

ALASKA POST

Home of the Arctic Warriors

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Fort Wainwright, Fairbanks and non-government agencies join in statewide emergency preparedness exercise



Staff report, Fort Wainwright PAO

Representatives from state and local governments, the military, utilities, non-governmental organizations, and the private sector will participate in a statewide joint exercise Feb. 6 through 12.

According to the Division of Homeland Security and Emergency Management, Alaska's harsh winter weather, long and tenuous supply lines and small remote communities present unique challenges not experienced anywhere else in the United States. This exercise has been in the planning process for more than a year and will test Alaska's ability to respond to an extreme winter weather event.

Alaska Shield 2012 scenario begins with a powerful winter storm that cuts power to large population centers and remote communities throughout Alaska. This scenario is designed to test the Fairbanks North Star

Borough's capabilities to provide mass sheltering, medical surge, Emergency Operations Center management, restoration of lifelines, communications, emergency public information and warning, and other facets of emergency management.

"Our state, communities and partner agencies have established emergency plans and policies that guide our actions during an emergency. Statewide exercises like Alaska Shield allow us to evaluate what works, what needs to be improved, and perhaps discover innovative new ways to respond to emergencies," said John Madden, director of the Division of Homeland Security and Emergency Management.

Army personnel - Soldiers and civilians - should be enrolled in the Army Disaster Personnel Accountability and Assessment System. During wide-spread catastrophic events, ADPAAS includes

active duty, all Reservists, National Guard, Army civilian employees and their dependent Family members.

ADPAAS standardizes a method for the Army to account, assess, manage, and monitor the recovery process for personnel and their Families affected and/or scattered by a wide-spread catastrophic event. ADPAAS provides valuable information to all levels of the Army chain of command, allowing commanders to make strategic decisions which facilitate a return to stability.

Enroll in ADPAAS online at <https://adpaas.army.mil/>. For assistance with ADPAAS enrollment, call 353-2095.

More information about Fort Wainwright's role and on-post exercise participation will be available in the Alaska Post next week, on the garrison home page, www.wainwright.army.mil and on Facebook, search for Fort-Wainwright-PAO.

"Remember, Celebrate, Act, - a day on, not a day off



Reverend Fred Wilson of the First African Methodist Episcopal (A.M.E.) Church of Fairbanks gives a speech quoting some of the most famous words of Martin Luther King during the Martin Luther King Jr. Observance on Ft. Wainwright, Jan. 25, 2012. (U.S. Army photo by Staff Sgt. Trish McMurry, USARAK Public Affairs)

Soup's on

Why soup is good for what ails the mind, body and soul

Trish Muntean, Fort Wainwright PAO



Homemade Chicken soup, good for what ails you. (Soup and photo by Trish Muntean/Fort Wainwright PAO)

The weather outside is frightful, but soup is so delightful, so get out the stock or crock pot and let's talk about soup.

January is National Soup Month, an annual observance in the United States. However, many of us celebrate soups from around the world. Why? Because everybody loves soups, most families have a favorite they were raised on and many countries have one that they are famous for. Spanish gazpacho, Russian borscht, Italian minestrone, French onion, Chinese won ton, New England chowder and even good old Campbell's tomato soup are all examples.

See SOUP on page 2

Secretary of the Army reaffirms support for Soldiers, Families

Evan Dyson, Installation Management Command PAO

Secretary of the Army John McHugh reaffirmed the Army's support to Soldiers and Families during a visit to the headquarters of the U.S. Army Installation Management Command, Jan. 11.

Although there will be many changes coming to the Army, McHugh said, "What won't change is our commitment to taking care of Soldiers and Families."

Following a morning visiting with Wounded Warriors at Brooke Army Medical Center, McHugh met with Installation Management Command, or IMCOM, Commanding General, Lt. Gen. Michael Ferriter and other top IMCOM officials at Fort Sam Houston to discuss installation issues.

IMCOM oversees all facets of installation management including Soldier and Family Morale, Welfare and Recreation programs within its Family and MWR Programs division.

Additional responsibilities of the organization range from construction to public works on installations around the world.

McHugh's visit, which included tours of the IMCOM headquarters building and nearby Installation Management Academy, ended with a recognition ceremony for a

number of IMCOM Soldiers and civilians.

"I want to tell all the folks at this great command, thank you for what you do for our men and women in uniform [and] for their Families -- not just here, but all across this great Army," said McHugh. "It's because of you that we're Army Strong."



Secretary of the Army John McHugh speaks with students in the Installation Management Academy on Jan. 11, at Fort Sam Houston, Texas. (Photo by Evan Dyson, Installation Management Command PAO)

WEEKEND WEATHER



Friday
Clear
East winds
Low -50
High -30



Saturday
Mostly cloudy
Light winds
Low -40
High -30



Sunday
Partly cloudy
Low -25
High -20

Forecast courtesy of the National Oceanic and Atmospheric Administration

Master Resilience Training effective, successful

...study has demonstrated that the program is successful.



See story on page 3

Medical Department Activity - Alaska

Col. George Appenzeller, MEDDAC-AK commander



Surveys lead to rewards – improvements in customer service, patient care, cash

When I first arrived here I asked you, our customers to let us know what you think and to give us ideas how to make things better at Medical Department Activity-Alaska. Whether they are big issues or small suggestions we know they can make a big difference for you as beneficiaries; your feedback is important to us at MEDDAC-AK.

One of the best ways to make a positive difference with your feedback is to fill out the Army Provider Level Satisfaction Survey. Not only do APPLSS give us the chance to hear what we are doing well or what we need to improve on, but there is the opportunity for us to earn up to \$500 for each survey returned with a ‘completely satisfied’ response. This additional funding can be used to add additional services or equipment

which benefits the community we serve.

The APLSS program, administered by the Office of the U.S. Army Surgeon General, randomly selects patients seen at Army medical treatment facilities each day.

These patients are then sent a letter asking them to complete a brief questionnaire regarding their care. The surveys are processed, tabulated and trended to provide patient feedback to MTF leadership. All survey responses are kept confidential.

The survey information is crucial to the executive leadership of MEDDAC-AK in setting priorities and identifying areas of need, as well as, areas doing great things everyday. This information is shared throughout the organization

down to the individual healthcare providers. The responses are often the only way we know what you experience and we highly encourage you to take a few minutes and complete the survey. More responses provides us with a better picture of how well we are meeting your healthcare needs and how we can improve services. Currently, MEDDAC-AK only receives about 10 percent of these surveys back each month. With each survey that is not returned we miss the opportunity to improve through your feedback as well as the monetary rewards from the Office of the Surgeon General.

There are three ways to respond to the survey. One is a short-form survey of nine questions using a toll-free number and a voice response system. Second is through a two-page written survey. The third method is a Web survey where you log in with a username and password, which is provided in the letter.

The survey includes two types of questions. One set of questions focuses on the provider-patient interaction. This includes how carefully the provider listened, understood the problem, showed courtesy and respect, and helped with the problem. The second

set of questions relate to the overall medical treatment facility experience and asks about access to MTF care, courtesy of support staff, coordination of care, facility comfort and cleanliness, and services such as lab, pharmacy and X-ray.

