skill right up to the day she retired.

Two years after she began at BACH, Lindberg became the administrative assistant to the MEDDAC-AK commander, a position she held for the next 30 years.

When Lindberg began working at BACH she never thought she would stay for 32 years.

"I remember meeting Tula Belton, who was the commander's secretary at the time," said Lindberg. "She had been in the position for seven years and



Joyce Lindberg, retired Administrative Assistant to the Commander at Medical Department Activity-Alaska receives applause and congratulations from friends and colleagues as she leaves Bassett Army Community Hospital after her retirement ceremony on Oct. 31. Lindberg retired after 47 years of government service, 32 at BACH. (Photo by Brandy Ostanik/ Medical Department Activity-Alaska PAO)

I thought to myself, 'how in the world can someone do the same job for seven years?' Now, here I am 32 years later. I never would have imagined."

Lindberg saw her fair share of changes during her 32 years at BACH.

Fifteen commanders came and left, the civilian workforce at BACH skyrocketed from approximately 30 people

to over 400 and BACH moved into a new building in 2007.

"Joyce wanted to retire quietly, without a big fuss," said Lt. Col. John McNally, the Deputy Commander of Administration. "We couldn't let that happen. She was an integral part of this organization for too long."

At her retirement ceremony, former deputy

commanders of Administration, retired Lt. Col. Doug Shroeder and retired Lt. Col. James Kohler both spoke of Lindberg's attention to detail and the respect they had for her.

"Joyce, your strength of character, competency in all your duties and positive demeanor are traits that have well served BACH and its staff," said Kohler.

In addition, seven former MEDDAC-AK commanders wrote letters to be read at the ceremony, including two star notes: one from Maj. General James Gilman, commanding general, U.S. Army Medical Research and Materiel Command and Maj. General W. Bryan Gamble, deputy director, TRICARE Management Activity.

Gamble reflected on how Lindberg was one

of the first people he met when he was stationed to BACH as a general surgeon in 1987 and how much he enjoyed having her as his administrative assistant when he returned as MEDDAC-AK commander in 2002.

At the closing of the ceremony Lindberg thanked everyone she worked with during her years at BACH. "Bassett really is a family here, and I'm going to miss it. I always wanted to work in the medical field and with the military. I got to do that for 47 years."

As Lindberg left her office for the last time, she was surprised by the many coworkers who lined the hallways all the way to the front door of the hospital, clapping and wishing her well through her final walk through Bassett's halls as an employee.

## Lend Lease 2012 Anniversary Celebration



Celebrating 70 years of cooperation between Yakutsk, Russia, and Fairbanks, from the Lend Lease program to the current sister cities relationship Tanana-Yukon Historical Society lecture by Dermot Cole "The Lend Lease Program from the Fairbanks Point of View in Pioneer Hall, Pioneer Park 7 p.m. Thursday, Nov. 15.

**Anniversary Ceremony** - Lend Lease Monument, Griffin Park, First Avenue, 2 PM Saturday, Nov. 17.

2:30 to 5 p.m. Lend Lease Symposium - Morris Thompson Cultural and Visitors Center, 101 Dunkel St. lectures, films and discussion with Brian Kassof, UAF Professor of History; Pete Haggland, Curator, Pioneer Air Museum Lisa Graham, Cultural Resources

manager, Fort Wainwright. **Share your memories of lend lease days.** All events free and open to the public. Information: 455-6408, [mimi.chapin@gmail.com](mailto:mimi.chapin@gmail.com) Sponsored by Fairbanks-Yakutsk Sister City Committee in conjunction with the Tanana-Yukon Historical Society and Fort Wainwright Cultural Resources department (Directorate of Public Works). Many thanks to the Fairbanks Convention and Visitors Bureau and Festival Fairbanks.

