

ALASKA POST

Home of the Arctic Warriors

Vol. 3, No. 12

Fort Wainwright, Alaska

March 23, 2012

1-25th torch party returns home

Staff Report, U.S. Army Alaska PAO

Approximately 50 Soldiers with the 1st Stryker Brigade Combat Team, 25th Infantry Division arrived home safely from a year-long deployment in support of Operation Enduring Freedom Feb. 29 signaling the start of the unit's return home.

This first group, also known as the "torch party," will clear the way for a larger advance party of about 75 to 100 Soldiers, who will work the logistics of bringing the main body of troops home.

The remaining Soldiers of the 1-25th will start to filter into Wainwright over the next several weeks until all of the more than 4,000-member-brigade return home.

lucky Family members to welcome her husband home early.

"It's very exciting; he wasn't supposed to be home until April," Springs said.

Springs said she and her daughter, Kallie, had gone to stay with her Family while her husband was deployed. Having the support of her Family and that of her husband's Family made the deployment "...not so bad," she said.

The crowd cheered and some cried tears of joy as the Soldiers finally marched into the AHA through an archway of flags held by local veterans.

The Soldiers stood tall as U.S. Army Alaska Deputy



Soldiers of the 1st Stryker Brigade Combat Team, 25th Infantry Division, returned to Fort Wainwright, Feb. 29. Family and friends were present to greet the Soldiers, the first group back, to begin the process of bringing the more than 4,000 other 1-25th SBCB back home. (Photo by Staff Sgt. Trish McMurphy/U.S. Army Alaska PAO)

The torch party was greeted by friends and Family who eagerly awaited their arrival. Signs and gifts as well as long-overdue hugs and other displays of joy awaited the Soldiers at the Fort Wainwright Alert Holding Area the final stop of their tour.

Ashley Springs, wife of Sgt. Nathan Springs, an infantryman with the 1-25th, was one of the

Commander, Lt. Col. Michael McCurry welcomed them home and told them how proud he was of them. He then turned over command of the formation to their commanding officer who gave the command of "dismissed," releasing the Soldiers into the arms of the loved ones who had waited so long for them to return.



Sgt. Nathan Hudson, a Soldier with the 1st Stryker Brigade Combat Team, 25th Infantry Division, with daughter Mallory, arrives home from a year-long deployment in support of Operation Enduring Freedom. Mallory was born just before Hudson deployed last year. (Photo by Staff Sgt. Trish McMurphy/U.S. Army Alaska PAO)

Don't be so quick to shut that Army door

Reserve Component Office explains options

Staff Report, Reserve Component Office

It's safe to say that prior to ETS every Soldier is required to walk through the Reserve Component Office doors and discuss contractual obligations and options for National Guard or Army Reserve enlistment/transfer before leaving the Army and closing the door on his or her military career.

Before closing doors on professional and career options, a trip to the career counselor is in order.

See CAREERS on page 3

EXTENDED WEEKEND WEATHER

Friday



Sunny
East - Southeast winds
Low -5
High 25

Saturday



Cloudy with chance of snow
South winds.
Low 5
High 35

Sunday



Mostly cloudy
Low 5
High 30

Aurora forecast is **LOW to QUIET** for the weekend

Forecasts courtesy of the National Oceanic and Atmospheric Administration and the Geophysical Institute at University of Alaska Fairbanks.

Free fun festivities for Soldiers, military Families

Allen Shaw, Fort Wainwright PAO

Armed Services YMCA of Alaska and Deborah Bonito are hosting the Military Family Fun Fair Saturday from 1 to 4 p.m. at the Physical Fitness Center on post. The festivities are for military members of all branches, including National Guard and Reserves, and their Families.

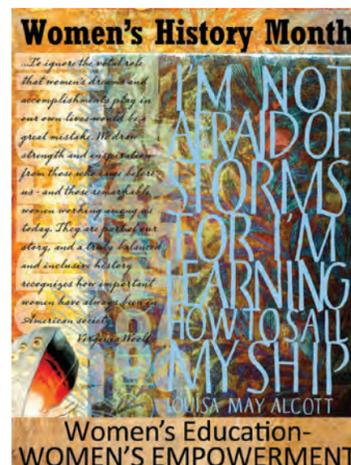
See Fair on page 5

Women's History Month observance planned

Trish Muntean, Fort Wainwright PAO

From the beginning of history, women have been in the background, working in the home, the fields and - in more recent history - outside the homes, with little recognition of their efforts. That changed in 1980, when President Jimmy Carter issued the first presidential proclamation declaring the week of March 8 as National Women's History Week. The U.S. Congress followed suit the next year, passing a resolution establishing a national celebration.

See CELEBRATION on page 4



2012 Women's History Month poster. (Illustration by Peter Hemmer/ Defense Equal Opportunity Management Institute)

IMCOM promise: World-class customer service

Every day across our installations, members of Team Installation Management Command are working hard to provide world-class customer service and make it a great day to be a Soldier, Family member or Army Civilian.