MEDDAC-AK uses APLSS survey data to recognize staff sections that consistently exceeded patient expectations. Similarly, APLSS survey feedback has been used to identify staff areas that needed additional customer service training and provided feedback which helped lead to changes to our appointment system.

So, the next time you get an APLSS surveys in the mail – don’t throw it away. Please fill it out and provide MEDDAC-AK your feedback, both positive and negative. It is part of the absolutely critical role you play in our healthcare partnership and helps us meet our goal of providing you the best possible healthcare with outstanding customer service.

If you have questions or need more information, call 361-5172.

Read more about military and family member medical resources and feedback options on our website, www.alaska.amedd.army.mil.

Reshaping of the civilian workforce

Staff Report, Fort Wainwright PAO

Fort Wainwright officials continue to work toward reshaping the civilian workforce, as mandated by the Department of Defense.

Alaska faces a potential loss of 78 civilian Army positions overall due to a mandate by the Department of Defense to reduce its civilian workforce. Fort Wainwright may incur a possible loss of 62 positions, Joint Base Elmendorf-Richardson stands to lose 10 positions, and Fort Greely may decrease by six positions. There are approximately 2200 Army civilian employees in Alaska.

Local commanders are responsible for shaping their workforces within their allocated budgets and may use all available personnel management tools and options to achieve reduction objectives while mitigating adverse impact on the workforce.

One of the management tools Fort Wainwright is using is the mock reduction in force (RIF), being conducted now. When complete, within the next two weeks, the results will be reviewed with the union.

This planning tool allows leaders to make informed decisions. While the process isn’t exact, it will give post leaders and employees an indication as to which positions and people might be affected in a RIF situation. It is

important to understand that conducting a mock RIF doesn’t mean there will be a RIF, and the results of a mock RIF may not necessarily be the same as an actual RIF.

The post also took applications for Voluntary Early Retirement Authority and Voluntary Separation Incentive Pay, both tools that allow employees to leave the workforce early, one in an early retirement and the other with a one-time payment.

“Our basic strategy is to take care of us first,” said Col. Ronald Johnson, Fort Wainwright garrison commander. “We will use all tools and means available to us to voluntarily reduce our workforce and become as efficient and cost effective as possible. Additionally, we will do everything we can to affect all who are impacted.”

Johnson listed several tools the installation can use to achieve this, including filling vacancies with workforce individual who meet the minimum requirements before looking somewhere else, and eliminating vacancies that have been vacant for a significant amount of time. Garrison leaders have also spent long hours looking at the organizational structure to develop the most efficient organization by removing redundancies, expanding span of control and reducing levels of supervision. They also looked at redistributing duties and responsibilities to better reflect what is actually being done.

In an effort to reduce on-board strength, post officials have frozen normal hiring actions and reduced temporary employees. When current term employees’ terms expire, the post will not be allowed to extend it or backfill against it.

Voluntary and directed reassignment are options, Johnson said. The strategy is to move people who are currently in overhire positions

into authorized vacancies.

A reduction of 78 civilian Army positions within Alaska does not necessarily mean 78 people will lose their jobs. The human resources policies and procedures within the DoD civilian personnel system provide multiple options that support our employees when their positions are eliminated.

“I can’t stress enough how important this is to me personally, and to all of our leadership within Team Wainwright” Johnson said. The fact is some of us will be affected by these cuts. I want you to know that I don’t buy into the belief of acceptable losses and I don’t take any reduction in authorizations or people lightly.

“We all know these are people’s lives we talking about, not just numbers. If I put this in terms I am used to dealing with on the battle field, one loss matters.

The Workforce Reshaping information line is available 24 hours a day at 353-5000.

AFGE local 1834’s webpage will have links to resources and information at www.AFGE1834.com.

Submit questions, comments and suggestions anonymously or request a response (contact information needed) via Interactive Customer Evaluation (ICE) at

http://ice.disa.mil/index.cfm?fa=SiteSuggestions&site_id=360&dep=*DoD or use the form on our website at http://www.wainwright.army.mil/sites/feedback/fwa_Questions.htm.

For more information about the Workforce Reshaping process, see the Commander’s Town Hall Talking Points on the web at www.wainwright.army.mil.

Updates will be released as more information becomes available.

SOUP: Good for what ails the mind, body and soul

Continued from page 1

Basically, soup is a liquid food made by combining ingredients such as meat, vegetables or legumes (beans) in stock or hot water and whatever other ingredients you would care to add (potatoes, rice, additional vegetables, etc.). Then add additional ingredients and spices as desired. Depending on the preparation, it can result in

the final product being clear or creamy, sweet or spicy, vegetarian or meaty and sometimes it is even served cold instead of hot. Yes, intentionally served cold.

Soup can be served as an appetizer, with a sandwich or by itself as a main course. For those on a budget, great soup can be made by throwing a cheap cut of meat or some beans plus whatever else you want all in the crock pot

and letting it simmer for the day. Or a pot of soup can be made in less than an hour when you get home from work. Whichever you choose, it is sure to be a comfort for your family when they come in on these cold winter days.

Although scientists have spent many years and lots of money studying chicken noodle soup and trying to decide what, if any, healing powers it has, there does not seem to be a consensus.

However, at the first sign of a cold or flu, many people take to their beds and start eating chicken noodle soup (one reason to keep homemade in your freezer). While it may not cure the common cold, it is said to suppress many symptoms.

The steam from soup is a real benefit. Sipping the hot soup and breathing in the steam helps clear up congestion, or at least that is what my grandmother always said. Spicier soups containing garlic and pepper (ancient treatments for respiratory diseases) are even better. Soups with those ingredients have been found to work the same way, as modern cough medicines, thinning mucus and making breathing easier. Soup also puts needed fluids back into the body, as many people tend to dehydrate when ill.

Food historians tell us the history of soup is probably as old as the history of cooking and the website www.foodtimeline.org

contains some interesting tidbits about soup.

The website, www.gone-ta-pott.com also contains some interesting “facts” about soups and says that it dates back to 6,000 B.C. and was first made of hippopotamus. Yuk!

Boiling was not a common cooking technique until the invention of waterproof containers (which probably came in the form of pouches made of clay or animal skin) about 9,000 years ago.

Soup was first known by the word “sop”, which was a hunk of bread, served with some type of broth. People would pour the liquid over the bread, which allowed it to soak up the broth and then they would eat it. As the years passed, deeper bowls were used and the liquid became the focal point instead of the bread, “sop” became soup and bread was used for dipping. These days, the word soup is a definition of sopping up food.

Soup can be low cost, take only a short time to prepare and still be delicious, fit for family, friends or even a king. So if you don’t already have several soup recipes that you and your family enjoy, get out the cookbooks or on the Internet for a recipe today and start cooking.

“It is impossible to think of any good meal, no matter how plain or elegant, without soup or bread in it,” M.F.K. Fisher (1908–1992), U.S. culinary writer.

