

# ALASKA POST

Home of the Arctic Warriors

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Fort Wainwright, Alaska

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## Celebrating two redeployments in one



Bravo Company Commander, 1st Battalion, 52nd Aviation Regiment, Travis Easterling, gives a speech covering the unit's missions and accomplishments while deployed to Afghanistan in support of Operation Enduring Freedom during the Redeployment Ceremony held in Fort Wainwright's Hangar 6, April 12. (Photo by Staff Sgt. Trish McMurphy/U.S. Army Alaska PAO)

**Staff Sgt. Trish McMurphy, U.S. Army Alaska PAO**

The 1st Battalion, 52nd Aviation Regiment officially welcomed home its Bravo and Charlie Companies from a yearlong deployment to Afghanistan in support of Operation Enduring Freedom April 12 here.

The companies originally returned in February but gathered in Hangar 6 in front of friends, Family and fellow Soldiers to uncase their unit colors and be recognized for their accomplishments.

Company B, a group of about 50 Soldiers, was joined by Soldiers from other units when they arrived in Afghanistan, where they supported three geographic regions.

During the deployment, B Co. "Chinooks" (CH-47) conducted more than 600 missions, 80 of which were deliberate combat missions, and flew more than 5,800 hours transporting upwards of 8,000,000

pounds of cargo and 10,000 personnel.

"The CH-47 is the last thing you want to see if you are an enemy force, but for U.S. Soldiers, it is one of the sweetest," 1-52nd Commander Lt. Col. John Knightstep said.

Bravo Company averaged approximately 750 hours a month while performing its medical evacuation mission in Afghanistan, according to Company Commander Capt. Travis Easterling.

"We had the ability to accomplish any mission given," Easterling said.

C Company Commander, Maj. Michael Mendenhall said his company's deployment started with "a baptism of fire."

The company covered more than 40,000 square miles and transported 3,400 patients in the 6,500 hours flown.

"We broke many records," Mendenhall said. "This is a seasoned medevac company—ready any time—anywhere."

## Enjoying Alaska doesn't mean you have to spend a lot

**Linda Douglass**

For many Soldiers and Families, their tours in Alaska may be the only chance they have to visit the 49th state.

They want to enjoy the wildlife, the sporting opportunities, the scenery and the history. But many of them feel apprehensive about the cost of that enjoyment. Having a good time doesn't need to strain a Family's budget. Alaska offers a multitude of recreational options, many of them affordable even for Families watching their spending. So with an eye on budget we've compiled a list of things to do without breaking the bank.

Soldiers and their Families can participate in a large number of activities in Alaska, many of them at little or no cost. You may pay more for other activities, but in some cases it's well worth the extra money.

This is just a small sampling of things to do.

- fishing – there are lakes and streams just minutes from your home. You can bag salmon, trout, burbot and pike locally. (The pike put up a terrific fight.) If you want to spend more money and go for the big ones, try one of the local guide companies who will take you out to more remote sites. Or head down to Valdez or the Kenai Peninsula for halibut.
- boating – try a raft, canoe, kayak or riverboat on Alaska's waterways.
- panning for gold in local streams – check with the Alaska Public Lands Information Center at the Morris Thompson Cultural and Visitors Center on Dunkel Street for locations. Visit their website at <http://www.nps.gov/aplic/>.
- learning about the Alaska Native culture – visit the Midnight Sun Pow Wow July 13-15 at the Carlson Center ([www.midnightsunpowwow.com](http://www.midnightsunpowwow.com)).
- watching some Alaska Native sporting events at the World Eskimo Indian Olympics July 18-21 at the Carlson Center. You can see the ear-pull, knuckle hop and more. Visit their website at [www.weio.org](http://www.weio.org).
- checking out the tourist attractions like Gold

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## Salute To Our Military Parade

**Staff report, Fort Wainwright PAO**

The Salute to Our Military Parade, to honor Soldiers, airmen and veterans of all branches of the military will be May 12 starting from post at 9:30 a.m., followed by a Military Appreciation Day picnic at Pioneer Park.

The event is co-sponsored by the Greater Fairbanks Chamber of Commerce, local businesses and the surrounding communities.

Nearly 6,000 people will march in the parade, including 3,000 Soldiers from the 1st Stryker Brigade Combat Team; 1,100 from the 16th Combat Aviation Brigade;

Medical Department Activity-Alaska, Dental Activity-Alaska, United States Army Garrison, Air Force, Air Guard, Army National Guard, Army Reserves, and veterans from all services.

"The parade is a way for us to show how Fort Wainwright appreciates Fairbanks and vice versa," said Felicia Jackson, director of Plans, Training, Mobilization and Security.

Mike Shultz from KTVF Channel 11 came up with the idea after being inspired by the St. Louis military parade that took place in January. He approached the Chamber of Commerce in hopes of doing

something like this in Fairbanks.

Lisa Herbert, of the Greater Fairbanks Chamber of Commerce is co-chairing the event. She is the spouse of an active duty airman and the daughter of an Air Force retiree.

"This event means so much to me because of my personal connection to the military," she said. "I think it is so amazing that the community of Fairbanks welcomes the Soldiers and Airmen and their Families that are stationed in the Interior with open arms. The support that the military receives is

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Military members of the active, Guard, Reserve and retired military will march together in the Salute to Our Military Parade May 12 starting at 9:30 a.m.. The event will be followed by a Military Appreciation Day picnic at Pioneer Park. (File photo)

### WEEKEND WEATHER



**Friday**  
Mostly cloudy  
Highs: 40's/50's  
Lows: 20's/30's  
Light winds



**Saturday**  
Mostly cloudy  
Highs: Lower to mid-60's  
Lows mid-30's



**Sunday**  
Mostly Sunny  
Highs: mid-50's to lower 60's  
Lows: 30's/40's

### Post Office update

It will be May 15 at the earliest before a decision is made if the Fort Wainwright post office should be closed, said Charlie Carr the director of Human Resources. If a decision is made to close the post office, the effective date of that closure is not yet known. The closure will affect boxholders who get their mail in that building and would close the service window, but people on Fort Wainwright who get their mail at home would not be affected.

### BRIEFS



### Golf opening

A Cinco De Mayo grand opening of the Chena Bend Golf Course is slated for Saturday, 11 a.m. to 3 p.m. Wear a sombrero and receive an additional 5 percent off. Free bucket of range balls, cake, snacks and door prizes. All season passes and punch cards will be 10 percent off through May 25 and can be purchased at Murphy Hall, Building 1045, 2nd floor, Suite 30. Call 353-6223 for more information.

## Medical Department Activity - Alaska

### School or sports physicals required for most youth activities

Col. George Appenzeller, MEDDAC-AK commander

It is that time again: Summer sports physicals. In general, the physicals are good for a year, so if your child has not had one in the last six months, then this is a great opportunity. Bassett Army Community Hospital will be opening our primary care clinic from 10 a.m. to 2 p.m. May 19. Appointments will be required and can be made by calling central appointments at 361-4000.