A prime example is when a 71-year-old retired sergeant first class visited the Fort McCoy ID card office to renew his card. Ken Quade, a separation and retirement services specialist, noticed the retiree needed a different kind of card. He was not receiving all the benefits he should have.

Quade could see the customer needed help, and so he took corrective action. Incredibly, with Quade's help, the retiree was eventually able to recover more than \$41,000 in back pay and receive other benefits he had earned.

Just imagine the impact of this on the sergeant first class and his wife. They returned to the office to tell Quade in person what a big difference it made in their lives.

We in the Installation Management Command are charged with delivering the majority of installation services and Soldier and Family programs, and we know that a critical element of service delivery depends on our people.

World-class customer service depends on making connections with the customers across the counter—listening to them, working to find solutions, and saying thank you. It doesn't cost a penny to make someone feel like a million dollars. It does take a commitment to serve and provide leadership at every level.

Our focus on customer service is a promise of predictable service. It is a promise that customers will always be treated with courtesy, respect and an attitude of let's-make-this-work.

We can see many other great examples of customer service across IMCOM. There's Carol Pryer, a Survivor support coordinator with the Florida Army National Guard, who with great persistence and compassion has built a strong network for our most revered members, Army survivors.

Or Robin Greene at Fort Sam Houston, who has worked hard to streamline the process for providing housing for Soldiers with medical needs. Or Jessica Zagelow, Family Child Care Director at Fort Bliss, who goes above and beyond for children who need extra care.

Or Nick Overstake and Pat Fielder at Campbell Army Airfield, who came



Lt. Gen. Michael Ferriter,
U.S. Army Installation
Management Command

in Christmas Day to repair runway lights and make sure a flight with redeploying Soldiers could land. There are way too many great examples to name them all, and to that I say, GO TEAM.

Thank you, IMCOM personnel, for setting the standard for customer service. I am extremely proud of our team and what you do for Soldiers, Families and Civilians every day.

And thank you, too, to our customers for your feedback. Keep sending us those ICE comments. Visit the IMCOM Facebook page and tell us about our team members who deliver excellent customer service. We want to know how we can improve, and just as much, we want to hear about our stars.

Army strong.

On a mission to better serve the customer

Allen Shaw, Fort Wainwright PAO

Working with the public is a delicate endeavor and providing exceptional customer service is challenging. At a diversified facility like a military installation, where many personalities intertwine, the occasional collision should be expected.

The best tool to deescalate a potential volatile situation resides between your nose and chin, and is driven by your brain. In the book entitled "Verbal Judo – The gentle art of persuasion" Dr. George Thompson states that the cocked tongue is the single most dangerous weapon when dealing with the public. He said the single word or sentence shot off without reflection, can precipitate negativity, generate a complaint, lose a sale or client, or crush one's credibility permanently.

Thinking before speaking can save a situation, natural language can be disastrous. The moment you allow words to rise readily to your lips you will create the greatest speech you will ever regret. Natural language is easy language that reflects our personal feelings. There is no place for such language in our professions and at home it can be equally dangerous. Some things should just remain in our heads.

Sonja Taylor, customer evaluation analyst, Plans, Analysis and Integration Office, United States Army Garrison, Fort Wainwright said, "Your staff, co-workers and the agencies you work with on a daily basis are as much your customer as the ones outside of the organization. Good customer service applies to everyone inside and out."

To succeed in customer service, we must perform our job and use tactical language. The key is to shape words to achieve a professional goal.

Tactical language is professional language. Some may call it artificial in that it is tailored to achieve a specific purpose, but if you are working with the public in any capacity you must develop an easy capability with tactical language.

See SERVICE on page 3



GI Jane: Meeting expectations

GI Jane, Alaska Post Contributor

In my mind, I really want my life to fit into the parameters of "once upon a time" and "happily ever after". Once the story begins, like any good fairy tale, there may be hardships and bumps but I long for the "happily ever after." My story, like many of my fellow GI Janes, began something like this: "Once upon a time, a 'strong Army spouse' said good bye to her Soldier as he left for a year-long deployment." Since then, a great deal has happened. Good and bad. Happy and sad. Easy and tough. Yet today we feel the growing excitement of the end of this deployment. If you are like me, you are focused on and very ready for the "happily ever after."

This is where we need to pause and spend time preparing our hearts and minds. What does this "happily ever after" look like? What are your expectations about your Soldier's homecoming? That is the key word: expectations. Through past deployments and reunions, I have come to realize that it is my unrealistic expectations that lead to my biggest disappointments. Now is the time to really evaluate and possibly readjust your expectations. In this process there are a few things to consider.

Homecoming is not R&R. When my husband came home for R&R, life just seemed to stop. Work, school and our routine all took a back seat to being together. We existed in many ways inside a happy little bubble. That is not the case in redeployment. We need to prepare our hearts and minds to the fact that he will still have work to do and life at home must go on. Appointments,

commitments and routines must be maintained. The celebration will be great but life continues.

