

ALASKA POST

Home of the Arctic Warriors



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Awareness Ride



Motorcycle riders from Fairbanks, North Pole and Interior Alaska communities joined Command Sgt. Major Wayne Jeffries and other Fort Wainwright Soldiers in Freedom Fest Ride for Awareness, Saturday during "a two-day celebration of our military members who have served and those who continue to serve," making real the vision of host, Family and Morale, Welfare and Recreation. FMWR invited community members to join in the celebration June 29 and 30, and they did – in person, in sponsorship and support before, during and after deployments and in continuing support of Soldiers and their Families after Freedom Fest 2012. Freedom Fest offered activities for all ages, ranging from cage fights in an auditorium to pony rides and Latin dance exercise demonstrations, not to mention the second annual Battle of the Bands. The Ride for Awareness was a new event that brought together 150 participants and was the "biggest success," said M.J. Lohrenz, director of FMWR, "the community support was amazing." (Photo by Connie Storch/Fort Wainwright PAO)

Fort Wainwright aviators begin training with new Chinook CH-47F helicopters

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

Fort Wainwright's 1st Battalion, 52nd Aviation Regiment, 16th Combat Aviation Brigade, known as the "Flying Dragons," received nine new CH-47F Chinook helicopters in April to upgrade the unit's capabilities.

The unit will train on the new aircraft over several months.

"The CH-47F Chinook is the world's premier heavy-lift cargo helicopter and continues to evolve through the use of newly updated state-of-the-art technology," 1-52nd Aviation Commander, Lt. Col. John Knightstep, said.

"This will ensure that the United States military will have the most capable aircraft of this type to meet the needs of the warfighter today and well into the future," Knightstep said. "The improvements to the CH-47F increase our pilots' ability to effectively support the ground commander in the most demanding and dangerous of conditions."

Commander of Bravo Company, 1st Battalion, 52nd Aviation Regiment, Capt. Jason McCoy, said with their new technology and integrated computer systems, the Chinooks can do such things as self-adjust and maintain a hover in a one-foot radius.

"They have a moving map; it's almost like a GPS system. You can

zoom in and it will show you exactly where you want to go," McCoy said. "And in hover mode it can take into account winds and adjust to hold in that spot."

"This really helps with high altitudes, flying in the mountains. You can see where guys are at on the ground, circle around, put them in the GPS and come right back to them," McCoy said. "With the hover of the one-foot radius it's easy for us to lower the hoist and pick them up - good to go."

The new model's major changes are visible in the cockpit area, where many of the older model's gauges have been replaced with digital displays.

"The improvements allow for more situational awareness while flying, it's all digital up front, all computerized and the pilots can focus more on what's outside the cockpit and what is around them and not worry about what's going on inside," said McCoy. "It's almost like auto-pilot."

McCoy is one of the first pilots in Alaska who has completed the training and is fully certified to fly the new models. After a few more months of training, his fellow Chinook pilots and crews will also be taking to the air in their brand new helicopters.

Soon after the new aircraft arrived, the pilots and crew started to learn all the new technology

and advances that had been made since the previous D model.

The New Equipment Training Team, or NETT, made this training process as straightforward as possible with the two-month course broken down into classroom instruction, simulator training and instructor-guided flight time in the actual aircraft.

They learn where to find the vast amount on information now avail-

able through the computerized system, whereas before they only had a few gauges and had to do a lot of the computing in their heads.

"What I love about the CH-47F is it's like a new car, everything's under warranty," said Capt. Jason McCoy, commander of B Company, 1-52nd. "These are brand new. When they break, we send it back to Boeing and they fix it."

"The flying is the same

as a D model, but the scan up front is completely different because now you're looking across five (multi-function display units) instead of looking at gauges right in front of you in a quick circular scan, with the (Foxtrot) model you have to scan across (dash panel) and there are different pages within each system that you go into."

The transition is pretty easy," said 1st Lt. Andrew Shriber, one of the 1-52nd

pilots currently training on the new models. "A lot of it is just getting used to the new cockpit; figuring out where to look for the information."

"It was a really good experience seeing how the aircraft actually reacts," Shriber said. "The simulators are great and we get a lot of useful training, but there's still kind of that disconnect, where you want to see what the actual aircraft does - how it feels."



1st Battalion, 52nd Aviation Regiment, 16th Combat Aviation Brigade (Alaska), receives its first new Chinook CH-47F helicopters, April 18, 2012. (Photo by Staff Sgt. Trish McMurphy/U.S. Army Alaska PAO)

WEEKEND WEATHER



Friday

Mostly cloudy
Highs in the 70s
Lows in the 50s
Light winds



Saturday

Partly cloudy
Highs in the lower
to mid-70s
Lows in the 50s



Sunday

Mostly sunny
Highs in the mid
to lower 70s
Lows in the 50s



BRIEF

Education Center's Fair

Thursday, 10 a.m. to 3 p.m.