ALASKA POST

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Return, reunion and reintegration training available to Soldiers, Family members

Allen Shaw, Fort Wainwright PAO

Army Community Service is hosting weekly workshops offered by Military and Family Life Consultants to help Soldiers and Families transition into life after deployment. In a confidential setting MFLC provides the tools needed to move ahead. The reintegration series is designed to influence a smooth reunion with the service member, spouse, children and community.

The first topics of the reunion reintegration workshop Wednesday focused on the changes the couple has experienced, where they are now as individuals, expectations and transitioning two separate lives into a successful reunion.

Cheri Weber, ACS mobilization and deployment manager said, "Providing this training is an integral part of successful Army living. Reunion reintegration is a process, not an event. We encourage all to embrace these workshops as an opportunity to

have a smooth transition."

The workshops are open to anyone in the reintegration stage and those gearing up for reunion. All Soldiers and Families in the reunion-reintegration phase of the Deployment Cycle Support are encouraged to attend.

"Having attended seminars by local MFLCs I have seen first-hand how well received the information is by the participants," said Sonja Taylor, customer evaluation analyst, Fort Wainwright Plans, Analysis and Integration Office. "The counselors share life experience along with education to provide insight on how to recognize a situation before it becomes a problem in a relaxed and comfortable setting. These classes are a benefit to everyone."

The next presentation will address the challenges of reunion and reintegration by reviewing the positive aspects and the difficulties for single and married Soldiers,

and will offer tips on how to make the transition more successful.

Workshops are scheduled through June 6, Wednesdays from noon to 1:30 p.m. at the Last Frontier Community Activity Center.

Class schedule for February and March is:

Challenges of Reunion and Reintegration, Feb. 1
 Helping Children Cope with Post-Deployment Issues, Feb. 8
 Reunion Briefing, Feb. 15
 Family Reunion, Feb. 22
 Helping the Service Member Reconnect with their Child, Feb. 29
 Reunion: It's a Process, Not an Event, March 7
 Homecoming and Reunion, March 14
 Reintegration, March 21
 Welcome Home! Reconnecting with your Child, March 28



Workshops are open to anyone in the reintegration stage and those gearing up for reunion. (File photo)

For more information on the programs available and future workshops, call ACS at 353-4332.

Editor's note: As the Fort Wainwright community leans forward and Soldiers return from deployments, Army Community Service and Military and Family Life Consultants will be offering weekly workshops to help with the reintegration process. In a series of articles the Alaska Post will tell the story of return and reunion.

Study concludes Master Resilience Training effective

David Vergun, Army News Service

The Master Resilience Training aspect of Comprehensive Soldier Fitness is working well. That's the conclusion of an Army report, released last month, covering a 15-month period of statistical evaluation.

Comprehensive Soldier Fitness, or CSF, was launched in 2009 to teach Soldiers how to be psychologically strong in the face of adversity, such as combat. The program, also available to family members and DA civilians, was designed at the University of Pennsylvania by behavioral specialists using proven research-based methodologies.

Within CSF, all Soldiers, active and reserve component, are required annually to take the Global Assessment Tool, an online questionnaire which measures a Soldier's psychological health. The GAT scores give Soldiers an indicator of where they are strong and where they can improve. Those needing improvement could take Comprehensive Resilience Modules, which are online help tutorials, or seek professional counseling.

GAT scores are confidential but the results are aggregated for statistical purposes, such as for use in the recently released Longitudinal Analysis of the Impact of Master Resilience Training, or MRT, on Self-Reported Resilience and Psychological Health Data.

MRT is the second aspect of CSF. Master resilience trainers are Soldiers and Department of the Army Civilians who are graduates of the 10 day MRT-C course taught at University of Pennsylvania, Victory University, or by the Mobile Training Team. They teach leaders to instill resilience in subordinates -- meaning they help fellow Soldiers learn to bounce back from adversity.

The study evaluated GAT scores of eight randomly selected brigade combat teams, known as BCTs. Four received MRT and four did not. Over the 15-month period, scores of the four BCTs receiving the training were significantly higher than the others, irrespective of other variables, such as unit leadership and cohesion.

"This report represents a significant milestone with respect to the Comprehensive Soldier Fitness program and the Army's broader efforts to develop a more resilient and capable force," wrote Army Vice Chief of Staff Gen. Peter W. Chiarelli, in the report's



Spc. Gerald Schumacher of 2nd Battalion, 35th Infantry Regiment, 3rd Brigade Combat Team, 25th Infantry Division, climbs a mountain Jan. 11, 2012, in Watapur district, Kunar province, Afghanistan. The U.S. Army's Comprehensive Soldier Fitness program helps prepare Soldiers like Schumacher for the physical and emotional rigors of combat. (Photo by Sgt. Trey Harvey/Joint Combat Camera Afghanistan)

forward. "It is my hope that this report will spark fruitful discussions; leading to new and improved ways, we may help our Soldiers, Army civilians and family members to improve their overall psychological health."

The study has demonstrated that the program is successful, concluded Brig. Gen. Jim Pasqualette, the CSF program director.

"I believe this is something we're going to have forever, similar to physical training," Pasqualette said. "I think in the future, even under this budget, we're going to fund it. We believe this will save us money through prevention (because) it helps our Soldiers, family members and Department of the Army civilians deal with adversity in their life and more importantly -- thrive in their lives."

Local FMWR employee, two-time runner-up – North American Strongman Championships

Allen Shaw, Fort Wainwright PAO

He is an unassuming figure with an infectious smile tinkering on fitness equipment or offering workout advice at the Physical Fitness Center on Fort Wainwright. With a slight curl of jet-black hair dangling on his brow and black horned-rim glasses, he somewhat resembles Clark Kent. Like Kent, he could also lose the specs, find a phone booth and easily transform into a muscle-bound super-being. It is very possible Benji Ehlers, assistant manager of the PFC, is wearing a Superman suit under his Family and Morale, Welfare and Recreation polo shirt.

Ehlers, an employee with the Directorate of FMWR, has been here since August. He previously worked for the FMWR at Joint Base Lewis-McCord and has been excited about sharing his fitness knowledge and training techniques with anyone willing to listen. Ehlers is a two-time runner-up in his weight class at the national North American Strongman Championships. "I entered my first local competition in 2009 and placed 2nd. I won it the following year and went to nationals," he said.