Don't compare. This is a hard one for me. It is so easy to look next door and base my expectations, good or bad, on other GI Janes' experiences. You know the drill: "Well, when her husband came home, they...." Stop! Time to redirect your thinking to you and your spouse. It's just as easy to base your expectations on previous deployments and homecomings. We are all different and every deployment is different. You know your spouse. You know how this deployment has differed from others. You need to build expectations from what you know to be true of your husband and you now. You also need to build them based on what you know to be essentially true and consistent with your unique personalities. The truth is, if your Soldier was a man of few words before, the same will probably be true of him when he returns.

Expect some struggles. Regardless of how we have communicated and tried to stay connected, the truth is we have lived separate lives for the past year. We need to expect that "reintegrating" these separate lives is going to take work, time and grace. We have to relearn how to live together as a couple and as a Family. This can cause some disagreements and hurt feelings. This is where real life often collides with that desire for the fairy tale. We need to be prepared for the fact that there will be struggles and that it is a normal part of reintegration. If the

struggles become too great there are places and people willing and ready to help: chaplains, ACS, Military Family Life Consultants and even friends.

Know what is most important and communicate it. Now is not the time to expect our Soldiers to read our minds and hearts. If there is something that is important for our Soldiers to know, understand or do, then we need to find a way to communicate it. The more we share our expectations with one another, the better chance we have as a couple of meeting those expectations. It is possible to start this communication process before they come home through emails and phone calls. It needs

to continue in the weeks and months after they get home. We need to beware of the phrases "I want" and "I deserve" though. We have to search our hearts to know what we really need and then find a way to lovingly communicate it.

Disappointment is usually a direct result of unmet expectations. Now is the time to really look at those expectations. Prepare your heart and mind now so that the homecoming can be all you expect. Deployment may not be a fairy tale, but just as it started with "once upon a time," the ending can be a "happily ever after" if we actively and honestly prepare our expectations of what "happily" looks like.

ALASKA POST

Home of the Arctic Warriors

EDITORIAL STAFF

Fort Wainwright Garrison Commander

Col. Ronald M. Johnson

U.S. Army Garrison Fort Wainwright PAO

Linda Douglass

Command Information Chief

Connie Storch

Editor

Brian Schlumbohm

Staff writers

Trish Muntean

Allen Shaw

Contributors

Spc. Gary Chessa, 1st Battalion, 5th Infantry Regiment

GI Jane, Alaska Post Contributor

Staff Report, Reserve Component Office

Staff Report, U.S. Army Alaska PAO

Cheryl Adamson, Employee Assistance Program

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

CAREERS: Reserve Component Office explains options

Continued from page 1

The counselors talk to separating Soldiers about the options and incentives available to them. Many times Soldiers aren't aware of what the Reserve Component can offer them.

As Soldiers prepare to leave the military, they have to look at the fine print on their contracts. Career counselors can help them do that. If they have remaining time left of their initial service obligation after their ETS, Soldiers need to realize that the Army can still call them up.

Master Sgt. Matthew Gross, senior Reserve Component counselor, said having your name in the Individual Ready Reserve is a scary thing. "Most Soldiers enlist for three or four years. What they don't seem to realize is once that's done they still have four or five more years in which they are obligated to serve if called on. You could be called back at the drop of a hat and have no control over what you are going to do or where they are sending you. We stress the importance of Soldiers being able to maintain control of their situation because if the decision is made to go into the IRR, they no longer have control of anything."

Most Soldiers don't know what career choices are available to them as they get ready to leave active-duty Army service. "We guide them through their remaining obligations to the federal government and listen to what they want for their future. Then, as career counselors, we come up with the best options for them. We talk about what their commitment to the Reserve or Guard would be. A lot of Soldiers think the Reserve Component is just like active duty. What they don't realize it is just one weekend a month and two weeks a year. It's just like a part-time job," Gross said.

The change from an Army career to civilian life can be intimidating without a plan or the proper help, and that's where sitting down with a career counselor is important. Sgt. 1st Class Joanne Blatchley, Reserve Component career counselor said, "Many Soldiers think they have a plan for their future when in reality what they have are just general ideas of wants and desires

without much thought how to carry them out. I have talked with too many Soldiers who think for this moment in time rather than long-term. It is too easy to say I want to do this or I'm going to do that, but actually making it happen is the hard part for these Soldiers because they don't have a plan or even a back-up plan in place."

Blatchley said another thing many Soldiers aren't figuring into the mix when making the decision to get out, is the loss of health care the Army provides them and their family members. "All you have to do is turn on the news to know that health care costs are on the rise. That is definitely a huge incentive for Soldiers when considering the option of continuing their service with the National Guard or Army Reserve. Tricare Reserve Select is a premium-based health plan available worldwide to Selected Reserve members of the Ready Reserve and their family members."

The Reserve Component offers many other incentives such as reclassification, bonuses or mobilization deferment if eligible and other programs to fund education costs. Gross said getting that information to Soldiers isn't always easy. "Sometimes Soldiers walk in here and don't want to hear anything we have to say. We try to break down that wall and let them know we aren't trying to recruit them. They're already in the Army; we just want to show them a better way to complete their remaining service obligation," he said.