Under the tent beside Building 3700 (Post library-credit union)
Meet representatives and explore on- and off-post college and education opportunities for Military, Civilian and Veterans

Free workshops: University of Alaska Fairbanks-sponsored Financial Aid Workshops at 11 a.m. and 2 p.m. Veterans Administration Workshop at noon

Medical Department Activity - Alaska

Feedback is key to top-notch patient care, we want your two cents

Col. Dennis LeMaster
Medical Department Activity-Alaska

As I take the helm here at Medical Department Activity - Alaska, I ask you, our customers to let me know what you think about the services you receive here, to tell us what we are doing right and to give us ideas on how to improve. Whether they are big issues or small suggestions I know they can make a big difference for you as beneficiaries; your feedback is important to me and all of MEDDAC-AK.

One of the best ways to make a positive difference with your feedback is to fill out the Army Provider Level Satisfaction Survey, or APLSS. Not only do these surveys give us the chance to hear

what we are doing well or what we need to improve on, but there is the opportunity for us to earn up to \$500 for each survey returned with a 'completely satisfied' response. This additional funding can be used to add additional services or equipment which benefits the community we serve.

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

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

kept confidential.

The survey information is crucial to the executive leadership of MEDDAC-AK in setting priorities and identifying areas of need, as well as, areas doing great things everyday. This information is shared throughout the organization down to the individual healthcare providers. The responses are often the only way we know what you experience and we highly encourage you to take a few minutes and complete the survey. More responses provides us with a better picture of how well we are meeting your healthcare needs and how we can improve services. Currently, MEDDAC-AK only receives about 10 percent of these surveys back each month. With each survey that is not

returned we miss the opportunity to improve through your feedback as well as the monetary rewards from the Office of the Surgeon General.

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

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

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

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

So, the next time you get an APLSS surveys in the mail - don't throw it away. Please fill it out and provide MEDDAC-



Col. Dennis LeMaster
MEDDAC-AK commander

AK your feedback, both positive and constructive. It is part of the absolutely critical role you play in our healthcare partnership and helps us meet our goal of providing you the best possible healthcare with outstanding customer service.

As always, the MEDDAC-AK team is here to assist you with all your healthcare needs. Call 361-4000 for an appointment or visit our website at <http://www.alaska.amedd.army.mil>.

Too Busy? 10 ways to squeeze exercise into your life

Shari Lopatin and Meghean Cook,
Triwest Healthcare Alliance

Between your job, your kids, and maybe even your geographically-separated spouse, you often wonder how you can exercise more, or even at all.

Perhaps if the day expanded to 48 hours, regular exercise would seem more reasonable. Since that won't happen, here are some tips to work more exercise into your busy life.

Make exercise a priority. Schedule time in your calendar for the week and keep it like any other important appointment. There are 1,440 minutes in the day. Can you find 30 minutes to exercise? Make a plan: What days will you exercise? What will you do? How long?

1. Get an exercise partner. When you know someone is relying on you, you are less likely to skip your workout.

2. Try exercising in the morning. As the day goes on, many things can happen to derail your plans for an afternoon or evening workout.

3. Sign up for a class or a local 5k race. If you are financially invest-

ed, you will be less likely to skip the exercise session.

4. Find something you enjoy! Try something new and exciting. Remember, exercise does not have to be in a gym.

5. Squeeze in bursts of exercise throughout your day. Use a 15-minute work break or 15 minutes of your lunch to walk. Or, use the stairs instead of the elevator...you get the drift.

6. Exercise while you watch TV. Lift weights or use commercial breaks to complete push-ups, sit-ups, or jumping jacks.

7. Keep a pair of walking shoes with you (at work, in the car). This way you can take advantage of any time you have to squeeze in exercise.

8. Get your family involved. Walk or ride bikes after dinner—together.

9. Keep track of your exercise to see your progress.

For more tips on living a healthy life, visit Triwest's Healthy Living Portal at www.triwest.com.

Baseball and barbecue



If the youth sports fields on Gaffney seemed a bit underused it's because there are new fields on post. It's official, the fields are open and a celebration to mark the occasion of the opening of Engineer Park sports complex is set for Monday at 5 p.m. The facility features a running track and picnic pavilions for Soldiers and Families plus multi-purpose fields for baseball, soccer and flag football. Youth teams will play baseball and there will be a barbecue hosted by Child, Youth and School Services. Call 353-7482. (Courtesy photo)

SCREAM FOR ICE CREAM



July is National Ice Cream Month.

Celebrate by chilling out and having a free scoop of vanilla or chocolate ice cream with the Last Frontier Community Activity Center July 18 from 5:30 to 7 p.m. Soldiers and Families are welcome. Choose from a variety of toppings. Since 1984, when President Ronald Reagan proclaimed that National Ice Cream Month be celebrated annually, every July has been a focus for greater attention to ice cream in the United States. About 9 percent of all the milk produced by U.S. dairy farmers is used to produce ice cream, contributing significantly to the economic well-being of the nation's dairy industry.

Information is available on the International Farmers' website, www.idfa.org.

ALASKA POST

Home of the Arctic Warriors

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The ALASKA POST - Home of the Arctic Warriors

Holiday Inn Express hotel on Fort Wainwright

Compiled from staff reports

During a special ribbon-cutting ceremony, June 26, members of Fort Wainwright garrison command group, Lend Lease U.S. Public Partnerships and InterContinental Hotels Group, officially welcomed Soldiers, Families and the entire Fairbanks, Alaska community to the grand opening of the newly branded Holiday Inn Express hotel on Fort Wainwright.