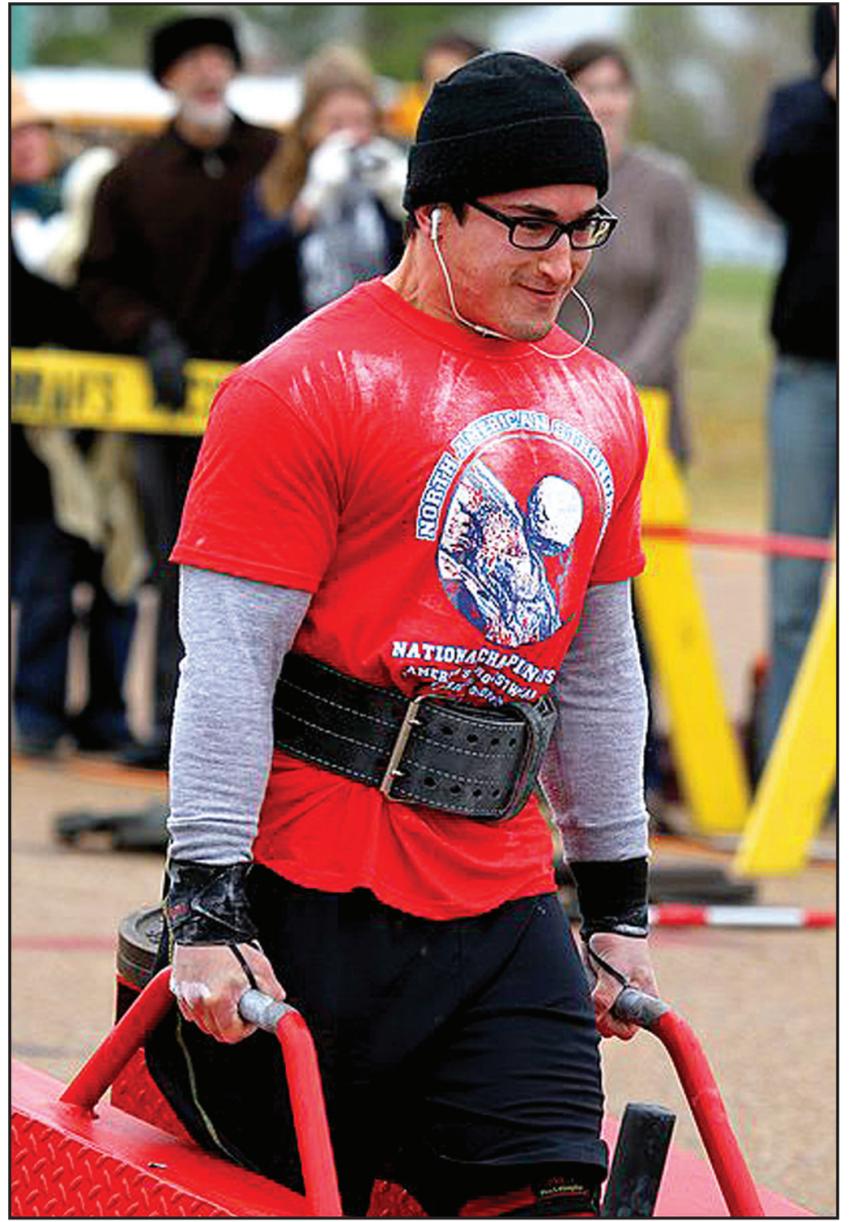
North American Strongman, Inc. is the sanctioning body committed to developing strongmen and

strongwomen competitions in North America. Their mission is to provide quality contests for the public while ensuring fair treatment for the competitors. These amateur competitions were spawned from the "World's Strongest Man" competitions made famous by the sports television network ESPN.

The website www.nastrongman.com explains how the program began and how it has grown from a dozen competitions each year in 14 states with 243 active competitors and 40 sanctioned events, to an average of 130 competitions in 42 states with over 1500 active competitors.

Through qualifying contests all over the United States, athletes can meet the requirements to enter the North American Strongman Championships.

Ehlers, who is originally from East Bremerton, Wash., started training for strongman when he was in college at Central Washington University where he studied athletic training. "The school is in a farming community and when we got bored we would have fun flipping tires and turning regular manual labor into contests. One thing led to another and I realized this was a good, efficient way to build strength and endurance at



Benji Ehlers competes in the Farmer's Walk event during the North American Strongman National Championships in Tunica, Miss., Nov. 4 and 5, 2011. Ehlers, assistant manager of the Physical Fitness Center on Fort Wainwright, finished first in this category and second overall in the Lightweight Men's Division. Ehlers is a two-time runner-up at the national level. (Courtesy photo)



Benji Ehlers lifts an atlas stone in order to throw it over a bar during the North American Strongman National Championships in Tunica, Miss. (Courtesy photo)

the same time," he said.

Although there are a variety of weight classes and divisions, Ehlers competes in the men's lightweight division. "I am proud to be a two-time runner-up," he said, but his goal is to return to the competition and win it. But it's not all about competing for him. Ehlers is passionate about fitness in general and is eager to promote and share his style of workout.

"The Army, first-responders, firefighters and police all realize the benefits of strength and endurance," said Ehlers, "and the workouts such as cross-fit are similar to those in strongman. It's simple," he said, "you pick up an object and take it from point A to point B in a specified time period."

During a typical workout Ehlers will concentrate on a specific body area with squat-lifts or dead-lifts, while challenging his endurance by "timing-out" or running. "Sometimes I work on specific strongman events with sandbags or dumbbells and also incorporate body-weight training such as push-ups and pull-ups," he said.

Ehlers considers his grip his strongest asset. "It's just one of those things people seem to neglect

in their workout." One of the events included in the strongman competitions is a "farmer's lift" of some kind. "It's my favorite event," he said. And rightly so, since he has been the only one in his category at the national level to ace the event. "For my size I have a pretty top-notch grip and that gives me the advantage."

Although he now trains at a different level, he said it didn't start out that way and he is excited to get the word out about the strongman competitions, full-body workouts and fitness in general. Ehlers said, "I hope to get a group of people together to have fun while training the body more efficiently. A way that allows the body to develop the way it needs to develop. We should all be able to pick something up from the ground, lift it onto our shoulder, walk across the room and put it up on something."

For more information on strongman visit www.nastrongman.com or stop by the PFC and ask for Benji. For information on fitness classes or instructions on individual workouts, call the PFC at 353-7223 or Melaven Physical Fitness Center at 353-9137.



GI Jane: Give a little, get a lot

GI Jane, Alaska Post Contributor

A friend of mine recently said, "I have decided that this year is the year that I'm going to try things I've only wished that I could. Time to make them happen." That statement excited me a little bit and got me thinking. It seems that the days up here in Alaska, especially in the winter, seem to meld together. The sun is going to rise later than is normal and it will be gone much too early, most days before the kids even come home from school. Most of us are in a routine and know exactly what to expect each day. We can't control the rising and setting of the sun, but we can control the framework of the days that will make up 2012.

So, in thinking about how I could relate my friend's statement

to my own life, I realized it was about making this New Year new. I began to think of new challenges, new adventures, a new attitude, new goals, new routines, or new relationships with new friends, perhaps new places and maybe even new things. New is exciting, and it can even be fun and good. What can I do that is new this year?

In my humanity, I initially thought of what I could do for me. I thought how nice it would be to always have my hair done

and spend these last few months of deployment enjoying pedicures.

That would be new for me. But then I was struck by a new perspective when I stepped outside this past weekend to shovel my driveway and my thoughts went to my neighbor. Her husband is deployed, as is the situation with many of my other neighbors.

I thought, "I bet she is a little tired of the cold and dark too." Stepping out of my comfort zone I did something new and I shoveled

Set a goal to make a difference...

her driveway along with mine. I know it wasn't much, but I hope that it restored her a little bit.