Both counselors agree that every Soldier has a different story, but if they don't open up about what their plans are, counselors have a hard time trying to help them with the transition from active duty to life as a civilian or Reserve Component Soldier. "We make a point to detail our counseling to a Soldier's specific situation and needs," said Gross.

Getting Reserve retention information out to the Soldiers is important. That's why the Reserve Component career counselors have integrated themselves into the pre-separation briefings held the first Thursday each month at the Welcome Center.

For more information call 353-2201 or 353-2151.

SERVICE: Better for customer, better for mission

Continued from page 2

Very seldom is anyone hired to express feelings or give opinions. Having the skills to effectively deal with other human beings is a performing art that should become a habit of mind and a way of life.

"If you are always polite and respectful it becomes second nature. Your customer is affected by your being courteous and polite. It shapes their perceptions of you, the organization and the service that is offered," Taylor said.

The ability to provide excellent customer service is achieved by developing and mastering mental and physical tactics. Knowledge gives us the power to go above and beyond.

Whenever you or your organization are being verbally attacked, consider it an opportunity. It is a chance to show good customer service skills. When someone else is going off the deep end or is emotionally charged, you should immediately grow calm inside and listen. Don't just wait for them to finish talking, listen to what they say, because they will usually provide necessary information you can use to handle the problem professionally. People who are angry will always give you clues as to what they value, what they fear or what they want, and these can be used to calm them and redirect hostility. Of course it is not natural to do this when people are in your face, but when you are aware you will gain the strength and control.

It's easy for people to become agitated in today's society. Customers have effortless avenues to complain and complaints aren't good for anyone. Two or three will get you noticed and more can stall a career and cause undue stress. The solution to reduce complaints and increase compliments is to always perform and never react. When you perform, you respond to the person and the situation. Organizations are successful when their employees are responsive to the needs of the public and not reactive to confrontation. Remember, conflict is an opportunity to take a rational approach and help people address their needs. With the right approach, everyone can win.

For more information on improving customer service, contact Sonja Taylor at 353-9721.

CELEBRATION: Women's History Month

Continued from page 1

Six years later, the National Women's History Project successfully petitioned Congress to expand the event to the entire month of March.

"During Women's History Month, we commemorate their struggles, celebrate centuries of progress, and reaffirm our steadfast commitment to the rights, security, and dignity of women in America and around the world," said President Barack Obama in the presidential proclamation.

The 1st Stryker Brigade Combat Team, 25th Infantry Division and the Fort Wainwright Equal Opportunity Office will host a celebration of Women's History Month at the Physical Fitness Center Tuesday at 2 p.m..

Master Sgt. Paul D. Wayfield, the Fort Wainwright Equal Opportunity advisor, said the event will feature Lt.

Col. Eurydice Stanley, who Wayfield says personifies the meaning of this month's observance - Women's Education - Women's Empowerment.

"Stanley was an excellent choice based on her many accomplishments in terms of educating Soldiers and Family members," he said.

She is the Defense Activity for Non-Traditional Education Support Reserve Component advisor, where she serves as the voluntary education program spokesperson and assists Department of Defense Reserve personnel and Family members achieve personal and professional education goals.

In addition to the celebration March 27, Stanley will present several one-hour presentations at the Education Center entitled "the handwriting on the wall" which will discuss the potential changes due to budget cuts. These briefings will be held March 27 at 10:30 a.m. and March

28 at 9 a.m., 10:30 a.m., and 1:30 p.m. All briefings will be conducted in the auditorium located on the bottom floor of building 1555.

In the Jan. issue of the DANTES Information Bulletin, she said "We've found that many service members are still unaware of the changes that may soon impact the Department of Defense due to budget cuts and draw downs that are already well underway."

Stanley earned a degree in Public Management from Florida A & M and was commissioned as a Distinguished Military Graduate in 1990. She was awarded a scholarship from the University of Minnesota, receiving a Master's in Industrial Relations in 1994 and studying International Business in Lyon, France. In 2000, she graduated summa cum laude from Louisiana Baptist University with a Ph.D. in Christian Counseling and Psychology.



Lt. Col. Eurydice Stanley, Defense Activity for Non-Traditional Education Support Reserve Component advisor, will address the Fort Wainwright community during the Women's History Month observance Tuesday and in separate education briefings, Tuesday and Wednesday.. (Courtesy photo)

Considering herself to be a life-long learner, she enjoys developing training classes that address a need and are both relevant and relatable for attendees. The

majority of her career has been focused on improving interpersonal interactions within the Department of Defense.

National Prescription Take-Back event

Cheryl Adamson, Employee Assistance Program

Mark your calendars for Saturday, April 28, from 10 a.m. to 2 p.m. Army Substance Abuse Program, the Directorate of Emergency Services and the Drug Enforcement Administration will team up at the Fort Wainwright Exchange for the 3rd National Prescription Take-Back event. This is an opportunity for people with unwanted, unused and expired prescription drugs to dispose of them safely. Flushing them down the toilet is not a recommended way of disposal.