Kate Alger, development manager for Lend Lease U.S. Public Partnerships, began the ceremony by expressing a deep appreciation for all of those whose involvement allowed for a successful renovation project to be accomplished while providing professional hotel management and support to the Fort Wainwright community.

With the hotel's interior overhaul, the community also realized an added benefit. The older furniture from the hotel renovation was sold at reduced prices and more than \$8,000 was generated for the local Survivor Outreach Services program.

"The Holiday Inn Express on Fort Wainwright is more than just another on-post lodging facility," Alger said, "This hotel is a demonstration of people bringing their skills, knowledge and commitment together to provide a quality, customized and convenient lodging solution for Fort Wainwright that will sustain itself for the next 50 years."

Renovations and upgrades made to the hotel was part of the Privatization of Army Lodging program, a U.S. Army-led program established as a means to revitalize on-post lodging facilities for Soldiers, their Families and all

government travelers.

"We are committed to delivering a world-class experience for Soldiers, Families and personnel who travel here to Fort Wainwright," Alger said.

Lend Lease is the developer for the PAL program, which has included the renovation and development of approximately 8,200 hotel rooms on 21 U.S. Army installations throughout the United States and Puerto Rico. IHG is the PAL hotel operator.

The 90-room Holiday Inn Express, formerly known as the Northern

Lights Inn, boasts a mix of one-bedroom suites and studio-style guestrooms with amenities and features tailored to meet the unique needs of today's military travelers.

The addition of a new fitness center, business center, new 24-hour convenience mart, complimentary hot breakfast served seven days a week, free high-speed internet access, complimentary guest laundry facility and a new on-post courtesy shuttle service are just a few of the hotel's features.

Guestrooms received a makeover to include new showerheads and shower curtains, curved shower rods, new bed sets, linens and furnishings, including new flat-screen televisions. Complimentary concierge service is now available to all guests as well as the opportunity to earn Priority Club Rewards points. To date, IHG Army Hotels has issued more than 279 million Priority Club Rewards points to Soldiers to use at off-post hotels worldwide.

Fort Wainwright hotel information can be found under the Newcomers' tab on the web at www.wainwright.army.mil.



Clockwise from top: Alvin Magcale(left), Regional Director for InterContinental Hotels Group, Tammy Perlinger, General Manager for IHG Army Hotels Fort Wainwright, Fort Wainwright Garrison Command Sgt. Maj. Harry W. Jefferies, Garrison Commander Col. Ronald M. Johnson and Kate Alger, development manager, Lend Lease U.S. Public Partnerships, stand ready for the ribbon cutting ceremony at the opening event to mark the renaming and Army partnership with Holiday Inn Express hotel on Fort Wainwright, June 26. New renovations to the lobby are just one of many improvement patrons of the Holiday Inn Express hotel on Fort Wainwright will experience during their stay. The Holiday Inn Express hotel on Fort Wainwright offers a breakfast bar to patrons. (Courtesy photo/IHG Army Hotels)

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The Alaska Post Spotlight is on Ray Castellaw

Green through and through, with a little gray on top

Allen Shaw,
Fort Wainwright PAO

They were just two young Soldiers who came from warmer climates and had similar interests. They liked being outdoors and loved to fish. It was a different time and a different Army. They did their hitch and then moved on, but decided to stay in Alaska.

In Fairbanks, back in the 70s, there were no cell phones and if you lived in a cabin tucked in the woods, there were no land-lines (telephone). The best means of communication - citizen band radios. We kept CB radios in our cabins. When I'd hear, "Breaker, breaker, this is the Tombstone Kid calling the High Plains Drifter," I knew Ray Castellaw was heading for the river.

Over the years, things change, but two old Soldiers keep on kicking.

Castellaw, Directorate of Logistics, motor vehicle operator supervisor, retired June 30, after 30-years of dedicated government service.

After graduating from Buena High School located just outside the gate of Fort Huachuca,

Ariz., in 1973, Castellaw joined the United States Army. He went to basic training at Fort Leonard Wood, Mo., and completed advance infantry training at Aberdeen Proving Ground, Md., in the Ordnance Corps. He went back to Fort Huachuca for two years and was then transferred to Fort Wainwright where he finished out his commitment to the Army.

He decided to stay here, "Because because I had a job (lined up)," Castellaw said, "but more importantly it was the general attitude of the Alaskan people and the hunting, and fishing opportunities."

After leaving the Army he worked for the local school bus company for 4-four years and in 1981 was hired as a temporary laborer "at the gym (on post)." Soon after that Castellaw accepted a permanent position at the installation maintenance facility as a mechanic helper and wrecker driver with the Directorate of Industrial Operations (now Directorate of Logistics).

"I later moved back to (transportation motor pool)/TMP as a driver, the same place I had worked



Richard Mauer (left), deputy to the post commander, United States Army Garrison Fort Wainwright congratulates Phyllis (center) and Ray (right) Castellaw during a retirement and award ceremony June 29. Castellaw received a certificate of retirement after 30-year of service and the Commander's Award for Civilian Service, while his wife received a certificate of appreciation. (Photo by Brian Schlumbohm/Fort Wainwright PAO)

as an (active-duty) Army driver and stayed there until 1992," he said. A Reduction reduction in Force force landed him in an "inspector's job." Six years later the su-

pervisor position came available, he applied and said, "I've been there ever since."