Sports and school physicals are routine health physical examinations provided by our

staff here at BACH. While specific requirements vary by school, camp or sports association, these examinations all provide an opportunity for healthcare providers to discuss important healthcare issues with both guardians and children, and to ensure that the individual is healthy and physically prepared to perform in camp, school or sports. Physical examinations also provide an opportunity to review the individual's complete health history and ensure that he or she is up-to-date with current immunization recommendations.

In addition to sports physicals, please be aware that Alaska requires students in kindergarten through sixth grade to have had two doses of the chicken pox (varicella) vaccine. Preschool students must have had one dose. You will need your shot records to enroll or a verified medical record with a medical provider signature and date (if your child has had chicken pox). Alaska also requires a PPD within the last year. Immunizations will be available at the screening, but I encourage you to come to our immunization clinic as

early as possible to make sure you can meet these requirements. We can also assist with any other specific immunization requirements your particular school may have.

We will have all of the standard forms school and sports forms available, but if your child is doing anything that requires special forms please bring those so we can make sure we cover exactly what you need. If you have any questions about physicals, please call our primary care clinic nurse at 361-4000, option 3. In addition, please bring any immunization records, medica-

tion lists or outside medical records with you.

Depending on the results of the physical, your child may be referred to a specialist for further evaluation. It is a good idea to bring a list of questions to present to the provider, since we all tend to forget them sometimes. If your child is old enough, you may want to stay in the waiting room, at least part of the time, so that your child has an opportunity to discuss any personal questions with the provider privately. It is important that you and your child completely and honestly answer all of the provider's questions to



Col. George Appenzeller  
MEDDAC-AK commander

increase the student athlete's chances of experiencing a safe sports season and upcoming school year.

As always, the Medical Department Activity-Alaska staff and I are honored to serve this great community and are ready to assist you with your medical needs.

## Summer traffic

Linda Douglass, Fort Wainwright PAO

We are very happy to see most of our deployed Soldiers returned to their families and homes here at Fort Wainwright. Their return means the completion of a long separation from friends and Family and a period of adjustment as they settle back into their pre-deployment lives.

Their return also marks the first time we have had most of the Soldiers from both brigades home at the same time, and we have seen the traffic on post increase significantly, especially at peak periods.

The line of traffic at the intersection of Gaffney and Meridian roads has begun to back up after physical training, at lunch and at quitting time. Officials here are working to come up with a good solution to ease the congestion and back-ups.

We've also begun seeing an increase in construction traffic as winter becomes a memory. A housing project at 599th and 600th streets, just off Gaffney Road near the main gate, generates a number of large trucks going in and out of the area.

There's also a new hangar going up on Montgomery Road and other projects across post. Motorists can expect road closures and delays around those construction sites throughout the summer in addition to the big trucks and heavy machinery.

The absence of ice and snow on the ground brings out the bicycles. With school ending in less than a month, the few bikes we see now will multiply as the kids have all

day to enjoy getting out and riding.

"I would like to remind our bicycle riders to obey traffic laws, wear proper protective clothing and be familiar with the Garrison's policy on operation of bicycles," said Douglas Harmon, installation safety manager. "Remind bicycle operators that the use of headphones or earphones is prohibited while riding on roads and streets." Harmon added anyone riding bicycles at night must have headlights and taillights that are visible for 300 feet.

"Motor vehicle operators need to pay attention to bicycle riders, especially young children and areas where bicycles enter roadways," Harmon said.

Traffic back-ups and busy schedules can be a dangerous combination. The majority of motorists on post have adjusted well to the challenges of several thousand more vehicles on post than we had two months ago.

If you want to avoid an accident, follow a few safety rules and common sense.

- Drive defensively. Watch for vehicles, bicycles and pedestrians entering or leaving the roadway at intersections.
- Drive the speed limit.
- Avoid distractions. Stay alert to the traffic around you.
- Stay off the phone. Your call, even if on a hands-free device, can wait until it's safe to use it.
- Don't try to change the radio station or CD. That too can wait.

Take your time, stay alert and enjoy a safe summer, savoring all that Interior Alaska has to offer.

## National Prescription Take-Back Day



Rilene Ann (left), certified drug counselor and social service assistant, and Dave Lemelin, risk reduction program coordinator for the Fort Wainwright Army Substance Abuse Program accept unused and expired prescription drugs during the National Prescription Take-Back Day event at the Post Exchange, Saturday from 10 a.m. to 2 p.m. Lemelin said they collected more than 65 pounds of unwanted medications. "Several individuals commented on what a great program this was and it should be done more often," said Ron Huffman, Fort Wainwright Army Substance Abuse Program manager. "They were relieved to finally be able to dispose of their unwanted medications." (Allen Shaw/Fort Wainwright PAO)

## Six ways to manage your health care on the go

Brian P. Smith, TriWest Healthcare Alliance

You can manage your family's health care without being parked in front of your computer all day. TriWest Healthcare Alliance has the mobile tools that let you get to your information whenever and wherever you need. You have your phone with you – why not put it to work? Start at [TriWest.com/GoMobile](http://TriWest.com/GoMobile) and you can:

**Find a provider, military clinic or urgent care facility near you.**

The complete Tricare West Region network provider directory was combined with the military clinic finder and optimized for your phone or tablet. It can use your location to find the closest local Tricare network providers. You can also search by location, name and specialty.

**View specialty care referrals and authorizations and claims status.**

Formatted to fit your phone, TriWest's mobile site ([m.TriWest.com](http://m.TriWest.com)) lets you log into your secure TriWest.com account to view your specialty care referrals, authorizations and your medical claims.

**Register for a secure TriWest.com account.**

If you haven't registered to get access to your health care information, register online from your desktop, laptop, phone or tablet.

**Access preventive care and wellness tips for you and your family**

Tricare covers recommended clinical preventive services and TriWest wants to help you keep your family healthy. Learn more about your Tricare benefit and pick up some healthy living tips on the TriWest app for Android and iOS.

**Protect your Tricare coverage after a life changing event like a marriage, a new child or deployment.**

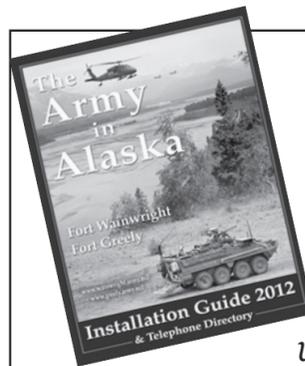
You don't want to run into coverage or claims issues. Make sure you're taking the right steps with a new spouse, new child or new status with the TriWest app.

**Pay your fee or premium.**

Do you have a payment due? Leave the checkbook at home. Log into the secure mobile website and make a one-time payment for your Prime enrollment fee, your Tricare Reserve Select or Tricare Retired Reserve monthly premium.