For the first time in nearly a century, automobile accidents are no longer the nation's leading cause of accidental deaths. The new number-one killer is drugs - not smack, crystal meth or any other stepped-on menace - but pills prescribed by doctors, approved by the government, manufactured by pharmaceutical companies and sold to the consumer. In 2010, enough prescription painkillers were sold nationally to keep every American medicated around the clock for an entire month.

In 2008, 41,000 Americans died from poisonings. Nine out of 10 of the poisonings



Turn in expired, unwanted and unused prescription drugs at Fort Wainwright's National Prescription Take-Back event April 28 at the Exchange. (File photo)

were caused by prescription-drug overdoses with the chief culprits being opiate-based pain relievers. The vast majority of lives are claimed by painkillers, sedatives, and stimulants, and they all share a common characteristic - they promote abuse, dependence and addiction.

How will pill-popping transform our lives? The drug industry will continue to develop and sell more chemicals targeting the brain, which remains medical science's "black box". These will result in treatments to enhance mood, cognition, attention, memory, and other mental functions that will become, in time, medical conditions. Any pill that promises to make you smarter or happier invites abuse and some will be addictive.

In response to the seriousness of prescription drugs as a killer of American citizens, the Drug Enforcement Administration launched the Annual National Prescription Take-Back event, occurring every April and October.

Hockey players score big reading to kids



Fort Wainwright children and Fairbanks Ice Dogs Alex Fons and Doug Rose (right) team up for story time during the hockey team's visit to the School Age Center, March 13. About a dozen hockey players also met with youth in the two child development centers during their visit, coordinated by the School Liaison Office. (Photo by Kathleen Williams/FMWR)

Soldier touts vegetarianism's benies

Spc. Gary Chessa, 1st Battalion, 5th Infantry Regiment.

Spc. Tabetha McKenzie is a food service specialist assigned to the 1st Battalion, 5th Infantry Regiment, "Bobcats," located at Forward Operations Base Shoja. A native of Emporium, Pa., McKenzie is also a dedicated vegetarian, a lifestyle choice that can be hard to maintain during a deployment to Afghanistan.

"I became a vegetarian mostly for good health," McKenzie says, explaining how "the levels of antibiotics, growth hormones, and steroids that are injected in the livestock" carry a lot of negative side-effects for human consumers.

McKenzie's decision to be a vegetarian is particularly interesting given her dual roles as a combat service support Soldier in an infantry unit and a food specialist charged with preparing meals for the other Soldiers in the unit. Vegetarians in the military are often perceived with a certain degree of curiosity by their comrades, who have a hard time understanding why a Soldier would object to the killing of animals for food.

"It should not be assumed that the choice to pursue vegetarianism or veganism is based solely on one being against animal cruelty. Many people are more concerned about the health issues linked to eating meat," McKenzie says. "It's a personal health decision more than a moral decision."

Issues of morality and health aside, vegetarianism is not always an easy path to pursue while in the armed forces.

"There is not always a vegetarian option available at the chow hall,"

McKenzie explains, but caveats with "I still have the option of a vegetarian MRE."

McKenzie found that her new lifestyle has benefits that come with the hassle of eating green. "I don't feel quite as sluggish. Definitely more energy. Although, for some reason, I crave sweets more now," said McKenzie.

When returning from a deployed environment, Soldiers who are married and have children should consider how eating green as a lifestyle change can impact the Family and others around them.

"My husband is hesitant yet in agreement with the changes. Upon redeployment, we will be tackling the concept and changes together as a Family, including my son," said McKenzie. "Right now all I can manage is vegetarianism, but, when I get home I will try to become a vegan."

McKenzie went on to explain her reasoning behind such a bold switch. "I am concerned by the further health risks associated with dairy products and dairy by-products. Numerous studies have been conducted worldwide on the health risks of drinking milk. The studies not only showed that dairy products do nothing for human adults, it also shows milk produces enzymes inside the human body that have been linked to cancer. As a mother I want to not only do what I can to live a long and healthy life, but also I want to ensure that my child has every opportunity to live one as well."

After extensive research and personal experience as a vegetarian, McKenzie believes



A typical vegetable spread provided by the dining facility at Forward Operating Base Shoja in southern Kandahar Province, Afghanistan. (Photo by Spc. Gary Chessa/1st Battalion, 5th Infantry Regiment)

that her fellow Soldiers would benefit from a vegetarian diet.

"Those with certain medical conditions should consult their physician before beginning so they are fully aware of their nutritional needs and how they are going to have to now achieve those needs," McKenzie warns. "It is important to research and then make an informed decision. You have to want it for the right reasons. It's not a passing fad or new weight loss diet, it's a lifestyle and it's not always easy to maintain. Anyone interested

should make sure they know what they're getting into and stick with it."

Care packages can help Soldiers who are deployed and trying to eat healthier. The Army also provides vegetarian MRE's in addition to the choice of vegetables and fruit served in the field kitchens. The vegetarian lifestyle is challenging and requires proper planning and determination for a Soldier to be a vegetarian amongst a bunch of meat-eaters.