Melissa (Mimi) Chapin  
2158 Penrose Lane  
Fairbanks, AK 99709  
(907) 455-6408  
[mimi.chapin@alaska.edu](mailto:mimi.chapin@alaska.edu)

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## The NFL goes camouflage, showing support for the troops - That's what I'm talking about

**Allen Shaw,**  
Fort Wainwright PAO

The National Football League saluted American servicemen and women

during games this past weekend. Teams, players and fans did a variety of things to say thank you to the troops. Cheerleaders wore military-style out-

fits, players wore camo-patterned gear and fans in certain stadiums did cards stunts, spelling out giant-sized "thank you." The demonstrations of patriotism will continue this weekend in support of Veterans Day.

The NFL has even created a special website MillionFanSalute.com where with a couple clicks fans can send a digital salute on behalf of their favorite teams. The goal of the NFL is to deepen their connection with the military community by identifying local military units from each branch of service on game day. Taking care and showing appreciation to those of you who take care of us, that's what I'm talking about.

As for the games played, in the Thursday matchup between the San Diego Chargers and

the Kansas City Chiefs, tight end Antonio Gates caught a 14-yard scoring pass from quarterback Philip Rivers to zap KC with a 31-13 loss.

Peyton Manning threw three touchdown passes to rally the Denver Broncos over the Cincinnati Bengals 31-23; the Baltimore Ravens picked apart the Cleveland Browns for a 25-15 comeback victory and the Green Bay Packers clipped the wings of the Arizona Cardinals 31-17.

The Texans herded Buffalo and Houston running back Marshawn Lynch racked up 111-yards and a TD as the Bills fell 21-9.

In a fairly tight contest, Colts rookie quarterback Andrew Luck threw for 433 yards and two touchdowns as Indianapolis defeated the Miami Dolphins 23-20, the Detroit Lions beat the Jacksonville Jaguars

31-14 and the Chicago Bears mauled the Tennessee Titans 51-20. The Bears capitalized on five turnovers, QB Jay Cutler threw three touchdown passes and running back Matt Forte carried the ball for 103 yards, and a score.

The Carolina Panthers beat the Washington Redskins 21-13 and in the battle of the pirates, the Tampa Bay Buccaneers swashbuckled their way to a 43-32 win over the Oakland Raiders.

Seattle Seahawks running back Marshawn Lynch ran for 124 yards and one touchdown, and rookie quarterback Russell Wilson threw three first-half touchdowns. The Hawks also overcame Minnesota running back Adrian Peterson's 182 rushing yards, to defeat the Vikings 30-20.

The Pittsburgh Steel-

ers beat the New York Giants 24-20, the Atlanta Falcons continued their winning ways defeating the Dallas Cowboys 19-13 and the New Orleans Saints outscored the Philadelphia Eagles Monday night 28-13.

As for the fabulous Fort Wainwright football picking prognosticators, everyone won more games than they lost and that's what I'm talking about. Brain went 10 and four, and has now been joined at the top by the Jones Bros, who garnished 11 wins, three losses. A-Team also had 11 and three and is two off the lead, but BrowBrose Salsa picked an impressive 13 and one, and are sitting only three games back. Tate also bumped up with 11 and three, while Bear had nine wins five losses and Urbi had eight wins, six losses.



Indianapolis Colts cheerleaders salute the Military before an NFL football game between the Colts and Miami Dolphins Nov.4. (Photo by Darron Cummings/AP)