Sometimes the smallest tasks can make the biggest difference. Don't get me wrong, it won't hurt to do new things for you this year also. If we, as GI Janes in this community can start doing new things this year, not just for ourselves, but also for others, 2012 may be a bit brighter. Blessing others could bless you.

Set a goal to make a difference once a week. Invite someone over for a cup of coffee, hold a door open for someone, or just say, 'hi.' Anything that you would want done for yourself, maybe do it for others. It might make a cold and dark Alaska day brighter.

NFL cheerleaders, mascots share spirit with Arctic Warriors, youth, Families

Allen Shaw, Fort Wainwright PAO

The Directorate of Family and Morale, Welfare and Recreation is hosting Super Bowl weekend with events planned to celebrate the occasion in style. The National Football League All-Star Super Bowl Tour is coming to town. Thanks to ProTour Productions and Armed Forces Entertainment, six energetic cheerleaders and two feisty mascots will be at the Youth Center Gym, Building 4109, Feb. 4 to present a cheerleading youth clinic for children 5 to 18. The two-hour clinic starts at 1 p.m. and all participants will receive a free set of pom-poms.

Later that evening, from 6 to 9 p.m. in the Nugget Lanes Bowling Center, Building 3702, a meet and greet is open to all ages. Bring a camera for a photograph and autograph signing.

For the bigger boys and girls 18 and older, Super Bowl Sunday, Feb. 5, the NFL All-Star Cheerleaders will all be at the Warrior Zone to watch the game from 1:30 to 5:30 p.m.

Representing teams throughout the NFL will be Dionna White of the Arizona Cardinals, Heather Hartman from the Denver Broncos, Katie Burris from the Kansas City Chiefs, Ashley Walker of the St. Louis Rams, Alicia Alsaker from the Minnesota Vikings



The Directorate of Family and Morale, Welfare and Recreation is hosting a Super Bowl weekend Feb 4 and 5 as National Football League cheerleaders and mascots visit Fort Wainwright. They are (top, left to right) Dionna White, Arizona Cardinals; Alicia Alsaker, Minnesota Vikings; Ashley Walker, St. Louis Rams; Katie Burris, Kansas City Chiefs and Heather Hartman, Denver Broncos. The ensemble is joined by (from left) Leslie Anderson, Baltimore Ravens; Peter Nelson as Tennessee Titan mascot T-Rac and Brad Post as Denver Bronco mascot, Miles. (Courtesy graphic)

and Leslie Anderson of the Baltimore Ravens.

The cheerleaders will be joined by mascots Brad Post who is "Miles" from the Denver Broncos, and Peter Nelson, T-Rac of the Tennessee Titans. T-Rac has a bio on the Titan

website. His height is listed as real tall and weight is heavy. His hobbies are listed as making people laugh, watching cartoons, watching Animal Planet and reading about himself on www.titansonline.com/fans/trac.html. It says

he likes eating rotisserie raven, jaguar jerky, Bengal kabobs and ram on a stick. The T-Rac character is based on a raccoon, the official state animal of Tennessee.

Although this group is mostly recognized for their

entertaining performances on the NFL's sidelines, the majority of the squad's time is spent giving back to the community. "It is impressive for the NFL cheerleaders and mascots to visit our installation in Alaska when it is this cold," said Megan Brown, special events coordinator, DFMWR, "They really enjoy visiting the troops and visiting with Families as well."

NFL cheerleaders average more than 750 hours of charitable service throughout the year. They take pride in working with their local communities and provide positive and professional role models for young women. All NFL cheerleaders are volunteers and are comprised of unique and diverse backgrounds from full-time careers to full-time students.

"I appreciate Armed Forces Entertainment for considering us when they bring things to Alaska," Brown said. "It is nice to give something to our Soldiers with an event as American as football."

For more information about the visit call FMWR at 353-6043 or visit the Wainwright Family and MWR on Facebook: www.facebook.com/pages/FMWR-Ft-Wainwright/46212313962.

Alaska Post Spotlight is on Joy Wohlman Boyce

Trish Muntean, Fort Wainwright PAO

Joy Wohlman Boyce lives up to her name, bringing joy to much of the community with the library programs she is responsible for.

"I am proud to serve the military," she said. "I became a military wife three and one-half years ago and prior to that had no understanding of what it meant to serve our country. I now have the opportunity to do that. It's what I love."

Her job title is library technician, but she does so much more. In fact, there is very little she doesn't do, with no typical day at her job.

"I love helping our patrons, whether it's helping a Soldier with a paper or finger-painting with a toddler. I also love seeing things come together," Wohlman Boyce said. "When I see my plans come to fruition instead of burning in flames, I am very satisfied."



Joy Wohlman Boyce assisted her husband Doug Boyce (both shown here) in creating the Heroes Tree at the post library. The tree is decorated with American flags, yellow ribbon, white lights and ornaments in honor of service members to promote patriotic pride, patriotic literacy and community support. (File photo)

"I do all the public service coordinating and programming at the Library. Much of my time is spent organizing events for children and adults, outreach to the community and working with other organizations on post to provide programs for Families. I spend a lot

of time working on themes for Story Hour and trying to come up with new ideas for things to do at the Library. I try to make each one different along with a craft that is original. I also do anything from man the circulation desk to acquire library materials. I clean, move furniture and act as the hospitality committee."

It is not what she expected she would be doing while growing up.

"Ever watch a John Hughes movie? That was me growing up," she said. "Literally. I am a brat from Chicago's North Shore. I didn't realize anything outside of shopping existed until way past high school."

If her job wasn't enough to keep her busy, she has a husband, Doug and five kids, Jordan, Miranda, Benjamin, Everett and Ethan. Her husband left the Army last January and is working at Eielson Air Force Base while building his career as an artist here in Fairbanks. He is the creator and builder of the "Heroes Tree" located in the library. The family also has a "very spoiled Siamese cat named Raja and lots of fish," she said.

Although her job keeps her busy, when she finds spare time she has plenty to fill it.

"I love cooking. My husband accuses me of trying to fatten him for the kill," Wohlman Boyce said. "I love being in the outdoors with my family and friends. I'm happiest in a boat or in the woods. I paint, crochet, all kinds of artsy things." She also assists her husband with art projects, she said.

"And just like everyone else, I play games and stalk friends on Facebook," she said.

Not only does Wohlman Boyce spread joy, she is a happy woman herself.

"I am honestly proud of my happiness. It's hard to actually be happy. It's much easier to grumble and whine-- especially when things are tough. I love the life I have with my husband and family."



Joy Wohlman Boyce is a library technician at the post library who is responsible for public service coordinating and programming. However she does so much more and says she has no "typical" day. Some days she is working on story hour, coming up with craft ideas. Other days she is staffing the circulation desk and acquiring library materials. She has also been known to clean, move furniture and act as the hospitality committee. (Courtesy photo)

Friday – 27th

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

POP BUBBLE ART DAY STORY HOUR and CRAFTS, 12:30 to 1:30 p.m., Post Library, Building 3700. Call 353-4137.

Saturday – 28th

TEEN LATE NIGHT, 9 p.m. to midnight, Youth Center building 4109. Open to registered CYSS youth in grades 9th through 12th. Call 361-5437.