Long-time friend and co-worker, Julie Van Houten said, "When I think of Ray, I think of dedication. Ray always says, 'If it wasn't for Soldiers, we wouldn't be here and we should never forget that.'" and he lives and works what he says." Many agree that Castellaw always kept mission first and Soldiers never lacked for care and compassion from him or his crew.

Although it's called retirement, Castellaw is not going to stop work-

ing. He and his family recently opened a restaurant in downtown Fairbanks. "Family is important to me," he said after the retirement ceremony; , sharing the limelight with his wife Phyllis, daughter Tiffani, son-in-law Ray and grandchildren, Fabian and Angell.

His mother was a homemaker and his father a World War II veteran, and life-long civil servant, giving Castellaw a solid foundation which he said has kept him grounded throughout his career.

"I have met many wonderful and exciting

people over the years and experienced a countless number of life-changing events," he said, "I wouldn't change a thing about any of it and if I had to do it again I would do it exactly the same."

When asked, "Who is your favorite Public Affairs Specialist," he answered, "It is you my friend. It was you 36 - years ago and it is still you today."

It just goes to show, the Army will give you an opportunity to develop friendships that last a lifetime and I was honored to be there when my friend left Army life for the second time.



LEFT: Ray Castellaw digs through his tackle box looking for the "lunker-lure" in the summer of 1978, a few months after fulfilling his active-duty commitment with the United States Army. Castellaw, retired from the Army Civilian Army Corp June 29 after 30-years of dedicated service. (Photo by Allen Shaw/Fort Wainwright PAO)

Safety on wheels – Army, Alaskans use all-terrain vehicles for mission, work and play

Robert Tanner, ATV Instructor,
Fort Wainwright Safety

First there were dogs and sleds to get around Alaska, then there were snow machines (for those of you who don't speak Alaskan, snowmobiles) and life was good. "But what do we do in the summer?" someone asked.

What can haul wood, pull a slain moose out of the woods, plow the snow in winter and still be able to just ride cross the countryside taking it everything this wonderful state has to offer? The answer was of course is a snow machine on wheels or more commonly known as a ... all-terrain vehicle or ATV.

OK, maybe it didn't really happen that way, but it could have. They are work horses, and more fun than a barrel of monkeys (age reference). But just like any machine, ATVs don't think, they don't forgive and can hurt you without warning.

As with any piece of equipment or machine, you need to maintain it and use it as it was intended. Maintaining an ATV is really not all that difficult. If you are mechanically impaired, don't be afraid to take it to a qualified mechanic to give it a good once over every 6 months to a year. The last thing you want to do is break down in the middle of nowhere (which isn't far from here by the way).

The two biggest violations I see around Fairbanks, from a safety perspective, is improper use of ATVs and non-use of protective gear.

ATVs come in a multitude of sizes and rider configurations. There are one



ATVs are often used in Alaska to complete missions off paved roads, as in this file photo. (Photo by Steven White/Joint Base Elmendorf-Richardson)

and two-rider configurations only. A two-rider ATV provides a longer wheel base for more stability to prevent flipping and roll over. Adding a "backrest" to a single rider ATV does not make it safe for two people. Adding a person to a one-rider ATV moves the center of gravity back and increases the likelihood that it will flip if going up a steep incline. Any reputable dealer will tell you this and is not allowed to sell you an ATV that is not age appropriate or for its intended use. Bottom line- single ATV equals single rider; two-up ATV equals two riders... period.

ATVs have many different engine sizes for different uses as well as age groups, ranging from a 50 cubic centimeter engine up to a 1000 cc engine.

The ATV Safety Institute and the Consumer Product Safety Council recommend the following age restrictions:

- Age 6 and older - under 70 cc
- Age 12 and older - 70 cc to 90 cc
- Age 16 and older - over 90 cc

These age restrictions are strictly enforced for all ATV training courses provided through the ASI. Ability and experience are extremely important when determining an ATV for a rider. A six-year-old on a 650 cc ATV that cannot even reach all the controls, or properly control it, is just asking for trouble. Please don't do it.

For the novice or beginning ATV rider, taking an ATV rider's course can be very beneficial, especially for young children and can pay off, literally. All

major ATV manufacturers promote taking a safety course and offer incentives such as cash, merchandise, and discounts ranging from \$50 to \$200 once you complete the course. Check with your ASI instructor upon completion of the course if you need assistance filing for rebates, etc.,

Wearing protective gear can, well, protect you. Wear a certified, approved helmet from Department of Transportation, American National Standards Institute or Snell Memorial Foundation. Not only is wearing a DOT, ANSI or Snell Memorial Foundation impact or shatter resistant goggles or full-face shield properly attached to the helmet, sturdy leather boots or over the ankle shoes, full-fingered gloves, long trousers, long-sleeved shirt or jacket a good idea, it is also required in order to ride on Army land including the post as well as the Yukon and Delta training areas.

Don't forget to get to complete the safety instruction provided by the Outdoor Recreation Center.