### Prognosticators – football predictions for fun and braggin' rights

						
<b>A-Team</b> (85W-47L)	<b>Brain</b> (87W-45L)	<b>Browbrose Salsa</b> (84W-48L)	<b>Bear</b> (81W-51L)	<b>Urbi</b> (70W-52L)	<b>Jones Bros</b> (87W-45L)	<b>Tate</b> (81W-51L)
IND @ JAC    IND SD @ TB      TB TEN @ MIA    MIA BUF @ NE      NE DEN @ CAR    DEN NYG @ CIN    NYG DET @ MIN    DET ATL @ NO     NO NYJ @ SEA    SEA DAL @ PHI    DAL STL @ SF      SF HOU @ CHI    HOU KC @ PIT      PIT	IND @ JAC    IND SD @ TB      TB TEN @ MIA    MIA BUF @ NE      NE DEN @ CAR    DEN NYG @ CIN    NYG DET @ MIN    DET ATL @ NO     ATL NYJ @ SEA    SEA DAL @ PHI    DAL STL @ SF      SF HOU @ CHI    HOU KC @ PIT      PIT	IND @ JAC    IND SD @ TB      TB TEN @ MIA    MIA BUF @ NE      NE DEN @ CAR    DEN NYG @ CIN    NYG DET @ MIN    DET ATL @ NO     ATL NYJ @ SEA    NYJ DAL @ PHI    DAL STL @ SF      SF HOU @ CHI    HOU KC @ PIT      PIT	IND @ JAC    IND SD @ TB      TB TEN @ MIA    MIA BUF @ NE      NE DEN @ CAR    DEN NYG @ CIN    NYG DET @ MIN    DET ATL @ NO     ATL NYJ @ SEA    SEA DAL @ PHI    DAL STL @ SF      SF HOU @ CHI    CHI KC @ PIT      PIT	IND @ JAC    IND SD @ TB      SD TEN @ MIA    TEN BUF @ NE      NE DEN @ CAR    DEN NYG @ CIN    NYG DET @ MIN    DET ATL @ NO     ATL NYJ @ SEA    SEA DAL @ PHI    DAL STL @ SF      SF HOU @ CHI    CHI KC @ PIT      PIT	IND @ JAC    IND SD @ TB      TB TEN @ MIA    MIA BUF @ NE      NE DEN @ CAR    DEN NYG @ CIN    NYG DET @ MIN    MIN ATL @ NO     ATL NYJ @ SEA    SEA DAL @ PHI    PHI STL @ SF      SF HOU @ CHI    HOU KC @ PIT      PIT	IND @ JAC    IND SD @ TB      TB TEN @ MIA    MIA BUF @ NE      NE DEN @ CAR    DEN NYG @ CIN    NYG DET @ MIN    DET ATL @ NO     ATL NYJ @ SEA    SEA DAL @ PHI    PHI STL @ SF      SF HOU @ CHI    CHI KC @ PIT      PIT

## Nanook athletes salute military community members, veterans

**Family and MWR staff report**  
Fort Wainwright

Fort Wainwright Family and Morale, Welfare and Recreation in partnership with the University of Alaska Fairbanks presents Military Appreciation Week, celebrating our military together as one community – a way to say thank you.

All events at UAF's Patty Center are free for military members, their Families and veterans. For more information, go to [www.alaskanook.com](http://www.alaskanook.com) or and Fort Wainwright's Facebook at [www.facebook.com/FortWainwrightPAO](http://www.facebook.com/FortWainwrightPAO) or call 353-7691.

### Friday

UAF Women's Swimming vs. Cal State East Bay, starting at 6 p.m. at the Patty Center.

### Saturday

Meet the UAF Ski Team at Birch Hill (cross country side, off post) at 1 p.m. The Nanooks

and Nordic ski club are hosting a Ski Fest and will be available for a meet-and-greet, pictures and autographs. For more information call 353-7691.

The Women's Swimming Team competes again with Cal State East Bay starting at noon at the Patty Center.

The UAF Women's Volleyball Team versus Montana State Billings at 3 p.m. at the Patty Center.

The evening will draw to a close with Lady Nanook Basketball versus the Colorado School of Mines at 7 p.m.

### Wednesday

The University of Alaska Fairbanks Hockey Team will visit the Physical Fitness Center Ice Rink, Building 3709, at 6 p.m. The team will be out on the ice for a skate-around. Come out for the meet-and-greet, pictures and autographs. For more information call 353-7691.

### Thursday

Nanook Men's Basketball versus Cal State Monterey Bay at 7:30 p.m. at the Patty Center.

### Nov. 16

Nordic Cup skiing at Birch Hill (cross country side). Time and details to be announced.