**Bonus Tip: Save Time, Get Text Alerts.**

Choose to receive text QuickAlerts and you are notified as soon as your referral, authorization or claim is processed or when a fee is due. Simply log into your [TriWest.com](http://TriWest.com) account and go to your communication preferences. The text will have a link to view your referral information right on your phone (with an Internet connection). Then you can contact your provider and make your appointment.



**The Fort Wainwright, Fort Greely 2012 Installation Guide now available online.**

Visit Fort Wainwright website at:  
[www.wainwright.army.mil/sites/local/](http://www.wainwright.army.mil/sites/local/)

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# Fort Wainwright - spring cleanup time is now

Connie Storch, Fort Wainwright PAO

Warmer temperatures and sun-filled days have individuals and small groups out cleaning around their homes and work areas. Springtime is the season and the Fort Wainwright cleanup season begins May 7 and continues through May 11.

Efforts extend from Soldiers, to civilians, to Families, as everyone pitches in to clean up the entire post and the training areas.

The efforts of all the members of the community are encouraged," said Command Sgt. Maj. Harry (Wayne) Jeffries, "because the beautification of Fort

Wainwright reflects the pride of all of us in being part of Fort Wainwright, USARAK and Alaska." Jeffries is Fort Wainwright Garrison's senior enlisted leader and advisor to the garrison commander. People who participate in cleanup and maintain orderly work areas help make good first impressions that will stick with our visitors and newcomers.

In addition to installation and barracks cleanup, housing areas should receive additional attention during cleanup week.

All U.S. Army Alaska organizations and tenant units are responsible to clean their assigned areas, including motor pools and parking lots, May 7 through

11. In addition, units will police and groom all areas that are considered common use within their assigned areas.

Scrap metal, class IX repair parts, TA-50 and major end items should be turned in to the Directorate of Logistics at the turn-in point at Building 3030. From appliances to concertina wire, a wide variety of material is considered scrap metal. To request additional information about scrap-metal handling, call 361-6177.

A request for Issue or Turn In, DA Form 2765-1 must be completed for all turn-ins.

For scrap metal turn-in only, complete a DD Form 1348-1 and the scrap metal will be approved by the SSA (supply support activity) will be turned in to Defense Logistics Agency Disposition Services.

No one should attempt to handle hazardous or suspicious waste or materials or dispose of hazardous waste or materials in dumpsters.

For disposal of materials or waste suspected to be hazardous, contact the Environmental Office at 361-9686 or call 911.

Units with hazardous waste or materials for disposal should call 361-9949 or 361-9195.

If you have questions about post cleanup, call 353-9715.

Fort Wainwright housing residents will find maintenance and cleaning requirements in their housing handbooks. Housing occupants' minimum standards include:

Lawn and grounds should be watered, mowed, edged. Shrubs should be trimmed.

Yards must be policed of all trash and have all dead bushes, shrubs, leaves and plants removed.

No vehicles should be parked in seeded areas.

The structure's carport or garage should be neat and clean, as should the porch, decks and patios.

Residents should remove all flammable and hazardous materials.

Questions and concerns regarding housing-area cleanup may be addressed to the community center in the area you reside or visit North Haven Community's website at [www.nhcalaska.com](http://www.nhcalaska.com).



The annual event of spring cleaning starts May 7 on Fort Wainwright. Soldiers, civilians and Family members are encouraged to take the time to pick up what winter has hidden. Safety is always the first concern; cleaning crews should wear brightly colored clothing or reflective safety attire on when working near traffic. Motorists on and around post should be on the lookout for individuals and groups working beside the road. (File photo)

## Ninth Joint graduation ceremony honors class of 2012

Connie Storch,  
Fort Wainwright PAO

Applause and cheers filled the rafters as Family, friends, military leaders, college and university staff joined in the acknowledgment and celebration of more than 40 college graduates during the 2012 Fort Wainwright and Eielson Air Force Base Joint Commencement at the Southern Lights Chapel, April 30.

"As diverse as you all might be, you have one thing in common - that's persistence and dedication in the pursuit of academic excellence," said Col. Ronald M. Johnson, garrison commander, while addressing the graduating students.

The ninth such joint-military graduation ceremony was conceived of and made reality by the combined efforts of education center leaders at both the U.S. Army and Air Force installations; allowing for recognition and proper accolades to graduates with the support of on-site colleges, universities and Servicemember Opportunity Colleges and Distance Education Programs for active military, guard, reserve, civilians and Family members.

### Congratulations Class of 2012

#### Central Texas College

Assoc. Degree in General Studies  
Michael Breheny  
Delia Brown  
Michael Childs  
Nayda Collins  
Scott Foster  
Myra Gamble  
Valerie Geason  
Jacob Holts  
William Hughes  
Tirrell McRavin  
Araceli Medoza  
Shannan Merriweather  
Felix Ramos  
Marc Rojas\*  
Lionel Todman  
Daniel White  
Associate Degree in Business Management  
Sunday Wooden



More than 40 of the newly-minted graduates rose in unison for the Turning of the Tassels ceremony completing the 2012 Fort Wainwright and Eielson Air Force Base Joint Commencement, April 30 at the post's Southern Lights Chapel. Tassels are worn on the right front side before degrees are conferred; moved to the left front side once degrees are conferred. A handful of graduates were recognized with academic hoods. The academic hood is a traditional accessory associated with graduate degrees and graduating with honors (Connie Storch/Fort Wainwright PAO).

Latasha White (Student Speaker)

#### Embry-Riddle Aeronautical University

Bachelor of Science in Professional Aeronautics  
Travis Bohannon  
Fred King III\*  
Matthew Kobza\*  
Timothy Vanderhoff\*  
Leland Shipkey\*  
Master of Aeronautical Science  
David Graham\*  
James Mixon  
Felix Ramos  
Marc Rojas  
Lionel Todman  
Daniel White

#### University of Alaska - Anchorage

Associate of Arts  
Jasmine Akalanou

#### University of Alaska - Fairbanks

Certificate in Applied Business Management  
Esmirna Cruz  
Certificate in Medical/Dental Reception Medical Assistant  
Trina Mria Peebles

#### Associate of Arts

Michelle Bird  
Delia Brown  
Nicolette Doligikh  
Michael Hilton  
Nicholas Hoffman  
Young Kong  
Tiffany Nicole Leary  
Amanda Lopardi  
Stephanie Lucio  
Heather Marshall  
Jesus Ramos  
Joni Simanye  
Anthony Thompson  
Amy Warren  
Daniel White  
Associate of Applied Science  
Applied Business  
Travis Bartholomew  
Esmirna Cruz  
Chelsea Spence  
Applied Accounting  
Sarah Jowers  
Emergency Services  
Austin Keyes  
Medical Assistant  
Trina Mria peebles  
Human Services  
Kelly Shewfelt  
Bachelor in Business Administration  
Rhonda Whittaker