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

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

FAMILY TUBING DAY, January 7, 1 to 7 p.m., Birch Hill Ski and Snowboard Area, Building 1172. Events and activities subject to change depending on weather. Call 353-1998.

CHESS CLUB, 3 to 5 p.m., Last Frontier Community Activity Center, Building 1044. Call 353-7755.

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

Sunday – 29th

PROTESTANT SERVICES, 10 a.m., Sunday school, 11 a.m., Sunday Protestant worship, Northern Lights Chapel, Building 3430.

CATHOLIC SERVICES, 11 a.m., Catholic Mass, Southern Lights Chapel, Building 4107.

Monday – 30th

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 – 31st

GROUP CYCLING CLASS, 6:30 a.m. and 5 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.

FUNCTIONAL STRENGTH and CONDITIONING CLASS, 4 to 5 p.m., Melaven Physical Fitness Center, Building 3452. Call Ben Ehlers at 353-9137.

INDOOR ROCK CLIMBING, 5 to 7 p.m., Melaven Physical Fitness Center, Building 3452. Registration is required. Call 361-6349/6350.

Wednesday – 1st

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

BOOT CAMP, 5 p.m., Physical Fitness Center, Building 3709. Call 353-7223.

FAMILY CHILD CARE PROVIDER ORIENTATION, 11 a.m. to noon, Building 1049 Apt. 1. Call 353-9544.

WILD WING WEDNESDAYS, 5 to 7 p.m., Nugget Lanes Bowling Center, Building 3702. Call 353-2654.

Thursday – 2nd

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

PROTESTANT WOMEN OF THE CHAPEL, 9:30 to 11:30 a.m., Northern Lights Chapel, Building 3430. Fellowship and bible studies. Free childcare and home school room available. For more information email wainwright@pwoc.org, search Facebook for Fort Wainwright PWOC.

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

BETTER OPPORTUNITIES FOR SINGLE SOLDIERS MEETING, 1:30 p.m., The Warrior Zone, Building 3205. Call 353-7648.

FUNCTIONAL STRENGTH and CONDITIONING CLASS, 4 to 5 p.m., Melaven Physical Fitness Center, Building 3452. Call Ben Ehlers at 353-9137.

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

Friday – 3rd

EMOTION COACHING PART I, noon to 12:45 p.m., Last Frontier Community Activity Center, Building 1044. Call 353-7713.

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

FIRST FRIDAY ART BASH, 6:30 to 7:30 p.m., Arts and Crafts Center, Building 2727. Call 353-7520.

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

Saturday – 4th

2012 NFL ALL-STAR SUPER BOWL TOUR – YOUTH EVENT, Youth Center, Building 4109. Follow Ft Wainwright FMWR on Facebook for all the latest details. Call 353-6043.

2012 NFL ALL-STAR SUPER BOWL TOUR – MEET ‘N’ GREET, Nugget Lanes Bowling Center, Building 3702. Follow Ft Wainwright FMWR on Facebook for all the latest details. Call 353-6043.

GROUP CYCLING CLASS, 10 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 353-7223.

CUSTOM PICTURE FRAMING CLASS, 10:30 a.m., Arts and Crafts Center, Building 3727. Cost is \$35 and includes all materials. Participants need to bring a 5-by-7 picture to frame. Call 353-7520.

WOMEN IN THE WILDERNESS: ICE FISHING, 8 a.m. to 5 p.m., Cost, \$25 per person. Alaska state fishing license required for trip. If the temperature falls below -20 degrees, the trip will be postponed to a later date. Call 361-6349/6350.

FAMILY TUBING DAY, 1 to 7 p.m., Birch Hill Ski and Snowboard Area, Building 1172. Events and activities subject to change depending on weather. Call 353-9131.

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

CHESS CLUB, 3 to 5 p.m., Last Frontier Community Activity Center, Building 1044. Call 353-7755.

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

YUKON QUEST WATCH PARTY, 10:30 a.m. to 2 p.m., Outdoor Recreation Center, Building 4050. Call 361-6349/6350.

Sunday – 5th

2012 NFL ALL-STAR SUPER BOWL AT THE WARRIOR ZONE, The Warrior Zone, Building 3205. Follow Fort Wainwright FMWR on Facebook for all the latest details. Call 353-6043.

GLASS FUSING AND SLUMPING WORKSHOP, February 5, 12, 26, 2 to 5 p.m., Arts and Crafts Center, Building 3727. Cost, \$65 and includes materials for all three sessions. Call 353-7520.

DOGSLED RIDES, noon to 2 p.m., Birch Hill Ski and Snowboard Area, Building 1172. Sign-ups stop at 1:15 p.m. Cost, \$5 per rider. Call 353-9131.

SUPER BOWL PARTY, 2 p.m., The Warrior Zone, Building 3205. Open to DoD card holders 18 and older. Call 353-1087.

YOUTH SUPER BOWL PARTY, 1 to 6 p.m., Youth Center, Building 4109. Call 361-5437.

SOLDIERS AGAINST DRUNK DRIVING
HAVE A PLAN
HAVE SOMEONE TO CALL
353-6610

The stage is set; bring on the hype, let's have some fun

– That's what I'm talking about

Allen Shaw, Fort Wainwright PAO

In the immortal words of Yogi Berra, it's déjà vu all over again. On Sunday the New England Patriots and the New York Giants will meet on the gridiron at Lucas Stadium in Indianapolis to play for the National Football League championship known as Super Bowl, just like they did four years ago in Arizona.

Super Bowl XLII is considered by many one of the best league championship games of all time. In that contest the under-dog Giants ended an undefeated season for the Patriots, by winning 17-14. Although it may not be the game everyone expected this year, the match-up has epic potential.

After a tightly-contested American Football Conference game, the Patriots earned a shot at the title defeating the Baltimore Ravens 23-20. Raven kicker Billy Cundiff had an opportunity to tie the game and send it into overtime with 11 seconds left, but missed a 32-yard field-goal attempt.

In the National Football Conference game the Giants defeated the San Francisco 49ers, 20-17 in sudden-death overtime. Kicker Lawrence Tynes made his a 31-yarder to send his team to their second Super Bowl in five seasons.

So now the stage is set, expect the hype and let the rhetoric begin. The litany of lingo will fill the sports radio, consume several thousand column inches of newspapers and feed plenty of television fodder over the next nine days, but this is what I'm talking about.

The Patriots are hungry for

revenge. They lost the last Super Bowl against the Giants and lost 24-20 in week nine.

The Giants have had a late-season surge and have been red-hot during the play-offs.

Tom Brady is a good quarterback and the dynastic Patriots have a high-powered offense.

The defense of the Giants can bring a forceful three- or four-man rush and have a solid secondary.

These two teams are extremely talented and very entertaining when all cylinders are firing. This is a tough one to predict. Hopefully the game will once again live up to the expectations of fans and with Madonna performing at half-time it should be quite amusing.

As for the Fort Wainwright prognosticators, the season is pretty much over. Bear sits on the throne with 178-wins, 88-losses overall. Brain is runner-up with 176-wins, 90-losses but only one game left to play. Tate has a hold on third with 172-wins, 94-losses, while Jones Bros finished fourth with 168-98.