On a final note, remember there are three types of people when it comes to ATV riding: Those who love it, those who don't care and those who disapprove of it. As an ATV rider, your actions can influence group two either way - love it or disapprove! So tread lightly, be respectful and leave an area as you found it.

To learn about rider safety courses in your area, call (800) 887-2887.

For more information, contact the safety office at 353-7085 or the ATV Safety Institute at www.ATVsafety.org. Ride safe and good riding!

Northern Warfare Training Center welcomes new commander

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

Soldiers assigned to the Northern Warfare Training Center welcomed their new Commander, Maj. William Prayner, in a June 27 change of command ceremony on Fort Wainwright.

U. S. Army Alaska Commander, Maj. Gen. Michael X. Garrett thanked outgoing Commander Maj. Gary McDonald for his outstanding leadership and accomplishments at the NWTC, the Army's premiere cold-weather and mountaineering school.

"The school can now grant Soldiers who attend the Basic Mountaineering Course the Military Mountaineering skill identifier," Garrett said. "This is a seminal accomplishment and was driven by Maj. McDonald's unceasing determination to make the Northern Warfare Training Center forces more valid and more professional."

"This outfit is going to be the centerpiece for my vision for the United States Army Alaska," Garrett said.

McDonald stood before his cadre members one last time to thank them for their hard work and determination and tried to impart some of the feeling he had for the school.

"The buildings may have changed, the name has even changed several times, but the one thing that remains unchanged, is the impression the school leaves on the cadre members. Several NWTC alumni make the annual trip to Fairbanks to attend the unit's birthday party, or travel down to Black Rapids when asked to come speak at a graduation," McDonald said. "I too, will leave with that impression on my heart."

Addressing his family, McDonald said, "Thank you for letting me drag you to Fairbanks Alaska, so once again, I can pursue my dream," before handing over the floor to the NWTC's new commander.

Prayner thanked all for their support, especially the McDonald Family and the USARAK commanding general for the opportunity to command the NWTC.

"We will lead it, grow it, expand it and continue to provide premiere arctic and mountain training for USARAK and the United States Army," said Prayner.



Maj. Gary McDonald, former commander of the Northern Warfare Training Center, stands with Maj. William Prayner, the new NWTC Commander and Maj. David Bragg with 1st Stryker Brigade Combat Team, 25th Infantry Division for a quick photo after the NWTC Change of Command Ceremony, June 27, 2012. (Photo by Staff Sgt. Trish McMurphy/U.S. Army Alaska PAO)

Freedom Fest 2012 Battle of the Bands pumps up the volume, pays out cash

Allen Shaw,
Fort Wainwright PAO

Music blared, people danced and everyone seemed to enjoy the eclectic mix of tunes that was truly Alaskan. More than 3,500 people attended the Freedom Fest 2012 - Reunited Battle of the Bands hosted by the Directorate of Family and Morale, Welfare and Recreation at the Alert Holding Area Saturday. Gray clouds threatened to dampen the fun, but the hot summer sun shone through helping make the event a success for the raucous crowd and rewarding the winning bands with some serious coin.

After 19 bands played country, rock, fusion, bluegrass, ska-jazz and psychobilly, the panel of judges, including country singer-songwriter Ray Scott and partner Jimmy Weber who were visiting from Nashville, Tenn., for the event, decided on the first and second place winners in three genres. Scott and Weber performed at the beginning and end of the music fest.

Each winning band walked away with a \$3,000 check, while the second place bands took home \$1,000. The People's Choice winners got \$2,000. "Prize money was donated by the many generous sponsors who help partnership with these events," said Megan Brown, FMWR program coordinator.

The duo named Arly-Jylz, Stephen Arly Kuhl and Loren Jylz Kircher, were voted top country band, followed by the band Feeding Frenzy.

The three-piece, band Avery Wolves, whose Facebook page describes them

as "being kicked out of hell because they were too bad," took top honors in the alternative music category, allowing Nathan Harris, Jason Dahlke and David Keller plenty of money for hair gel for future performances. The Avery Wolves got their name from animator Tex Avery whose bad wolf in the Little Red Riding Hood story was portrayed as a "hard-drinking, woman-crazy maniac." Dalke, drummer for the band, said, "The music we play is psychobilly, which is a cross between rockabilly and punk." Nathan Harris plays double bass and vocals, and Keller plays guitar and sings back-up. "We decided to enter the contest because we love to play shows and playing with the best bands in town is always a great time," he said.

Second place went to a three-piece band, two who are Army Family members and call themselves Young Fangs. Brennan and Josh, sons of Linda and Col. Craig LaBuda, recently transferred to Fort Bragg, N. C., play guitar and sing, while Joel Fagre adds percussion.

Local band, Burnt Orange, captured first place in the Rock category, while Lady and the Tramps out of Eielson Air Force Base, grabbed the second-place prize.

Live as Lions, a spirit-filled, hardcore band that rocked the crowd with driving lyrics and synchronized enthusiasm were ultimately rewarded with the distinction of People's Choice.

MJ Lohrenz, DFMWR director said, "This is the second year for the Battle of the Bands and it is bigger and better than last year. We are going to do it again."