Men's Basketball team vs. Oklahoma Panhandle at 5:15 p.m. at the Patty Center.

UAF Nanooks Hockey versus Western Michigan at 7:30 p.m. in the Carlson Center, Fairbanks.

### Nov. 17

Ten-time national champion Nanooks Rifle Team at E.F. Horton Rifle Range versus West Virginia at 9 a.m.

UAF Ski Team at Fort Wainwright's Birch Hill Ski and Snowboard Area. For more information, call 353-7691.



Erisha Dave, daughter of Calvin and Staff Sgt. KaMesha Snead, Dental Activity-Alaska, receives a souvenir basketball signed by University of Alaska Fairbanks men's basketball player Dallen Bills during a shoot-around and "meet and greet" at the Physical Fitness Center Nov. 3. As part of Military Appreciation Week, members of the UAF athletic programs are visiting Soldiers and Family members and are honoring military members during games and events. (Photo by Allen Shaw/Fort Wainwright PAO)

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FAIRBANKS ICE DOGS/ARCTIC

**Friday – 9th**

**FAME FITNESS**, 9:15 a.m., Melaven Fitness Center, Building 3452. Call 353-9137.

**FAME FITNESS**, 10:45 a.m., Melaven Fitness Center, Building 3452. Call 353-9137.

**“H” IS FOR HONOR: A MILITARY FAMILY ALPHABET**, 4 p.m., Last Frontier Community Activity Center, Building 1044. Call 353-2642.

**UAF MILITARY APPRECIATION WEEK**, Lady Nanooks swim team versus California State East Bay, 6 p.m., Patty Center. Free admission with military ID.

**COSMIC BOWLING**, 8 p.m. to 1 a.m., Nugget Lanes Bowling Center, Building 3702. Call 353-4137.

**Saturday – 10th**

**YOGA FOR ATHLETES**, 11 a.m., Physical Fitness Center, Building 3709. Call 353-7223.

**GROUP CYCLING CLASS**, 10 a.m. Physical Fitness Center, Building 3709. Call 353-7223.

**CHENA HOT SPRINGS LUNCH-AND-SOAK**, 10 a.m., Outdoor Recreation Center, Building 4050. Cost is \$50. Call 361-6349.

**UAF MILITARY APPRECIATION WEEK**, Lady Nanooks swim team versus California State East Bay at noon, Patty Center. Free admission with military ID. Call 353-6612.

**CROSS-COUNTRY SKI WAXING CLINIC**, 1 p.m., Outdoor Recreation Center, Building 4050. Call 361-6349.

**ZUMBA FITNESS CLASS**, 1 p.m., Physical Fitness Center, Building 3709. Cost is \$7. Call 353-7294.

**UAF MILITARY APPRECIATION WEEK**, Cross-country ski team meet-and-greet, 1 p.m., Birch Hill Recreation Center (Fairbanks Parks and Recreation site) Call 353-7697.

**CHESS CLUB**, 3 p.m., Last Frontier Community Activity Center, Building 1044. Call 353-7755.

**UAF MILITARY APPRECIATION WEEK**, Lady Nanooks volleyball vs. Montana State Billings, 3 p.m., Patty Center. Free admission with military ID. Call 353-6612.

**BOSS LASER TAG TOURNAMENT**, 4 to 8 p.m., Better Opportunities for Single Soldiers, Last Frontier Community Activity Center, Building 1044. Call 353-7648.

**TEXAS HOLD 'EM TOURNAMENT**, 6 p.m., Warrior Zone, Building 3205. Open to all DoD cardholders 18 and older. 353-1087.

**UAF MILITARY APPRECIATION WEEK**, Women's Basketball vs. Colorado School of Mines, 7 p.m., Patty Center. Show military ID for free entry.