#### University of Alaska - Southeast

Associate of Applied Science  
Business Administration  
Jasmine Akalanou

#### Wayland Baptist University

Bachelor of Applied Science  
Curtis Brown  
Nicholas Campiglia  
Carla Coen  
Jonathan Dittmer  
Antoinette M. Evans  
Kenneth Hall  
Patrick King  
Dominique Danielle' Mills  
Keith W. Nelsen  
Megan Christine Newman  
Rafael Pacheco  
Jennifer M. Robinson  
Carrie Lee Stokes  
James Tritle  
John E. Turner  
Jonathan Vargas  
Bachelor of Science in Occupational Education  
Darnell Holliman  
Joshua A. Hurt  
Michael Robert Reyor  
Master of Arts in Management  
Lorie Dallas

Patricia J. Hutcherson  
Kery M. Knorr  
Andrea Malm  
Steven McClure  
Michael Smith

#### American InterContinental University

Bachelor in Business Management  
Manishka Barrett

#### American Military University

Associate of Arts in General Studies  
Matthew Boucher  
Bachelor of Arts in Criminal Justice  
Penny S Barber  
Bachelor of Science in Psychology  
Christian Duffy

#### Ashford University

Bachelor of Arts  
Russell Gray\*

#### Cappella University

Master of Science  
Tia J. Perez

#### Cochise Community College

Associate of Applied Science - Intelligence Operations  
Randal Gray  
Saint Leo University  
Associate in General Studies  
Kevin D. Banks, Sr.

#### Trident University

Bachelor of Science  
James Montez  
Master in Adult Education  
Felicia Jackson  
Master in Human Resources  
Rose Wentland  
Master of Science  
Jonathan Caro

#### University of Management and Technology

Master of Science in Criminal Justice  
Jose Valdivia

#### University of Phoenix

Bachelor of Science in Business  
Public Administration  
Melissa Gradeless

\*Denotes honors student

# Spotlight on Mona Hillstrand

Trish Muntean, Fort Wainwright PAO

Growing up in New Mexico with dreams of being an artist, Ramona "Mona" Hillstrand came to Alaska 11 years ago as a member of the AmeriCorps National Civilian Community Corps. She has held a variety of jobs, done a lot of volunteer work and touched a lot of lives since then and will be missed now that she has made a decision to return to the Lower 48.

Prior to joining the Fort Wainwright Family and Morale, Welfare and Recreation team, she was a member of the AmeriCorps National Civilian Community Corps (NCCC, pronounced 'N-triple C'). AmeriCorps is a full-time, team-based residential program for men and women age 18 to 24, often referred to as "the domestic Peace Corps." One year Hillstrand was a Corps member of a firefighting-focused team and the next year she was a leader of a team of Corps members. She also worked on fundraising and grant-writing for the benefit of the Tanana Chiefs Conference program.

No matter what Hillstrand has been doing to pay the bills, she has always found time to give back to the community she lives in. For her, volunteerism is a family tradition.

"Volunteerism is important to me, because it has gotten me to where I am today," she said. She was influenced to give back to communities and help others by watching her family volunteer. They have inspired me to continue to do what I can to assist others, because it always helps me to learn more about myself."

Hillstrand said that she has been greatly influenced and mentored by several throughout her lifetime, with her Aunt Marion having the biggest impact.



Fort Wainwright Family and Morale, Welfare and Recreation team member, Mona Hillstrand. (Courtesy photo)

"For years, she was suffering in silence with cancer, but hid it from a lot of people. She hid her pain through helping others. She did not once complain about what she was going through," she said. Visually, she wore a wig and masked her pain with a smile. She passed and left a great impact not only in my life, but many others."

In addition to admiring her Aunt Marion for her selflessness, she also admires her mother, Serena Douglas, for working so many jobs in order to better the lives of her and her sister and little Ebony Beck.

"Ebony is a 6-year-old girl who great-

ly inspires me," she said. "She smiles and finds the best in people and things, even when she doesn't feel good she tries to make others smile. She is very inspiring and I appreciate her youthfulness and joy in life."

Hillstrand has her admirers also. Venus Sung, who worked with Hillstrand at FMWR marketing said Hillstrand is one of the most generous people you will ever meet.

"Always ready to lend a helping hand, she is compassionate towards everyone, a living example of impactful leadership - putting others before themselves. Her fingerprints are all over the community: through volunteerism, her way of drawing people together, and her one-on-one personal relationships with others," she said.

"Mona is a wonderful example of how a person is not defined by a job title or status. She is held up high - everyone loves her because she genuinely loves them. She will be greatly missed in the community," said Sung.

Mona is just a great person," said Joy Wohlman Boyce. "She always has the time for you as a friend and as a co-worker. She always has a smile and a giggle for you. There is nothing better than hearing her laugh. It is contagious as is her energy, which is boundless."

In the past few years she has served on the board of directors for the Interior Center for Non Violent Living and assists when she can at the Old Main Boys & Girls Club. The past few years, she was also able to serve as a Big Sister with Big Brothers Big Sisters.

"The 'warm fuzzies' that appear from helping others is a feeling I hope to continue and use to spark others to volunteer and give back," Hillstrand said.

# Parade: Honors Soldiers, Airmen, veterans

Continued from page 1

amazing and I know that that support helps to ensure that our soldiers and Airmen can do the job they are tasked with knowing that their families are well-taken care of while they are away."

The parade itself will start at 9:30 a.m., but the main gate will be closed to outbound traffic for parade staging starting at 5 a.m. The entry side of the main gate will still be open and Trainor Gate will be open to both incoming and outgoing traffic. The main gate will reopen after the parade has cleared the intersection at Airport Way and Steese/Richardson highways. No parking is permitted in the staging area.

The parade will kick-off from Fort Wainwright, but the official start of the parade is Noble Street where they participants will march down and make a left onto Second Avenue, followed by a right onto Barnette Street, and then an immediate left on to First Avenue, which turns into Second Avenue with the conclusion of the parade at the Moore Street entrance to Pioneer Park.

For safety reasons, spectators will not be allowed to watch the parade along Gaffney Road on post, Jackson said. The official start point of the parade is when they turn onto Noble.

Spectators along the parade route are encouraged to dress in our nation's colors of red, white and blue and to wave homemade signs that welcome home and support our troops.

Because of parking concerns, Fairbanks will provide shuttle buses from Lathrop High School/Hering Auditorium and from the Tanana Valley State Fair parking lot to Pioneer Park, running continuously from 7:30 a.m. until 3:30 p.m. The buses will also shuttle veterans to Fort Wainwright to march in the parade. Fort Wainwright will provide shuttle buses from Pioneer Park to the fairgrounds, Lathrop and back to Fort Wainwright from 11 a.m. to 3:30 p.m.