Country singer-songwriter Ray Scott performed the opening and closing of the Freedom Fest 2012 - Reunited Battle of the Bands Saturday at the Alert Holding Area on post. Scott was visiting from Nashville, Tenn., as a tribute to Soldiers and Family members. He has a new album that's climbing the country charts called "Royalty" and also has a song featured on the movie "Act of Valor" soundtrack. (Photo by Allen Shaw/Fort Wainwright PAO)



Members of Avery Wolves (left to right), David Keller, Jason Dahlke and Nathan Harris head toward the stage to accept their \$3,000 first prize for best alternative band during the Freedom Fest 2012 - Reunited Battle of the Bands Saturday at the Alert Holding Area on post. The trio is cheered on by other competitors who participated in the contest. (Photo by Allen Shaw/Fort Wainwright PAO)



Megan Brown, Directorate of Family and Morale, Welfare and Recreation, special events coordinator counts People's Choice ballots at the end of the Freedom Fest 2012 - Reunited Battle of the Bands Saturday at the Alert Holding Area on post. Hardcore-metal rockers "Live as Lions" took home the \$2,000 prize. (Photo by Allen Shaw/Fort Wainwright PAO)

Friday-6th

READING IS DELICIOUS STORY HOUR and CRAFTS, 4 to 5 p.m., Post Library, Building 3700. Call 353-4137.

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

Saturday-7th

GULKANA GLACIER DAY HIKE, 7 a.m., Outdoor Recreation Center, Building 4050. Cost is \$20. Call 361-6349.

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

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

SUMMER LOCK-IN, 7 p.m., Youth Center, Building 4109. Call 361-5437.

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

Sunday-8th

ROCK CLIMBING, 9 a.m. Outdoor Recreation Center, Building 4050. Cost is \$10. Call 361-6349.

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.

Monday-9th

NEWCOMERS ORIENTATION, 9 a.m. to 3:30 p.m., Last Frontier Community Activity Center, Building 1044. Call 353-4227.

GRAND OPENING, 5 p.m. Engineer Park behind Building 1001, Gaffney Road. The sports complex features a track and picnic pavilions for Soldiers and Families plus youth baseball, soccer and flag football multi-purpose fields for youth. There will be youth baseball games and a barbecue hosted by Child, Youth and School Services. Call 353-7482.

SCHOOL AGE CENTER WEEKLY SUMMER CAMP AND FIELD TRIPS, School Age Center, Building 4166. Call 361-7394.

YOUTH SERVICES WEEKLY SUMMER CAMP: ROCK-IN ROBOTS - LEGO MASTERMIND ROBOTS, weekdays, 9 a.m. to 3:30 p.m., Youth Center, Building 4109. Call 361-5437.

ROMP AND STOMP PLAYGROUP: GREAT OUTDOORS, 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. Call 353-7223.

Tuesday-10th

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

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

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

PARENT'S NIGHT OUT, 5:45 to 8:45 p.m., CDC 1, Building 4024. \$12 per child. Call 353-7713.

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-11th

FINANCIAL READINESS TRAINING FOR FIRST TIME SOLDIERS, 9 a.m. to 4 p.m., Post Library, Building 3700. Call 353-4223.

BEGINNING LADIES 2-DAY GOLF CLINIC, 10:30 a.m., Chena Bend Golf Course, Building 2092. Cost is \$50. Call 353-6223.

CHEER UP THE LONELY DAY, 11 a.m., Nugget Lanes Bowling Center, Building 3702. Buy one, get one free all day. Call 353-2654.

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

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

Thursday-12th

EDUCATION FAIR, 10 a.m. to 3 p.m. Look for the "big top" tent beside the library, Building 3700. On-post colleges such as Central Texas College, Embry Riddle Aeronautical University, University of Alaska Fairbanks, and UAF's Community Technical College and Wayland Baptist University will be on hand to assist Soldiers and visitors interested in improving their education. For details, call 353-7486.

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

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

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

GROUP CYCLING CLASS, 4 p.m., Physical Fitness Center, Building 3709. Call 353-7223.

FLY FISHING CLINIC, 5 to 9 p.m., Outdoor Recreation Center, Bldg 4050. Call 361-6349.

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

FAMILY MOVIE NIGHT, 5:30 to 7:30 p.m., (dependent on movie length), Last Frontier Community Activity Center, Building 1044. All movies rated G or PG. Call 353-7755.

Friday-13th

NAF SALE, 5 to 9 p.m. Building 3020; sale of excess inventory from Morale, Welfare and Recreation facilities for DoD cardholders. Children younger than 16 will not be permitted in the warehouse for their safety. Call 361-7258.

SWEDA LAKE ALL-TERRAIN VEHICLE TRIP, 8 a.m., Outdoor Recreation Center, Building 4050. Cost is \$175 for three-day trip. Call 361-6349.

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

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

Saturday-14th

NAF SALE, 9 a.m. to 2 p.m. Building 3020; sale of excess inventory from Morale, Welfare and Recreation facilities for DoD cardholders and the public. Children 15 and younger will not be permitted inside the warehouse due to safety concerns. Visitors without an installation pass or DoD ID will need to stop at the visitors center to sign in. Call 361-7258.

WOMEN IN THE WILDERNESS MOUNTAIN HIKE, 7 a.m. Outdoor Recreation Center, Building 4050. Cost is \$10. Call 361-6349.