**COSMIC BOWLING**, 8 p.m. to 1 a.m., Nugget Lanes Bowling Center, Building 3702. Call 353-2654.

**Sunday – 11th**

**NFL ON ALL TVs**, 9 a.m., The Warrior Zone, Building 3205. Open to DoD cardholders age 18 and older. Call 353-1087.

**CATHOLIC SERVICES**, 9:30 a.m. Catholic religious education and 11 a.m. Catholic Mass, Southern Lights Chapel, Building 4107. Call 353-9825.

**GOSPEL SERVICES**, 9:45 a.m. Gospel Sunday school; 11 a.m. Gospel Worship service, Bassett Army Community Hospital, third floor conference room, Building 4076. Call 353-9825.

**PROTESTANT SERVICES**, 10 a.m., Sunday school and 11 a.m., Sunday Protestant worship Northern Lights Chapel, Building 3430. Call 353-9825.

**Monday – 12th**

**CORE TRAINING**, 5:30 a.m., Physical Fitness Center, Building 3709. Call 353-7223.

**BODY CONDITIONING**, 9 a.m., Physical Fitness Center, Building 3709. Call 353-7223.

**ROMP AND STOMP PLAYGROUP: COMMUNITY RESOURCES**, 9:30 to 11:30 a.m., Last Frontier Community Activity Center, Building 1044. Call 353-7372.

**FAME FITNESS SESSIONS**, 9:15 a.m., Melaven Fitness Center, Building 3452. Call 353-9137.

**FAME FITNESS SESSIONS**, 10:45 a.m., Melaven Fitness Center, Building 3452. Call 353-9137.

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

**ZUMBA FITNESS CLASS**, 6 p.m., Physical Fitness Center, Building 3709. Cost is \$7. Call 353-7294.

**Tuesday – 13th**

**GROUP CYCLING CLASS**, 6:30 a.m. and 5:30 p.m., Physical Fitness Center, Building 3709. Call 353-7223.

**HOOR OF POWER GROUP STRENGTH CLASS**, noon, Physical Fitness Center, Building 3709. Call 353-7223.

**PARENT'S NIGHT OUT**, 5:45 p.m., CDC I. \$15 per child. Register and pay by Nov 6th. Call 353-7713.

**YOGA FOR ATHLETES**, 6 p.m., Physical Fitness Center, Building 3709. Call 353-7223.

**CUDDLE CURE**, 6:30 p.m., CDC I Building 4024. Call 353-7713.

**Wednesday - 14th**

**CORE TRAINING**, 5:30 a.m., Physical Fitness Center, Building 3709. Call 353-7223.

**BODY CONDITIONING**, 9 a.m., Physical Fitness Center, Building 3709. Call 353-7223.

**FAME FITNESS SESSIONS**, 9:15 a.m., Melaven Fitness Center, Building 3452. Call 353-9137.

**FAME FITNESS SESSIONS**, 10:45 a.m., Melaven Fitness Center, Building 3452. Call 353-9137.

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

**TURBO KICK**, 5 p.m., Physical Fitness Center, Building 3709. Call 353-7223.

**UAF MILITARY APPRECIATION HOCKEY MEET-AND-GREET**, 6 p.m., Physical Fitness Center, Building 3709. Call 353-7691.

**WELCOME TO WINTER**, 6 to 8 p.m., Last Frontier Community Activity Center, Building 1044. Call 353-4227.

**Thursday – 15th**

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

**HOOR OF POWER GROUP STRENGTH CLASS**, noon, Physical Fitness Center, Building 3709. Call 353-7223.

**EFMP LUNCH AND LEARN**, noon, Post Library, Building 3700. Call 353-4243.

**BEER TASTING**, 5 to 7 p.m., Nugget Lanes Bowling Center, Building 3702. Call 353-2654.

**GROUP CYCLING CLASS**, 5 p.m. Physical Fitness Center, Building 3709. Call 353-7223.

**YOGA FOR BEGINNERS**, 6 p.m., Physical Fitness Center, Building 3709. Call 353-7223.

**ZUMBA FITNESS CLASS**, 6 p.m., Physical Fitness Center, Building 3709. Cost is \$7. Call 353-7294.

**UAF MILITARY APPRECIATION WEEK – MEN'S BASKETBALL**, Nanooks vs Cal State Monterey Bay, 730 p.m., Patty Center. Free Admission with Military ID. Contact Ticket Master for more details.