Once the military and their Families have arrived at Pioneer Park they are invited to enjoy one of the 10,000 picnic meals donated by local businesses.

The fun continues after lunch with an obstacle course, climbing wall, free train rides, free carousel rides, free mini golf, static displays, games and entertainment.

Alaska Airlines will give away 2 round trip tickets anywhere Alaska Airlines flies, including Mexico and Hawaii; the lucky individual must be present to win.

# Former patron, now staff member is first to complete practicum



Joseph West, Child Youth Program assistant at the Fort Wainwright Youth Center recently became the first in the Pacific Region to complete a Youth Technology Lab Practicum. West, who is a former patron of the YC is now a member of the staff. (Photo by Allen Shaw/Fort Wainwright PAO)

Allen Shaw, Fort Wainwright PAO

Joseph West came to Fort Wainwright as a Family member in 2003 and found the Youth Center on post a great place to hang out with friends, meet new friends and do fun things. Eight years later, although his parents have moved on to Fort Drum, N.Y., West is still at the Youth Center working as a Child Youth Program assistant and will soon receive an award for completing Fort Wainwright's first Youth Technology Lab Practicum. Terry Duncan, Youth Center director said, "He is the first on the garrison and the Pacific Region."

West has always had his sights set on being a director of a youth center for Youth, Child and School Services. "I volunteered here when I was attending Lathrop (High School) and got a job shortly after I graduated," he said. He is currently the longest working employee at the Youth Center. He helps plan daily activities, draws up lesson plans, drives the bus that picks

up students from Lathrop, helps coordinate snacks and monitors numerous activities.

Rizza Asuncion, Child, Youth and School Services coordinator said, "It is an honor that West has worked long and hard for. It qualifies him for the next level." The YTL Practicum qualifies West for the Lead Child and Youth Program assistant. "The incumbent in this position is responsible for the child and youth programming for a particular age group and is the work leader for a team of Child and Youth Program assistants," said Asuncion.

West is happy to provide continuity for the kids who use the YC. "I've always wanted to let them know there is someone here who understands where they are and will be here no matter what. I want them to know they have someone to talk to, someone who will listen, give advice, help with homework - anything to help them succeed," he said. "I had someone like that who mentored me at the Youth Center and I just want to be that person to someone else."

# Red, White and Seuss family fun



The Bauer Family (left to right); Heather, Paul and Josef enjoyed activities at the Youth Center on post Saturday during the Month of the Military Child Carnival hosted by the Directorate of Family and Morale; Welfare and Recreation. The theme of the event was Red, White and Seuss and was open to all Soldiers, Family members and Department of Defense employees. (Photo by Betsy Sandborn/Fort Wainwright FMWR)

# Delta deactivates

Staff Sgt. Patricia McMurphy,  
U.S. Army Alaska PAO

After several years of dedicated service and support, D Company, 4th Battalion 123rd Aviation Regiment, 16th Combat Aviation Brigade was deactivated at a ceremony in their honor here in Fort Wainwright's Hangar 6 April 12.

In addition to general aviation support, the Renegades were an instrumental part of mission success rates. They transported troops and supplies, evacuated refugees, delivered humanitarian aid conducted night insertions and extractions that recovered 42 Soldiers and 24 detainees.

Over the years the company supported deployments to Iraq, Afghanistan, Kuwait, Saudi Arabia and Pakistan.

The unit also participated in major training exercises to the Joint Readiness Training Center, Exercise Cobra Gold in

Thailand, extensive arctic exercises in Alaska, supported Joint Task Force Six in southern California and the National Training Center.

Although the company is being deactivated, most of the Soldiers will join their fellow aviators with the 16th CAB, at Joint Base Lewis McChord, Wash., according to D Co. Commander Capt. Nathan Stahl, a native of Little Rock, Ark.

Others will be assigned to other sections until it is time for them to change duty stations.

"The Renegades may be deactivated, but [they] have built a legacy," Stahl said. "We have made many dutiful accomplishments which you should be proud of."

Stahl closed the ceremony by thanking his leadership, leaders and Soldiers for making the unit what it was and his family for their support and making it that much easier for him to accomplish his missions.



Commander, 1st Battalion, 52nd Aviation Regiment, Col John Knightstep and Capt. Nathan Stahl, D Company 4th Battalion, 123rd Aviation Regiment, salute the Soldiers of D Company during their Deactivation Ceremony, April 12. (Photo by Staff Sgt. Trish McMurphy/U.S. Army Alaska PAO)

# Alaska: Many options for fun and adventure

Continued from page 1

Dredge 8 in Fox, the Riverboat Discovery or the Little Eldorado Gold Mine – they may be a little pricy, depending on your family size, but are definitely something you should experience during your tour here.

- learning about mushing – check out the Yukon Quest Museum at 5th and Cushman or visit one of the local kennels that offer summer tours.

- visiting all the museums in the area – see the Fairbanks Convention and Visitors Bureau at the log cabin with sod roof on 1st Avenue for a list of museums downtown (many of them are free). There are also museums at Pioneer Park, and the University of Alaska Museum is a must-see.

- soaking in a hot springs – visit Chena Hot Springs. It's a great place to enjoy a swim in a mineral spa, or just walk around the place. And the drive is a scenic one with a good chance to see moose along the way.

- smelling the flowers – the Georgeson Botanical Garden at the University of Alaska Fairbanks, Golden Heart Park on First Avenue and nearly every hotel in town offer gorgeous displays of flowers and plants. The university's Georgeson Botanical Garden has paths and can be a nice walk for the whole family. They also feature a kids' garden.

- spending a day at Denali National Park – it's just a 2-hour drive from here, and gives you a great opportunity to see moose, bear, caribou, Dall sheep and other wild animals in their natural habitat.

- enjoying sporting activities – baseball, softball, soccer – play or watch. There are leagues both on and off post.

- taking in the Midnight Sun Baseball game June 21 at Growden Memorial Park. The game starts at 10:30 p.m. and is played without artificial lights.

- playing in the midnight sun on June 21 – visit the Midnight Sun Festival in downtown Fairbanks, or shop the tremendous sales until midnight or have a barbecue at midnight. Be part of the festivities.

- run the 10K Midnight Sun Run June 23 from UAF's Patty Center to Pioneer Park. The run starts at 10 p.m.

- watching free movies about Alaska at the Morris Thompson Cultural and Visitors Center on Dunkel Street. While you're there, check out their exhibits – especially the one on Alaska's four seasons.

- photographing scenery, wildlife, people, activities – there's always an opportunity to get some great shots. A trip up to Ester or Murphys Dome

in late summer offers beautiful colors and a great panoramic view.

- golfing at courses on and off post.
- hiking at Granite Tors and other local trails.

- biking – the local bike paths link Fairbanks and North Pole.