LEAN, MEAN, COOKING TEENS, 10 a.m. to 2 p.m., Youth Center, Building 4109. Fruits of the Harvest. For teens 7 -12th grade, Call 353-7713.

I-RUN-AMUCK OBSTACLE-MUD RUN, 11 a.m., Birch Hill Ski Area, Building 1172. Call 353-7274.

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

LADIES CHOICE SHOOT, 2 p.m., Fischer Skeet Range, Building 1172. Call 353-7869.

TEXAS HOLD'EM, 6 p.m., The Warrior Zone, Building 3205. Open to all DoD cardholder 18 and over. Call 353-1087.

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

Sunday-15th

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.

5 STAND SHOOT, noon, Fischer Skeet Range, Building 1172. Call 353-7869.



ARE YOU A VICTIM OF OR WITNESS TO SPOUSE ABUSE? CHILD ABUSE?

CALL 388-2260

NO NAME REQUIRED

LEGAL NOTICE

Anyone having claims against or who is indebted to Pfc. Vincent Ellis, 4th Brigade Combat Team (Airborne), 25th Infantry Division, may contact 2nd Lt. Augustin Paulo, Rear Detachment, by mail to 1-40 CAV, Fort Richardson, Alaska 99505, or call (817) 501-7791.

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Edible book contest



The library will host an Edible Book Contest July 20. The competition is part of the grand finale for the summer reading program, Reading is so Delicious. Adults and children are welcome to enter. Please call 353-4137 or fill out an entry form by July 13 to let the staff know you plan to participate. Winners will secure bragging rights and may inspire children to read more books. The grand finale for the summer reading program will be from 2 to 5 p.m. Child Youth and School Services will be there to provide sports activities and Zumba. There will also be library relay races, an edible book contest and watermelon seed spitting contest. Special guests will announce the top reader awards.

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OPEN BURNING PROHIBITED

Open burning is not permitted on Fort Wainwright property. Campfires, use of portable fire pits and outdoor fireplaces are prohibited in all areas including housing. For more information, call the fire safety inspector, Sarah Chapman at 353-9140.

EDUCATION FAIR

An education fair is set for July 12 from 10 a.m. to 3 p.m. Look for the "big top" tent beside the library, Building 3700. On post colleges such as Central Texas College, Embry Riddle Aeronautical University, University of Alaska Fairbanks, and UAF's Community Technical College and Wayland Baptist University will be on hand to assist Soldiers and visitors interested in improving their education. For details, call 353-7486.

RECREATIONAL SHOOTING

The Sports Fire Range is available for all active-duty military and DoD ID cardholders. The range is open weekdays 8 a.m. to 4 p.m., Wednesdays 4 to 8 p.m. and Saturdays 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.

DIVORCE BRIEFING

Questions and concerns about divorce are addressed at weekly briefings offered by the Legal Assistance Office Tuesdays at 9 a.m. The divorce briefing is available to military members and spouses and is located in Building 1562 on the corner of Gaffney and Freeman Roads. For more information about legal services or an appointment, call 353-6534.

PREVENT ABUSE AND NEGLECT

Help for abused and neglected children is available locally and through a toll-free hotline. The 24-hour Child help National Child Abuse Hotline at (800) 4A-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. Tips and resources are available for parents, educators, caregivers and volunteers at www.myarmyonsource.com.

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.

BREAKFAST ANY TIME

Chena Bend Golf Course café is under new management. The café is open 7 days a week. Their hours are 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 online, www.dwgrill.com. Call DW Grill and Catering for more information or to place an order at 353-6147.

WOMEN'S SUMMER FELLOWSHIP

Protestant Women of the Chapel will start their summer session July 12. For three weeks - July 12, 19, and 26 - PWOC will spend time in fellowship at Northern Lights Chapel, Building 3430 from 10 a.m. to noon. Childcare provided for all ages. Information is available via email to: wainwright@pwoc.org

VOTING ASSISTANCE

Alaskans in the Interior will have the opportunity to vote again August 28. The Voting Assistance Program officer is available if anyone has questions or needs assistance with voter registration, call 353-7624 or check out the installation's voting agency webpage for general voting information at www.wainwright.army.mil/armyVote/default.asp.

ROAD CLOSURE

Motorists on Gaffney Road will encounter road work and detours in July and the first week of August. The work involves reconstructing the mainline pavement along Gaffney between 602nd and Old Meridian intersections. The Alaska Railroad will also be improving their Gaffney track crossing during this project.

In Phase 1 of the project, contractors will reconstruct the usual westbound lanes of Gaffney between 602nd and River Road intersections.

Traffic in this stretch of road will be two-way, single lane in the lanes yet to be reconstructed. Access to and from 602nd, 9th, 10th, River, Meridian and Old Meridian will be maintained during work, but there will be no access between Tamarack/east and Gaffney during this time. Phase 1 is expected to last from July 5 through July 15.

Phase 2 is reconstruction of the usual eastbound lanes of Gaffney between 602nd and River Road intersections. The traffic will be two-way, single lane in the lanes already reconstructed. For more information, call 353-6701.