Aviators earn, the Capt. William J. Kossler Award, again

Staff Report, U.S. Army Alaska PAO

United States Army Alaska proudly announces that the 1st Battalion, 52nd Aviation Regiment "Flying Dragons", members of the 16th Combat Aviation Brigade (Alaska), were recently named as this year's recipients of the American Helicopter Society's prestigious Capt. William J. Kossler Award.

The "Flying Dragons" have earned this honor for C Company, 1-52nd Aviation's role in Afghanistan as the premier Medical Evacuation unit in theater, providing outstanding support to all elements of the Regional Command - South in Afghanistan during a 12-month deployment there in

support of Operation Enduring Freedom.

The "Flying Dragons" also earned this honor last year, due to the efforts of B Company, delivering relief to flood ravaged areas of Pakistan.

Established in 1951, the Capt. William J. Kossler Award honors the memory of a U.S. Coast Guard airman, aeronautical engineer and early advocate of helicopter use in Coast Guard and Navy operations.

It is given for the "greatest achievement in practical application or operation of rotary wing aircraft, the value of which has been demonstrated by actual service during the preceding year".



Crew Chief from C/1-52nd guides his UH-60 Black Hawk. (Photo by Staff Sgt. Brehl Garza/U.S. Army Alaska PAO)

FAIR: Free fun for Airman, Soldiers and Families

Continued from page 1

There is no admission fee and the activities, food and make-and-take crafts are free. Attendees is be able to participate in candle-making, sewing quilting squares for wounded warriors, making paper airplanes, coloring eggs, fishing, face painting and temporary tattoos will be available.

Operation Military Kids be collaborating with three groups at Saturday's Military Family Fun Day. Candi Dierenfield said, "The Eielson Enlisted Spouses will be helping with a table dedicated to moms. It's an opportunity to learn what colors make you look your best." Boy Scout Troop 007 is helping make Operation Military Kids dog tag survival bracelets and the Cooperative Extension Expanded Foods and Nutrition Program will be doing a nutrition demonstration, "making smoothies," she said.

While there are numerous family-friendly attractions, single service members may be interested in the information fair featuring the Civil Air Patrol, University of Alaska Fairbanks counselors, backpacking information by Alaska Public Lands and information about area attractions and upcoming events.

There will also be the Fairbanks Children's Museum, North Star Imagination Library, Fairbanks Roller Girls and many other organizations at the fair.

Fair sponsors include Sam's Club, the Association of the United States Army and Birchwood Homes, said Rachel Oldfield ASYMCA Fairbanks program manager. "This event would not be possible without their generous donations."

The fair is reflective of the ASYMCA mission, "to provide educational, social and recreational programs to members and their families from all Military Services including the Reserve components and National Guard," Oldfield said. Volunteers are welcome. For more information, call ASYMCA at 353-5962 or email fairbanks@akasyamca.org

Friday - 23rd

CELEBRATE SPRING STORY HOUR and CRAFTS, 4 to 5 p.m., Post Library, Building 3700. Call 353-4137.

ALYESKA SKI / SNOWBOARD ADVENTURE, 5 p.m., Outdoor Recreation Center, Building 4050. Cost is \$175 per person. Call 361-6349/6350.

FAMILY DINNER, 6 to 7:30 p.m., Youth Center, Building 4109. No Cost. Youth in grades 6 to 12 will serve dinner to their parents, while parents learn about the center. RSVP by March 15. Call 361-5437.

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

Saturday - 24th

NORTHERN EXPOSURE, 8 a.m. to 5 p.m., Cost is \$115 per person. Minimum age is 12. If the temperatures drop under 20 below zero, the trip will be postponed to a later date. Call 361-6349/6350.

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

ICE CARVING WELCOME SHOW PARTY, 1 p.m., Youth Center, Building 4109. No Cost. Parents and children in grades K to 12 must RSVP by March 22. Call 361-5437.

MILITARY FAMILY FUN FAIR, 1 to 4 p.m. in the Physical Fitness Center, Building 3709. Arts and crafts, food, and Family fun. Free to all Active Duty, Guard and Reserve military. For more information, call 353-5962 or email fairbanks@akasymca.org.

THE GREAT BIG BEACH BOWL PARTY, 7 p.m. to midnight, Nugget Lanes Bowling Center, Building 3702. Cost is \$15 per person. Reservations suggested. Call 353-2654.

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

EXCEPTIONAL FAMILY MEMBER PROGRAM BIRCH HILL TUBING, 12:45 p.m., Birch Hill Ski and Snowboard Area, Building 1172. Open to participants in the EFMP. Cost is \$3 for 1 hour, \$5 for 2 hours. Age and height restriction apply. Activities and events at the Birch Hill are subject to change and/or cancelled dependent on weather. Call 353-4243.

Sunday - 25th

FORT WAINWRIGHT GOSPEL SERVICES, 9:45 a.m., Sunday school, 11 a.m., Worship service, Bassett Army Community Hospital, 3rd Floor conference room, Building 4076.

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.