- visiting a gold-rush town – Pioneer Park on Airport Way features little gift shops housed in buildings that stood in downtown Fairbanks in its early days, many from the red-light district. There's an art gallery and aviation museum on the site, as well as playgrounds, picnic areas, a carousel and a train that circles around the park.

- swimming at local pools on and off-post operated by the Directorate of Morale, Welfare & Recreation or the Fairbanks North Star Borough (all indoors) and outdoors at local lakes.

- celebrating our national heritage at ceremonies and observances – Memorial Day, July 4th – join Fairbanks and North Pole in honoring our nation and our military.

- going to a parade celebrating the discovery of gold and founding of Fairbanks. The state's largest summer celebration, Golden Days, ends on a high note with the Grande Parade July 21. It starts at the Carlson Center at 10 a.m. and works its way down First Avenue to downtown Fairbanks and on to Noble and Gaffney.

- volunteering at local schools, churches, organizations – get involved in the local community.

- listening to music – there are concerts (indoors and outdoors) featuring a wide variety of music styles throughout the summer.

- soaking in some of the history of Fairbanks – do a walking tour of Fairbanks and see some of the historic homes. Or try a driving tour of the area. Visit Chatanika Gold Camp on the Steese Highway for a close-up look at gold-mining equipment and a quick lunch in the camp's main building.

- enjoying one of the many activities planned by Fort Wainwright's Outdoor Recreation office – They offer mountain biking trips; hiking trips; rock-climbing certification; bouldering; halibut fishing trips; fly-fishing clinics; boater safety; fishing trips; trips to Denali National Park; Arctic Circle trips; Summer Solstice trip to Eagle Summit and more. For information, call 361-7746.

This is by no means a comprehensive list of things to do in Fairbanks. Only your imagination prevents you from finding something to interest you and ensure your summer is fun and your tour in Interior Alaska memorable.



**Outdoor Recreation** – Fort Wainwright – offers fishing, boating and other recreational trips at low cost – call 361-6349. Visit their website at <http://www.ftwainwrightfmwr.com/outdoorrec.html> for more information.

**Birch Lake Recreation Area** – about 60 miles from Fairbanks on the Richardson Highway – camping, boating, fishing, wildlife viewing. For more information or to make reservations, visit [www.eielsonservices.com](http://www.eielsonservices.com) or call Outdoor Recreation at Eielson AFB, 377-1232 or 377-2769.

**Chena Lakes Recreation Area** – North Pole, about 15 miles from Fairbanks on the Richardson Highway – boating, fishing, swimming, camping, picnicking, nature trail – see <http://www.poa.usace.army.mil/co/chena/ch/intro.htm>

**Denali National Park and Preserve** – about 120 miles from Fairbanks on the Parks Highway – camping, hiking, wildlife viewing – visit the park's website at <http://www.nps.gov/dena/home/>

**White Mountains Recreation Area** – about 30 miles from Fairbanks on the Steese Highway – camping (cabins available), river float trips; hiking, fishing, off-road vehicle trails, goldpanning, hunting – see <http://www.blm.gov/ak/whitemountains/default.html>

**Chena Hot Springs** – about 60 miles from Fairbanks at the end of Chena Hot Springs Road – natural mineral hot springs, fishing, horseback riding, rafting, dog kennel tours, mountain biking – see <http://www.chenahotsprings.com/>

**Large Animal Research Station** – University of Alaska Fairbanks – learn about musk ox, reindeer – see <http://www.uaf.edu/lars/>

**Pioneer Park** – Airport Way, Fairbanks – historic theme park, playgrounds, picnic areas, train, gift shops – open year round – free admission – Gold Rush Town and museums open noon to 8 p.m. Memorial Day through Labor Day – call 459-1095 for tourist information or see <http://www.co.fairbanks.ak.us/Parks&Rec/PioneerPark/>

**Tanana Valley State Fair** – Fairbanks – Aug. 3-12– Aug 5 is North Haven Communities Military Appreciation Day for active duty and retired Families; \$1 off for each member of the Family with ID card – rides, crafts, exhibits, farm animals, food – see <http://www.tanana-valley-fair.org/>

**Golden Days** – join the fun helping to celebrate Fairbanks' past.

If the cost of gas doesn't deter you, consider venturing a little further afield and take a drive to Anchorage or to the Seward Military Resort. Learn more about the resort at <http://www.sewardresort.com/>.

Visit the Goldpanners' website at [www.goldpanners.com](http://www.goldpanners.com). See college-level baseball. More than 100 former Goldpanners have left the Alaska Baseball League to play on major-league teams.

For more information on events, visit the Fairbanks Convention and Visitors' Bureau website at <http://www.explorefairbanks.com/index.cfm> and take a look at their calendar.



**Friday – 4th**

**STORY HOUR and CRAFTS: STAR WARS**, 4 to 5 p.m., Post Library, Building 3700. No cost. Call 353-4137.

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

**FREE RIDE HOME SADD**, 10 p.m. to 4 a.m., Soldiers Against Drunk Driving. Open to DoD cardholders ages 21 and older. Call 353-6610.

**Saturday – 5th**

**CINCO DE MAYO GRAND OPENING**, 11 a.m. to 3 p.m., Chena Bend Golf Course, Building 2092. Call 353-6223.

**STRONG BANDS SPIN CLASS**, noon, Physical Fitness Center, Building 3709. No cost. Call 353-7294.

**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. No cost. Call 353-7755.

**CINCO DE MAYO FIESTA**, 4 to 7 p.m., Nugget Lanes Bowling Center, Building 3702. Call 353-2654.

**POOL TOURNAMENT**, 6 p.m., The Warrior Zone, Building 3205. Open to DoD cardholders age 18 and older. Call 353-1087.

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

**FREE RIDE HOME SADD**, 10 p.m. to 4 a.m., Soldiers Against Drunk Driving. Open to DoD cardholders ages 21 and older. Call 353-6610.

**Sunday – 6th**

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

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

**CATHOLIC SERVICES**, 11 a.m., Catholic Mass, Southern Lights Chapel, Building 4107. Call 353-9825.

**OPEN ICE SKATING**, 1:30 - 4 p.m., Physical Fitness Center, Building 3709. Call 353-7223.

**Monday – 7th**

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

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

**GROUP CYCLING CLASS**, noon, Physical Fitness Center, Building 3709. No cost. Call 353-7223.

**Tuesday – 8th**

**GROUP CYCLING CLASS**, at 6:30 a.m. and 5 p.m., Physical Fitness Center, Building 3709. No cost. Call 353-7223.

**HOUR OF POWER GROUP STRENGTH CLASS**, noon, Physical Fitness Center, Building 3709. No cost. Call 353-7223.

**EXCEPTIONAL FAMILY MEMBER PROGRAM SIP and SOCIAL**, 1 - 2 p.m. Last Frontier Community Activity Center, Building 1044. Open to participants in the EFMP. Call 353-4243.