**Friday – 16th**

**FAME FITNESS SESSIONS**, 9:15 a.m., Melaven Fitness Center, Building 3452. Call 353-9137.

**FAME FITNESS SESSIONS**, 10:45 a.m., Melaven Fitness Center, Building 3452. Call 353-9137.

**LUNCH BOX LESSONS**, 11:30 a.m.,

**STORY HOUR THEMES: PIRATES**, 4 p.m., Post Library, Building 3700. Call 353-2642.

**NY SHOCK AND AWE COMEDY TOUR**, 8 p.m., at the Warrior Zone, Building 3205. Call 353-6043.

**UAF MEN'S BASKETBALL VS. OKLAHOMA PANHANDLE**, 5:15 p.m., Patty Center. Free Admission with Military ID. Contact Ticket Master for more details.

**UAF HOCKEY VS. WESTERN MICHIGAN**, 730 p.m., Carlson Center. \$9 Admission with Military ID. Contact Ticket Master for more details.

**COSMIC BOWLING**, 8 p.m. to 1 a.m., Nugget Lanes Bowling Center, Building 3702. Call 353-2654.

**Saturday – 17th**

**CROSS-COUNTRY SKI TRIP**, 8 a.m., Outdoor Recreation Center, Building 4050. Cost is \$15. Call 361-6349.

**SNOWMACHINE SAFETY COURSE**, 9 a.m., Outdoor Recreation Center, Building 4050. Age 18 or older. Call 361-6349.

**UAF RIFLE VS. WEST VIRGINIA**, 9 a.m., Patty Center. Free Admission with Military ID. Contact Ticket Master for more details.

**GROUP CYCLING CLASS**, 10 a.m. Physical Fitness Center, Building 3709. Call 353-7223.

**YOGA FOR ATHLETES**, 11 a.m., Physical Fitness Center, Building 3709. Call 353-7223.

**ZUMBA FITNESS CLASS**, 1 p.m., Physical Fitness Center, Building 3709. Cost is \$7. Call 353-7294.

**SNOWMACHINE SAFETY COURSE**, 1 p.m., Outdoor Recreation Center, Building 4050. Age 18 and older. Call 361-6349.

**CHESS CLUB**, 3 p.m., Last Frontier Community Activity Center, Building 1044. Call 353-7755.

**PARENT'S DATE NIGHT OUT**, 4 p.m., CDC I. \$30 per child. Register and pay by Nov 8th. Call 353-7713.

**UAF MEN'S BASKETBALL VS. COLORADO CHRISTIAN**, 5:15 p.m., Patty Center. Free Admission with Military ID. Contact Ticket Master for more details.

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VIP CLEANERS  
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& STYLES  
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AKPOST/AK POST-CUSTO  
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**"H IS FOR HONOR"**

A special Veterans Day story hour, today, 4 p.m. at the Last Frontier Community Activity Center, Building 1044. "H is for Honor: A Military Family Alphabet" will have a musical reading by the 9th Army Band and guest readers. Families will have the opportunity to make a Heroes Wreath. This is a tribute to all veterans, be sure not to miss it.

**VETERANS DAY OBSERVANCE**

Festival Fairbanks will sponsor a ceremony in observance of Veterans Day Sunday, at the Westmark Hotel's Gold Room at 11 a.m. on the eleventh month and eleventh day. U.S. Army Alaska will participate with USARAK Deputy Commander Col. Mark Freitag speaking, the 9th Army Band and Soldiers in the joint color guard. Everyone is invited to this annual event honoring veterans. The event is free.