Sunday - 25th (continued)

SKEET, 1 to 5 p.m., Fischer Skeet Range, Building 1172. Stop by to practice your shooting skills. Call 353-7869.

Monday - 26th

NUTRITION AND FITNESS ROMP AND STOMP PLAYGROUP, 9:30 to 11 a.m., Last Frontier Community Activity Center, Building 1044. Call to reserve transportation from Post hotel. This activity is a partnership with Army Community Service and Child, Youth and School Services. Call 353-7713.

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 - 27th

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.

FORT WAINWRIGHT GOSPEL SERVICES BIBLE STUDY, 6:30 p.m., Bassett Army Community Hospital, Medical Library, Building 4076. For more information email ac2.claxton@us.army.mil.

Wednesday - 28th

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

MULTI-CULTURAL STORY HOUR, 4:30 – 5:30 p.m., Post Library, Building 3700. Call 353-4137.

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

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

Thursday - 29th

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

PROTESTANT WOMEN OF THE CHAPEL, 9:30 a.m., Northern Lights Chapel, Building 3430. Childcare provided, for more information email wainwright@pwoc.org.

NUTRITION AND FITNESS ROMP AND STOMP PLAYGROUP, 9:30 to 11 a.m., Last Frontier Community Activity Center, Building 1044. Call to reserve transportation from the Post hotel. This activity is a partnership with Army Community Service and Child, Youth and School Services. Call 353-7713.

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

Thursday - 29th (continued)

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

BOUNCY HUT NIGHT, 5:30 to 7:30 p.m., Last Frontier Community Activity Center, Building 1044. Call 353-7755. (age 4 to 12 with parent).

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

Friday - 30th

MARCH MADNESS, noon to 9 p.m., Birch Hill Ski and Snowboard Area, Building 1172. Event activities require pre-registration at the lodge. Events and activities subject to change depending on weather. Call 353-9131.

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

EXCEPTIONAL FAMILY MEMBER PROGRAM BOWLING, 6 to 7 p.m. Nugget Lanes Bowling Center, Building 3702. Open to participants in the Exceptional Family Member Program. Cost is \$2.25 per game, shoes included. Call 353-4243.

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

Saturday- 31st

WOMEN IN THE WILDERNESS: CROSS-COUNTRY SKIING, 9 a.m. to 5 p.m., Cost is \$5 per person. If the temperature falls below -20 degrees, the trip will be postponed to a later date. Call 361-6349 or 361-6350.

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

MARCH MADNESS, 1 to 8 p.m., Birch Hill Ski and Snowboard Area, Building 1172. Event activities require pre-registration at the lodge. Events and activities subject to change depending on weather. Call 353-9131.

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

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.

Sunday - 1st

FORT WAINWRIGHT GOSPEL SERVICES, 9:45 a.m., Sunday school, 11 a.m., Worship service, Bassett Army Community Hospital, 3rd Floor conference room, Building 4076.

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.

Fort Wainwright's annual Earth Day event

The installation's annual Earth Day event is slated for April 20 from 10 a.m. to 4 p.m. at the Physical Fitness Center. The 2012 theme asks, "If not you, who? If not now, when?" For assistance answering those questions, contact Andy McDonough, Plans, Analysis and Integration Office, 353-9746.



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

MILITARY FAMILY FUN

The Armed Services YMCA will host the premiere, Military Family Fun Fair, Saturday, 1 to 4 p.m. at the Physical Fitness Center. The event is open to military personnel of all branches regardless of status - active duty, guard and reserve and families are welcome. There's no charge for activities, make-and-take crafts or food, everything is free. Organizations and local businesses from off- and on-post will be on hand. For more information or to volunteer, email fairbanks@akasyymca.org or call 353-5962.

NATIONAL PRAYER LUNCHEON

The National Prayer Luncheon is Wednesday at 11:30 a.m. at the Last Frontier Community Activity Center. "The purpose of a prayer luncheon is to bring the Fort Wainwright community of faith together for prayer," said Chaplain (Maj.) Michael Allen garrison chaplain. "Prayer changes things," he said. "A piece of my mission as the garrison chaplain is to enable folks to practice religion according to the dictates of their heart." Allen said that the prayer luncheon gives people the opportunity to discover their faith, explore their faith and live out their faith. The guest speaker will be Chaplain (Col.) Richard Quinn, U.S. Army command chaplain. The luncheon is free to meal card holders and \$4.55 for those who don't have a meal card. While walk-ins are welcome, reservations through unit chaplains or the community chaplain's office are preferred. For more information call 353-9825.

ARMY DISASTER SYSTEM

The Army Disaster Personnel Accountability and Assessment System is the Army's personnel accountability tool used in the event of a natural or man-made disaster. This web-based system is found at <https://adpaas.army.mil/> to account for Active Duty, Army Reserve, Army National Guard, DoD Civilians, NAF employees, overseas DOD contractors (to include Hawaii and Alaska) and Family members.

FOR YOUR HEALTH CLASSES

Arctic Health Link offers monthly classes on diabetes, cholesterol, hypertension and tobacco cessation. For more information or to sign up for a class, call 361-4148.