JOINT PACIFIC ALASKA RANGE COMPLEX

U.S. Army and U.S. Air Force, on behalf of Alaskan Command, will continue accepting comments on proposed changes to the Joint Pacific Alaska Range Complex through Monday. Comments may be submitted via the website, www.jpisceis.com, or for more information contact ALCOM Public Affairs at 552-2341 or email alcom.j08@elmendorf.af.mil.

CHILD CARE PROVIDERS

Parent tips for finding a childcare provider: Require a security background check with local police, neighbors and friends. Verify references. Inform employees on security responsibilities. Provide employees with phone numbers and other means of commu-

nication to use in an emergency. Discuss duties in a friendly but firm manner. Give providers with a list of people that are authorized to pick up your children with names and telephone numbers. For more information contact your unit Antiterrorism Officer or the garrison ATO at 353-6094.

PRE-RETIREMENT BRIEFING

A monthly summary of retirement benefits for those who are one to two years from retirement, presented by Mike Kincaide, 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.

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.

CAFE OPEN

Chena Bend Café is open for the summer golf season. Under new management, the café is open 7 days a week. Their hours are 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. Call DW Grill and Catering for more information or to place an order at 353-6147.

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

ARMY DISASTER PERSONNEL ACCOUNTABILITY AND ASSESSMENT 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, Department of Defense civilians, NAF employees, overseas DoD contractors (to include Hawaii and Alaska) and Family members.

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25th ASOS airmen conduct close-air-support training at Red Flag-Alaska



A U.S. Army UH-60 Blackhawk helicopter from the 16th Combat Aviation Brigade, Fort Wainwright, Alaska, flies over the Joint Pacific Range Complex near Eielson AFB, Alaska during Red Flag-Alaska 12-2. Red Flag-Alaska is a Pacific Air Forces-sponsored, joint/coalition, tactical air combat employment exercise which corresponds to the operational capability of participating units. The entire exercise takes place in the Joint Pacific Range Complex over Alaska as well as a portion of Western Canada for a total airspace of more than 67,000 square miles.

Story and photos by
Tech. Sgt. Michael
Holzworth/Defense
Media Activity – Hawaii
News Bureau

Imagine being on a patrol in a distant river bed or village - enemy ground forces closing in, mortar shells exploding all around- then like a guardian angel a U.S. Air Force A-10 Thunderbolt II descends seemingly out of nowhere with a loud burst from its 30 mm cannon. There are bursts of fire and smoke as the enemy scatters in full retreat.

This may sound like a scene from a movie, but for U.S. Air Force joint terminal attack controller airmen, it is just another day on the job.

Joint terminal attack controller airmen from the 25th Air Support Operations Squadron, (ASOS) Wheeler Army

Air Field, Hawaii, trained from June 7-22 in the wilderness of Alaska to conduct close-air-support training with U.S. and coalition air forces during Red Flag-Alaska 12-2.

"This training is beneficial for us because back home all the training we do is dry CAS scenarios without any live ordnance," said U.S. Air Force Senior Airman Therron Bundick, 25th ASOS, JTAC. "So to come here and actually get to drop live ordnance is a bonus for us."

The training at Red Flag affords the 25th ASOS, JTACs an unique opportunity to integrate with U.S. and coalition aircrews during what has traditionally been an air-to-air exercise by getting into the field. Together, they are operationally testing equipment like the mission ruggedized

tablet used for digital aided CAS. Even though digital CAS is not new to the battlefield, it is a relatively new technology that is important for JTAC's and aircrew to have a high level proficiency in because of its importance in coordinating multinational aircraft with real-time information.

"For us to be able to no kidding, plug it in and be able to see on a tablet the entire war or exercise and use it to pass on targeting information to everyone simultaneously is invaluable," said U.S. Air Force Maj. Jonnie Green, 25th ASOS, air liaison officer, pilot. "We get a bigger picture that we don't normally get to see. It's a huge benefit."

The integrated training between the JTACs and multinational aircrews help prepare forces for upcoming deployments.

"This is good spin-up training for us getting to work together and learn new techniques benefit us and them while we are downrange," Bundick said.



U.S. Air Force Maj. Jonnie Green, (left) Air Liaison Officer Staff Sgt. Brandon Cook, (center) and Senior Airman Therron Bundick, (right) joint terminal attack controllers from 25th Air Support Operations Squadron, Wheeler Army Air Field, Hawaii, look on as a U.S. Army UH-60 Blackhawk from 16th Combat Aviation Brigade, Fort Wainwright, Alaska, lands at the Joint Pacific Range Complex near Eielson AFB, Alaska during Red Flag-Alaska 12-2. Red Flag-Alaska is a Pacific Air Forces-sponsored, joint/coalition, tactical air combat employment exercise which corresponds to the operational capability of participating units. The entire exercise takes place in the Joint Pacific Range Complex over Alaska as well as a portion of Western Canada for a total airspace of more than 67,000 square miles.

Read more: <http://www.dvidshub.net/image/612137/red-flag-alaska-12-2#ixzz1zTureiEL>

University of Alaska Cooperative Extension 4-H
Military Programs, Operation Military Kids in
collaboration with Midnight Sun Boy Scouts in
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Reunion and Reintegration
Now accepting registration for this
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Weekend Camping
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