**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](mailto:ac2.claxton@us.army.mil).

**Wednesday-9th**

**NEWCOMERS ORIENTATION**, 9 a.m. to 3:30 p.m., Last Frontier Community Activity Center, Building 1044. Call 353-7908.

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

**BOOT CAMP**, 5 p.m., Physical Fitness Center, Building 3709. No cost. Call 353-7223.

**GROUP CYCLING CLASS**, noon, Physical Fitness Center, Building 3709. No cost. Call 353-7223.

**WILD WING WEDNESDAY**, 5 to 7 p.m. no-cost - while they last, Nugget Lanes Bowling Center, Building 3702. Call 353-2654.

**Thursday – 10th**

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

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

**HOUR OF POWER GROUP STRENGTH CLASS**, noon, Physical Fitness Center, Building 3709. No cost. Call 353-7223.

**GROUP CYCLING CLASS**, at 6:30 a.m. and 4 p.m., Physical Fitness Center, Building 3709. No cost. Call 353-7223.

**Friday – 11th**

**MILITARY SPOUSE APPRECIATION: FREE BUCKET OF BALLS AND 15 PERCENT OFF DW GRILL**, 8 a.m. to 5 p.m., Chena Bend Golf Course, Building 2092. Call 353-6223.

**MILITARY SPOUSE APPRECIATION: BUY ONE-GET ONE**, 11 a.m. to 1 a.m., Nugget Lanes Bowling Center, Building 3702. Call 353-2654.

**MILITARY SPOUSE APPRECIATION: CHENA FLOAT OR ARCHERY**, 1 to 3 p.m., Outdoor Recreation Center, Building 2092. No cost. Call 361-6349.

**STORY HOUR AND CRAFTS: MOTHER'S DAY**, 4 to 5 p.m., Post Library, Building 3700. No cost. Call 353-4137.

**MILITARY SPOUSE APPRECIATION: FREE SKATE RENTAL**, 5:30 to 7:45 p.m., Physical Fitness Center, Building 3709. Call 353-7223.

**EXCEPTIONAL FAMILY MEMBER PROGRAM CRAFT NIGHT**, 6 p.m. Arts and Crafts Center, Building 3727. Open to participants in the EFMP age 3 and older. Cost is \$3-5. Call 353-4243.

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

**FREE RIDE HOME SADD**, 10 p.m. to 4 a.m., Soldiers Against Drunk Driving Open to DoD card holders ages 21 and older. Call 353-6610.

**Saturday – 12th**

**NORDALE FLOAT**, 9 a.m., Outdoor Recreation Center, Building 4050. Cost is \$10. Call 361-6349/6350.

**MILITARY SPOUSE APPRECIATION: HALF-PRICE ZUMBA CLASS**, 1 p.m., Physical Fitness Center, Building 3709. Call 353-7223.

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

# Exercise your right

**Kelly Cyrus**, Installation Voting Assistance Officer

If anyone has questions or needs help on voting, contact the Installation Voting Officer, Kelly Cyrus, at 353-7624 or check out the installation's voting agency webpage for general voting information at <http://www.wainwright.army.mil/armyVote/default.asp>.

Register and request your ballot for upcoming primaries. Voters from the states listed below should visit the *FVAP.gov* web portal to register and request their absentee ballot for the May, June, and July 2012 Presidential Preference

Primary and State Primary elections are listed below:

**NOTE:** For May Primaries, if you have not received your requested State ballot, submit the back-up Federal Write-In Absentee Ballot at *FVAP.gov*.

The following are dates for Presidential Preference Primaries, State Primaries or both:

**May Primaries: 30-day notice**

Indiana (P,S): May 8  
North Carolina (P, S): May 8  
West Virginia (P, S): May 8  
Idaho (S): May 15  
Nebraska (P, S): May 15  
Oregon (P, S): May 15  
Arkansas (P, S): May 22  
Kentucky (P, S): May 22  
Texas (P, S): May 29 (This is a change; the election was originally scheduled for March 6, then April 3)

**June Primaries: 60-day notice:**

California (P, S): June 5  
Iowa (S): June 5  
Montana (P, S): June 5  
New Jersey (P, S): June 5  
New Mexico (P, S): June 5  
South Dakota (P, S): June 5  
Arkansas (Primary Runoff): June 12  
Maine (S): June 12  
Nevada (S): June 12  
North Dakota (S): June 12  
South Carolina (S): June 12  
Virginia (S): June 12  
Colorado (S): June 26  
New York (Federal Primary): June 26  
Oklahoma (S): June 26  
South Carolina (Primary Runoff): June 26  
South Dakota (Primary Runoff): June 26  
Utah (P, S): June 26

**July Primaries: 90-day notice:**  
North Carolina: July 17 (Primary Runoff)  
Georgia: July 31 (S)

If you're uncertain of the schedule in your state, visit the Primary Election Calendar at *FVAP.gov* for more information. Go to *FVAP.gov* to get started, it only takes a few minutes. All members of the U.S. Uniformed Services, their Family members, and citizens residing outside the U.S. who are residents from these states should submit an FPCA for these elections by going to the *FVAP.gov* web portal or by following the instructions in the Voting Assistance Guide, also available at *FVAP.gov*.

Be sure you include an email address, phone number, and/or fax number on your absentee ballot application in case your local election official needs to contact you. Remember, many states allow you to submit your form electronically, and deliver your ballot electronically or provide online ballot access. Go to *FVAP.gov* or your state's election website to see how you can return your form.

To find out the status of your registration/absentee ballot request, contact your local election office at [www.fvap.gov/shortcuts/wheresendfpc.html](http://www.fvap.gov/shortcuts/wheresendfpc.html), or visit your State website.

The FWAB is a backup ballot. If 30 days before the election, or longer based on your location, you think you will not receive your state ballot in time to vote and return it, especially in May Primary states; vote the FWAB at *FVAP.gov*. The FWAB is also available in embassies, consulates and military installations around the world.

Check your state's election website for specific information on candidates, elections, contact information, and links to your local election offices.

Find your state's website at the FVAP's web portal.

If you'd like more information on the Federal Voting Assistance Program or need help with the absentee voting process, please go to the *www.FVAP.gov* web portal or contact the FVAP at (703)-588-1584, toll free at (800)-438-VOTE. Email the program at [VOTE@FVAP.GOV](mailto:VOTE@FVAP.GOV) and don't forget to "like" us on Facebook at [www.facebook.com/DoD-FVAP](http://www.facebook.com/DoD-FVAP) and follow @FVAP on Twitter for election updates throughout 2012.