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.

EDUCATION BRIEFS

The Fort Wainwright Equal Opportunity Office welcomes all to the "Handwriting On the Wall" education briefing by presenter, Lt. Col. Eurydice Stanley, Ph.D.

Briefing dates are Monday with three briefings; 10 to 11 a.m., 1:30 to 2:30 p.m. and 3:30 to 4:30 p.m.

Tuesday one brief, at 9:30 to 10:30.

All briefings will be conducted in the garrison headquarters, Building 1555, auditorium, Room 89.

WOMEN'S HISTORY MONTH

1st Stryker Brigade Combat Team, 25th Infantry Division and the Equal Opportunity office will host the Women's History Month observance. Tuesday, 2 to 3:30 p.m. in the Physical Fitness Center, Building 3709.

REUNION AND REINTEGRATION

This Wednesday's workshop is entitled, Welcome Home: Reconnecting with your child.

This presentation will walk through potential issues the returning parent will face as a result from being away and tips for easing the situation and making homecoming an enjoyable and healthy transition for the whole family.

The workshop takes place from noon to 1:30 p.m. at the Last Frontier Community Activity Center, Building 1044 Apple Street. For more information, call the Mobilization and Deployment Manager at 353-4332 or drop by Army Community Service.

PRE-RETIREMENT BRIEFING

A monthly summary of retirement benefits for those who are one to two years from retirement, presented by Carlos Garcia, retirement services officer. To schedule Survivor Benefit Plan or SBP counseling and to register for the pre-retirement briefing call 353-2099.

BENEFITS TRAINING

Free Civil Service Retirement System and Federal Employees Retirement System Benefits Training presented by Snow Federal Seminars and Chartered Federal Employee Benefits Consultants.

This informational, hands-on, no-cost seminar is to help understand government benefits and learn how to become financially ready to retire. For all members of the CSRS, FERS, Firefighters, Air Traffic Control, Law Enforcement Officers and federal employees and spouses are welcome. Class is set for April 17 from 8:00 a.m. to 4:00 p.m., at the Fairbanks, Wesmark Hotel, 813 Noble Street.

To register go to: <http://snowseminars.com/register/FortWainwright/897>.

For more information about seminars, please visit www.snowseminars.com.

CIVILIAN CLEARING PROCEDURES

All employees terminating employment with the Department of the Army must clear post. Clearing or out-processing is required to ensure final pay is correct.

For more information on clearing, contact the Civilian Personnel Advisory Center at 353-7208.

COMMUNITY OF FAITH

Fort Wainwright Community of Faith Lent and Easter event schedule.

Fridays during Lent, through March 30, at 7 p.m. the Stations of the Cross will be observed at the Southern Lights Chapel, Building 4107. This will be followed by a meatless, meager meal.

April 1 at 5 p.m. the Youth of the Chapel Concert Series will host a one of a kind worship experience. All are welcome for the last concert of the year.

April 5 at 6 p.m. Holy Thursday Service. The service will be followed by 12 hours of adoration at the Southern Lights Chapel, Building 4107.

April 6 at 6 p.m. is Catholic Good Friday Service at the Southern Lights Chapel, Building 4107.

April 7, beginning at sundown is Easter Vigil at the Southern Lights Chapel, Building 4107.

April 8 from 6 to 8:30 a.m., Easter Sunrise Service will be held at Birch Hill.

All worship services will be held at their normal times of 11 a.m.

ID CARD OFFICE

Hours of operation are Monday through Friday 8 a.m. to 4:30 p.m. Appointments are required for all cards through May 1. Go to <https://rapids-appointments.dmdc.osd.mil>

For information call 353-2195 or 353-3615.

SOLDIERS AGAINST DRUNK DRIVING

The purpose of the Soldiers Against Drunk Driving program - to prevent Soldiers from drinking and driving. If a Soldier has had at least two drinks, they run the risk of getting a DUI and should call a friend, taxi or SADD volunteer to drive them home. Soldiers can call SADD at 353-6610. Pick-up hours are 11:30 p.m. to 3:30 a.m. on Fridays, Saturdays and training holidays. Volunteers in the SADD program can be Soldiers, DoD cardholders or spouses. Civilian attire is authorized for Soldiers during volunteer times and a Transportation Motor Pool vehicle is available. Soldiers participating in the program qualify for day passes after accumulating volunteer hours. A three day pass for 50 hours, a four-day pass after 80 hours and a four day pass plus eligibility to be awarded the Military Outstanding Volunteer Service Medal, worth 10 points towards promotion which helps with Staff Sgt. and Sgt. 1st Class selection after completing 150 hours of volunteer service. To volunteer call, (573) 680-6085 or (805) 878-4971.

Available to GCI Cable subscribers on post



CHANNEL 5 Watch for Current Facility Information, Photos and Special Community Events

Also find it online under the Command Channel 5 link @

WWW.WAINWRIGHT.ARMY.MIL

HELP
STOP
DOMESTIC
VIOLENCE



CALL

388-2260

NO NAME
REQUIRED