No matter what, Urbi carries the red lantern of last with 160-wins, 104-losses. But wait; there is a contest for 5th place. A-Team and BrowBrose Salsa are tied at 166-99. It all comes down to one game depending on who chooses who. Pick up next week's Alaska Post to see if it's still a toss-up or a tie.

You can also join the excitement by emailing your prediction to allen.l.shaw6.civ@mail.mil - just for the fun of it and that's what I'm talking about.

Three day survival kit minimum



People who live in Alaska risk earthquakes, wildland fire, floods, manmade disasters, and extreme cold weather and must be prepared for any type of emergency. No matter where your family is stationed, they need to be prepared to "shelter in place" for at least three days. At a minimum, this means: one gallon of water per person, per day, for drinking and sanitation, a three day supply of non-perishable food, a radio with extra batteries, a flashlight with extra batteries, and a first aid kit. Moist towelettes, tools to turn off utilities, a manual can opener and a cell phone with various charging options are also recommended. As all families differ, some may need baby care items, prescription medications, along with pet food and extra water for your family pet. (Courtesy photo)

Senator Lisa Murkowski visit



Senator Lisa Murkowski talks with the noncommissioned officers of Fort Wainwright about issues that concern them and their families at an open forum at the Last Frontier Community Center Jan. 19, 2012. (Photo by Staff Sgt. Trish McMurphy, USARAK Public Affairs)

SWEETHEART OF AN ISSUE

If you are interested in submitting a photo and a Valentine's Day message (10 words or less) to your sweetheart to be printed in the Feb. 10 issue of the Alaska Post, please do so no later than Friday, Feb. 4. Send high resolution photos and messages appropriate for publication to allen.l.shaw6.civ@mail.mil. The Alaska Post has the right to refuse and choose depending on space limitations.

FEEDING OUR OUTSTANDING DEPENDENTS

The F.O.O.D. program invites Family members of deployed Soldiers and recently returned Soldiers and their Families to an evening where we cook for you. The twice-monthly event takes place Feb. 5 from 5 to 7:30 p.m. at the Southern Lights Chapel, Building 4107. A different menu each time, this dinner will feature meatloaf, mashed potatoes and vegetables along with a surprise dessert. Volunteers are encouraged to arrive at 3 p.m. For more information call the lead volunteer, Bill Chrisman (U.S. Army retired) at 590-0338.

VETERAN WEIGHT MANAGEMENT

A weight management program for veterans, VA MOVE, is offered the first Thursday of every month with the Veterans Administration Clinic. Call 361-6370 ext. 1 for more information or go online at www.move.va.gov.

FOR YOUR HEALTH CLASSES

Arctic Health Link provides classes on Diabetes, cholesterol, hypertension and tobacco cessation classes which are offered monthly. For more information or to sign up for a class, call 361-4148.

WEIGH TO STAY

Active duty weight control classes are offered at 8 a.m., the first Wednesday of every month at the Bassett Army Community Hospital, third floor conference room. For more information call 361-5146.

2ND ENGINEER BRIGADE TOWN HALL MEETING

A town hall meeting is scheduled for all unit members of the 2nd Engineer Brigade based at Fort Wainwright. Soldiers and their spouses are encouraged to attend a town hall meeting, Tuesday from 6 to 7 p.m. at the Fort Wainwright headquarters theater in the basement of Building 1555. Col. Thomas Roth will preside over the meeting. For more information please contact your chain of command or the 2nd Engineer Brigade PAO Capt. Bonnie Cowles at bonnie.m.cowles2.mil@mail.mil.

CONCERT SERIES

Youth of the Chapel Concert Series continues with a Relationship event just in time for Valentine's Day. Join us at Northern Lights Chapel at 5 p.m. Feb. 12. For more information, call Robert Auker, religious education leader. 687-4730.

SPONSORSHIP TRAINING

Remember what it was like when you moved for the very first time? Remember all the questions you had and the answers you didn't get? Be a sponsor and help another Family with relocating to Alaska. Classes are offered through unit requests. For more information call: 353-4227/7908

LEGAL NOTICE

Anyone having claims against or who is indebted to the estate of Pfc. Dustin P. Napier, 1st Battalion, 24th Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division, may contact 2nd Lt. Mackenzie Eason, Rear Detachment 1-24th Inf. Bn., 1-25th SBCT, 3214 MacArthur Avenue, Fort Wainwright, Alaska 99703 or call 353-2211.

ALASKA POST SUBMISSIONS

To submit a photo, place an event or class on the calendar send an email to pao.fwa@us.army.mil no later than close of business Monday prior to the print week. The name of the event or class, date, time, location and a contact phone number must be included. For display advertising contact the Fairbanks Daily News Miner at 459-7548.

PROTESTANT WOMEN OF THE CHAPEL

Protestant Women of the Chapel presents Super Bowl First Friday 6:30 p.m. Feb. 3 at Northern Lights Chapel. A night of "football" games, yummy finger food, door prizes, and childcare - all free. Show off your favorite teams by wearing jerseys, team colors, even head wear. Preschool and nursery school-age children are watched by our childcare workers at Northern Lights Chapel while kindergarten and school age children can enjoy laser tag at the Last Frontier Community Center with drop off beginning at 6 p.m. For more information, send an email to wainwright@pwoc.org or search for Fort Wainwright PWOC on Facebook.

BIRCH HILL SKI AND SNOWBOARD

Birch Hill Ski and Snowboard Area hours are from noon to 8 p.m. Fridays, Saturdays and Sundays. Call 353-7053 for ski status; the ski area is closed when temperatures on the hill are 20 below or colder. Drivers without Department of Defense ID cards must stop at the main gate's visitors' center with valid driver's license, proof of insurance and vehicle registration and get a pass to enter the installation. All visitors over age 16 must have a valid photo ID.

SCHOLARSHIPS

The Defense Commissary Agency Scholarships for Military Children Program is offering \$1,500 scholarships to qualified applicants. Applications are available through the local commissary or online at www.militaryscholar.org or www.commissaries.com. Application deadline is Feb. 24. For more information call Lorian McDonald at 353-7310.

CLIMATE SURVEY

Your insight is an essential ingredient for making improvements throughout the garrison. The Installation Management Command - Pacific Command Climate Survey is now available online for employees to present honest and direct opinions of the garrison work and management environments. To access the survey, please go to: <http://tiny.cc/t7rji>.

You know you are at the right site when the questions asked are about your organization, recognition and rewards, involvement, management, training and development, working conditions, and EEO.

If you submitted your response through the ICE site, please use the hyperlink above to complete the survey.

For non-CAC card holders or those without routine access to a computer, a hard copy of the Command Climate Survey can be obtained from your director. To turn in hard copies; Turn in to a central POC identified by your chain of command, send it through distribution using the address: ATTN: PIAO, 1060 Gaffney Road, 6000, drop off in ICE boxes, call Nancy Bahr for pick up or visit her office in person to deliver your survey at Building 1555, Room 101A or fax to PAIO at 353-6848. Also a special site for individuals without CAC access will be available soon.