**BIRCH HILL SKI AND SNOWBOARD AREA**

Purchase season passes at the ticket counter Monday through Friday 10 a.m. to 1 p.m. through opening weekend. Ticket purchases can be made after that anytime during regular business hours through Nov. 25. Early Bird Rates: Family Pass \$470; Adult Pass, age 18 and older, \$195 and Youth Pass, ages 17 and under, \$140. Regular Rates: Family Pass, \$525; Adult Pass age 18 and older \$250 and Youth Pass, ages 17 and under, \$195. For more information go to their facebook at <https://www.facebook.com/groups/145267885607/#!!BirchHillFtWW>

**IRAQ/AFGHANISTAN MEMORIAL ROLL CALL**

The second annual memorial roll call will be held Monday at the University of Alaska Fairbanks, Constitution Park to remember than 6,500 service members who were killed in action while serving in Iraq and Afghanistan. The event will occur from 8 a.m. to 5:30 p.m. with readers reading names in 10 to 20-minute shifts. The opening ceremony will consist of the ROTC presentation of colors, an invocation from Campus Ministries and the national anthem. A nationwide moment of silence will be observed at 10 a.m. and Sen. Mark Begich will give remarks at approximately noon. The closing ceremony is scheduled for 5 p.m. and will include a speaker, the singing of "Amazing Grace" and a National Guard rifle salute. For additional information please contact, Phil Hokenson at [pchokenson@alaska.edu](mailto:pchokenson@alaska.edu).

**VETERANS' MEMORIAL BRIDGE OPENS MONDAY**

A ceremonial event to commemorate the opening of the Veterans' Memorial Bridge, downtown Fairbanks, Monday at 1 p.m. After a short ceremony opening the bridge, there will be a special event at the Morris Thompson Cultural and Visitors Center with guest speakers. Traffic will have a new pattern in downtown Fairbanks; Northbound traffic will cross over the Cushman Street Bridge, southbound traffic will cross over the Veteran's Memorial Bridge onto Barnette Street. A new, two-way traffic pattern commenced Wednesday on Illinois Street.

**SKATING SEASON**

The Fort Wainwright indoor ice rink is located in the Physical Fitness Center. Open skating sessions take place 5:30 to 7:45 p.m. Fridays and 1:30 to 4 p.m. Saturdays and Sundays. Lunchtime open skate is available Monday and Wednesday from 11:30 a.m. to 1 p.m. Tuesday and Thursdays the lunch hour is reserved for hockey. Calls 353-7223 for more information, rates are posted at [www.ftwainwrightfmwr.com](http://www.ftwainwrightfmwr.com).

**2012 EDUCATION WEEK EVENTS**

Stop in each day for special educational events and information, Nov. 13 through 26, 10 a.m. to 3 p.m. at the Post Education Center, Building 2110. Featuring on-post colleges and universities, Central Texas College, University of Alaska Fairbanks, Community and Technical College and Wayland Baptist University. Wednesday, Nov. 14, special guest is American Military University. Thursday, Nov. 15, special guest is Adult Learning Programs of Alaska Literacy Council. Friday, Nov. 16, special guest is University of Phoenix. For more Information call 353-7486.

**NIGHT TRAINING AT SMALL ARMS COMPLEX**

Soldiers are conducting night training through Nov. 16, using flares to illuminate targets at the Donald Rudolph Small Arms Complex adjacent to the Richardson Highway. Parachute illumination rounds will be used on the machine gun range at night until 11 p.m. Nov. 14 to 16. Local residents and motorists may see the flares from the illumination rounds.

**MILITARY DISCOUNTS**

The ASYMCA offers discount hockey tickets for the home games in the Fairbanks Big Dipper arena, home

of the Ice Dogs. ASYMCA sells tickets at their Fort Wainwright office, 1047-4 Nysteen Road. For more information, call 353-5962.