**GOLF OPENING**

A Cinco De Mayo grand opening of the Chena Bend Golf Course is slated for Saturday, 11 a.m. to 3 p.m. Wear a sombrero and receive an additional 5 percent off. Free bucket of range balls, cake, snacks and door prizes. All season passes and punch cards will be 10 percent off through May 25 and can be purchased at Murphy Hall, Building 1045, 2nd floor, Suite 30. Call 353-6223 for more information.

**LIQUIDATION SALE**

The Arts & Crafts Center is currently having a 50 percent-off, liquidation sale of all resale inventory items. The center will be closing its doors May 14. Watch for a re-opening under contractor operations in the fall. For more information call 353-7520.

**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 last F.O.O.D. program event will be held Sunday. Food will be served at 5:30 p.m. in Southern Lights Chapel, Building 4107. All are welcome.

**YOUTH OF THE CHAPEL**

Youth of the Chapel will have their End of Year BBQ and Food Fight event at 5 p.m. Sunday outside the Southern Lights Chapel Building 4107. This event is only open to Fort Wainwright youth in grades 6 through 12. Wear clothing you don't mind getting messy or stained.

**ASIAN-PACIFIC AMERICAN HERITAGE**

The 2012 Asian-Pacific American Heritage Month observance will take place May 11 from 1:30 to 3 p.m. at the Physical Fitness Center, Building 3709.

This year's theme is "Striving for Excellence in Leadership, Diversity and Inclusion." The event is being hosted by Medical Department Activity - Alaska. The guest speaker will be Shiva Hullavarad and live entertainment by the Tafa'ifa Polynesian Dance Productions, also Asian and Pacific Islander food sampling. RSVP no later than Wednesday, to [paul.wayfield@us.army.mil](mailto:paul.wayfield@us.army.mil) or [elliott.hardee@us.army.mil](mailto:elliott.hardee@us.army.mil).

**VACATION BIBLE SCHOOL**

Catholic Vacation Bible School for children in grades kindergarten through sixth will sing songs, watch skits, create crafts and play games during Catholic Vacation Bible School May 21 through 25. They'll discover Jesus provides what they truly need in every challenge of life. Sessions take place from 12:30 to 4 p.m. at Southern Lights Chapel, Building 4107. Registration packets are available at both SLC and Northern Lights Chapel. Space is limited to 50 participants. Contact Marissa McGrath at 361-4261 or 361-4463 with any questions.

**NATIONAL ARBOR DAY**

The Department of Public Work's Environmental Division will give away seedlings of European Mountain Ash (*Sorbus Aucuparia*), Rugosa Rose (*Rosa Rugosa*) and Amur Maple (*Acer Ginnala*). There is a limit of two seedlings per family and the event is open to all personnel. The event takes place at the DPW Environmental Division, Building 3023, May 21, from 10 a.m. to 2 p.m.

**PREVENT ABUSE AND NEGLECT**

Help for abused and neglected children is available locally and through a toll-free hotline. The 24-hour Childhelp National Child Abuse Hotline at (800) 4-A-CHILD and on post, call Army Community Service at 353-7317. If you suspect a child is being hurt or neglected, contact the local police or Parenting, caregiver and volunteer tips and resources are available at [www.myarmyonesource.com](http://www.myarmyonesource.com).

**CHILDREN SECURITY AND SAFETY TIPS**

Special precautions for children: Never leave young children alone or unattended. Ensure that they are in the care of a trustworthy person. Instruct children to keep doors and windows locked and never open doors for strangers. Teach children how to contact police or a neighbor in an emergency. Know where your children are at all times. Enroll your children in Child ID programs. For more information contact your unit Antiterrorism Officer or the garrison ATO at 353-6094.)

**MILITARY CHILD, FAMILY THERAPY**

Family members of active and retired military can consult the Child and Family Assistance Center for assistance with youth and Family issues. Individual and group therapy is available. Referrals are not required. For more information or an appointment, call 361-6284 or 361-6059.

**ARMY EMERGENCY RELIEF**

The Army Emergency Relief annual fundraising campaign is underway. Soldiers interested in donating to AER should contact AER campaign coordinator, 1st Sgt. Tornald Hall at 353-7617. Soldiers, retirees and their Family members who find themselves in an emergency situation can visit Army Community Service and pick an application or call for information. The AER office is located with Army Community Service in the Welcome Center, Building 3401 Santiago Avenue. For more information about the AER program, call 353-7453.

**WANTED: CRIMINAL INVESTIGATORS**

The United States Army Criminal Investigation Command commonly known as CID, is currently seeking qualified applicants to become highly-trained criminal investigators. Special agents are responsible for investigating felony-level crime of Army interest, conducting protective-service operations, and working with other Federal, state and local law enforcement agencies to solve crime and combat terrorism. To qualify, applicants must be U.S. citizens, be at least 21-years-old with at least two years of military experience but not more than 10, have no record of mental or emotional disorders and no record of unsatisfactory credit. Applicants must be able to speak and write clearly, have two years of college or at least 60 semester credit hours (fewer credits may be accepted if applicant meets remaining prerequisites), maximum rank of sergeant (non-promotable), be able to complete 60 months of service obligation upon completion of the Apprentice Special Agent Course. Soldiers with civilian or military law-enforcement experience are preferred, but it is not a requirement. To apply or for more information visit [www.cid.army.mil](http://www.cid.army.mil) or contact the Fort Wainwright CID office at 353-6213.

**RECREATIONAL SHOOTING**

The Sports Fire Range is available for all active-duty military and DoD ID cardholders. The range began operating under summer hours Wednesday. Summer hours extend the normal operating times of 8 a.m. to 4 p.m. Monday through Friday to include more hours Wednesday evenings from 4 to 8 p.m. and Saturdays from 10 a.m. to 5 p.m. Military training has priority over all other range use. Fees do not apply for normal range use. For more information on safety training, requirements and availability of the Sports Fire Range, call range control, 353-1266.

**CAFE OPEN 7 DAYS**

Chena Bend Café is open for the summer golf season. Under new management, the café will be open 7 days a week. The golf course's open house is set for this Saturday at which time the café will expand their hours from 7 a.m. to 9 p.m. Friday through Tuesday and 7 a.m. to 7 p.m. Wednesday and Thursday. Offering breakfast, burgers, baskets, hot and cold sandwiches and more, the menu is available [www.dwgrill.com](http://www.dwgrill.com). Call DW Grill and Catering for more information or to place an order, 353-6147.

**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.

**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 or 353-7908.

**LIBRARY HOURS**

The Post Library has new hours of operation. The library is open Monday through Friday from 10 a.m. to 6 p.m. For more information, call the Community Recreation Division, 353-7691.

**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.

**CIVILIAN CLEARING**

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.

**Fort Wainwright  
PAO website:**  
[www.wainwright.mil](http://www.wainwright.mil)

**SOLDIERS  
AGAINST  
DRUNK DRIVING**  
**353-6610**  
*Have a Plan,  
Call Someone.*