For more information or concerns contact Nancy Bahr at 353-7629 or Andy McDonough at 353-9746.

Soldiers swept up in the game of broom ball

Soldiers from the 472nd Military Police Company recently enjoyed a game of broom ball at the Physical Fitness Center ice rink. From left, Staff Donald Farrell, 2nd Lt. Jeffrey Ayres, Staff Sgt. Theodore Caron, and Sgt. First Class Derrick Roberts. In addition to being a lot of fun, it can be a great source of exercise as well. For more information on broomball and when the rink may be available, call the PFC at 353-7223.

Super Bowl shout-outs for Wainwright personnel, Family members

United States Army Alaska Public Affairs is offering video shout-outs to Soldiers, Families members and DoD civilians - who want to demonstrate team pride during the airing of Super Bowl XLVII. Put on your Giants jersey or New England t-shirt and let the world know you are supporting your team - like Directorate of Logistics employee, Rich Cerelli, pictured here - from good old Fort Wainwright, Alaska. Videos will be uploaded to Defense Video Imagery Distribution System for sharing on social media. To view an example check the link, at DVIDS, www.dvidshub.net/ search Fort Wainwright 49ers shout out. Videos will be available for network television use.

For more information contact Maj. Joel Anderson or Staff Sgt. Trish McMurphy at 353-1448.



Operation Pan Kalay in Panjwa'i

Staff Sgt. Nazly Confesor, 319th Mobile Public Affairs Detachment

As improvised explosive devices remain the weapon of choice for insurgents, U.S. forces and the Afghan National Army continue to fight against the threat of IEDs, caches and homemade explosive compounds.

In the Panjwa'i district of southern Kandahar province, Afghanistan, Soldiers from C Company, 3rd Battalion, 21st Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division are doing their part in providing security as the ANA along with the Afghan

explosive ordnance disposal team lead the way in planning, organizing and executing IED clearance operations.

Recently, the ANA 1st Brigade, 205th Hero Corps, successfully took the lead in searching the village of Pan Kalay to disrupt future insurgent attacks and activities.

Operation Creature Pan Kalay was one of the many operations marking the beginning of a transition phase where Afghan National Security Forces are

taking the lead in independent operations.

As U.S. forces plan to drawdown in 2014, ANSF worked to bring stability and security to the region.

"A few months ago, U.S. forces planned and executed missions, while the ANA supported us," said Capt. Jeremiah Sasala, platoon leader assigned to C Company, 3-21 Infantry. "Now, the ANA is coordinating its own missions. We provide security and support."

Sasala's platoon along with 1-5 Infantry and airmen from the U.S. Air Force 466th Air Expeditionary Squadron explosive ordnance disposal team provided support, resources and guidance during the three-day operation.

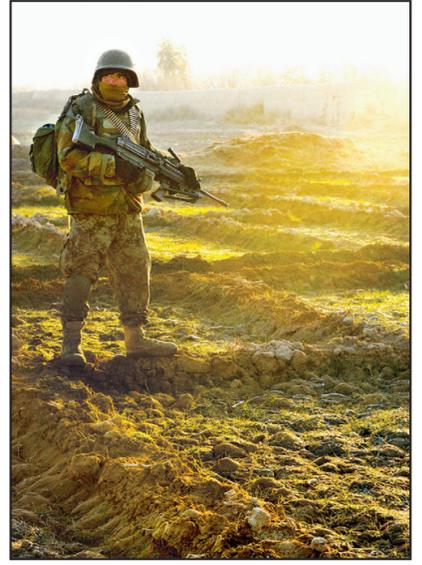
On the second day of the operation, the ANA EOD technicians along with Air Force EOD technicians started the mission first as their counterparts and U.S. forces provided security.

During the clearing, they found 75 pounds of homemade explosives before striking an IED at the gate of a homemade explosive facility. The explosion injured three ANA EOD technicians and one U.S. Air Force EOD technician.

The ANA provided security as U.S. forces provided medical treatment to the wounded. Meanwhile, Air Force EOD technicians eliminated the remaining IEDs by controlled detonation.

Pfc. Zachary H. Bolin, a combat medic with 3-21 Infantry, said he has seen a shift in attitudes with their ANA counterparts in the past few weeks.

"The ANA has become more confident ever since they started operating on their own," he said.

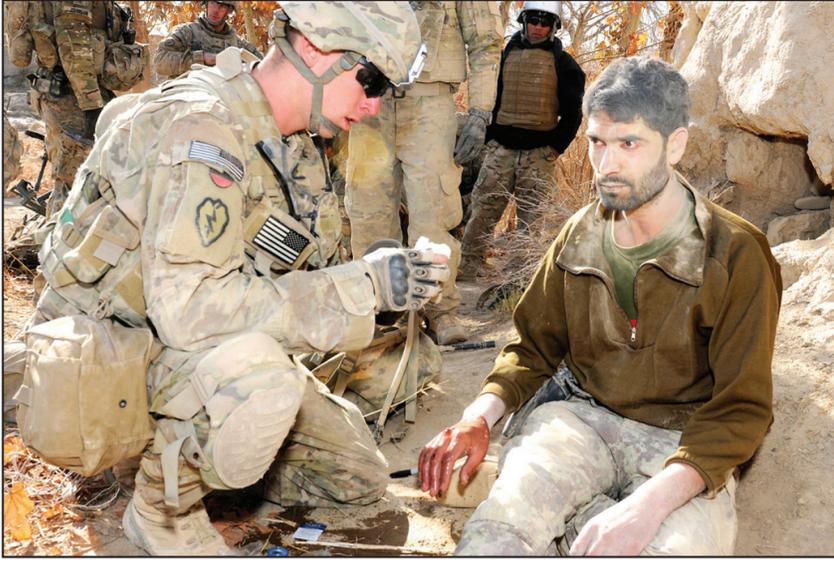


An Afghan National Army soldier provides security during an Afghan-led operation in the village of Pan Kalay in southern Kandahar province, Afghanistan. Recently, the Afghan National Security Forces have been planning and executing their own independent operations. (Photo by Staff Sgt. Nazly Confesor, 319th Mobile Public Affairs Detachment)

The mission resulted in the confiscation of 400 pounds of homemade explosive and IED-making material, 1,150 pounds of marijuana seeds, numerous caches and 11,560 pounds of hashish.

Overall, Operation Creature Pan Kalay was successful in removing dangerous IEDs from the battlefield and delivered a blow to the insurgent financing from hashish and marijuana seeds to fund their insurgency.

As the ANA continues to show presence in the Panjwa'i area, the citizens of Afghanistan can see and gain trust from them, minimizing the threat from insurgents.



U.S. Army Pfc. Zachary Hayes Bolin, a combat medic, assigned to C Company, 3rd Battalion, 21st Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division, dresses the wounded hand of an Afghan National Army explosive ordnance disposal soldier who was injured when an improvised explosive device exploded during an operation in the Panjwa'i district, Dec. 29, 2011. (Photo by Staff Sgt. Nazly Confesor, 319th Mobile Public Affairs Detachment)