**EMPLOYEE INSURANCE**

Federal employees are encouraged to review health, vision and dental coverage during open season. Employees may also initiate or make changes to their flexible spending accounts during open season, Monday, Nov. 12 through Dec. 10. The annual open season gives federal employees and retirees the opportunity to review their health plan choices and make changes for the following year. It also allows eligible employees to enroll for coverage. Federal Employee Health Benefits Program eligible employees and enrollees should review the benefits and premiums for their health plan choices and decide what coverage will best fit their healthcare needs in the coming year. For more information, stop by the Civilian Personnel Advisory Center in Murphy Hall, Building 1045 Gaffney Road or call 353-7208.

**VOLUNTEER TRAINING**

Army Community Service is offering training for facilitators, recorders, transcribers and issue support personnel, (FRTI - pronounced 'Furtee') who will work on the next Army Family Action Plan Conference. Training is set for Nov. 23 and 24 on post. To register or for more information, call 353-2382.

**SCHOOL BAZAAR**

A holiday bazaar is slated for Dec. 1 at Ticasuk Brown Elementary School. More than 30 national and local vendors will offer their wares at the bazaar. The bazaar will take place 10 a.m. to 4 p.m. Attendees may also bring donations for a Fairbanks-area toy drive, if interested. For more information call 488-3200 ext. 115.

**PUBLIC SAFETY NEWS**

Fort Wainwright has a new, free, efficient system for notifying the community of emergencies and public safety information. The system enables subscribers to receive notification texts via their smart phones by sending a text message to "888777" without quotation marks and enter Fort Wainwright's zip code "99703" to register. Subscriptions are available at [www.nixle.com](http://www.nixle.com). By registering via the Web, users can also elect to receive notifications via email or cell phone. Notices for the installation can be viewed via the website without registration by entering the zip code at [www.nixle.com](http://www.nixle.com).

**Pacific Region Command Climate Survey**

All garrison employees are encouraged to participate in the Pacific Region Command Climate Survey which started Monday and runs through Nov. 16.

This survey is intended for completion by all Department of the Army civilians, military staff and contract employees and employees assigned to garrison.

The climate survey is intended to capture employees' overall viewpoints about their jobs, work environment and leadership as well as to obtain specific recommendations for organizational improvement.

Employees can choose from among three options to respond to the survey: a web link from any computer; telephone; or i-Phone application. These options will allow entry to the climate survey via an individual employee's choice of access, at a time that is most convenient to that individual. The survey will be offered in three languages: English, Japanese, and Korean.

Completing the survey should require only five to 10 minutes. All survey responses will be kept anonymous and the collective responses will be managed by Survey Intelligence Research Services, Falls Church, Va.

While certain demographic information is requested, personally identifiable information is not. All

responses will be treated confidentially and feedback from the survey will be provided in a summary and statistical format.

Employees will find that the survey provides them with many opportunities to share their opinions. A short questionnaire asks respondents to identify their level of agreement or disagreement with statements about organizational leadership, reward systems, development empowerment and work environment, along with their perspectives of their overall job satisfaction. In addition, employees will have the opportunity to provide specific comments or suggestions for improving their organization. Their verbatim comments will be included in the survey summary report provided to the garrison later this year.

Every employee's feedback is important. We ask that you plan to set aside time to complete the survey between now and Nov. 16.

**Survey links are as follows:**

URL Connection via computer or smart phone application:  
<http://surveys.surveyint.com/s3/IMCOM-Climates-Survey>

Telephone option: For Alaska and Hawaii: (866) 617-9802

For more information about the climate survey please call 353-9746 or 353-9721.

**ARE YOU A VICTIM OF OR WITNESS TO SPOUSE ABUSE? CHILD ABUSE?**  
CALL 388-2260  
**NO NAME REQUIRED**

18405046  
**CUTCO CUTLERY**  
**AK POST/AK POST-HOLI**  
2 x 2.5

40402135  
**AFC/SONY PICTURES**  
**AK POST/SKY FALL**  
3 x 10.5

40402241  
AFC/USAA  
AK POST/AK POST-SO F  
6 x 21.0  
Full / olor /