

ALASKA POST

Home of the Arctic Warriors



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Fort Wainwright, Alaska

January 11, 2013

Ice rink stays...for now

Allen Shaw, Fort Wainwright PAO

A determination has been made to keep the ice rink as is at the Physical Fitness Center on Fort Wainwright.

Col. Ronald M. Johnson, commander, United States Army Garrison Fort Wainwright, said, "We have decided not to go forward with the plan to repurpose our ice rink for now. We will hold off on this course of action for the near future, but it will remain on the table for future consideration."

In an unprecedented request for input from the military and civilian community along with a special survey to identify unit commander needs, the command group weighted this input heavily during the decision-making process. The final result is they have decided to pursue other alternatives to solve Fort Wainwright's critical indoor space shortage.

"We had about 1,200 responses to the survey," said Angela Major, chief, Plans, Analysis and Integration Office. "It is the greatest response to any survey we have done in the past four and a half years."

Johnson said although other alternatives are being explored, "Depending on the operational and fiscal environment in the future, we may not have a choice in reconsidering this decision." But for now, the ice rink will remain an ice rink.

"I just want everyone to know how much we appreciate their participation in the survey and how valuable their involvement has been during this difficult decision-making process," Johnson said.



Steve Tate, sports and fitness manager, Family, Morale, Welfare and Recreation, resurfaces the sheet of ice at the Physical Fitness Center on post. Command was considering repurposing the ice rinks to accommodate an indoor functional fitness facility due to limited indoor training space, but after seeking input from the military and civilian communities has decided to pursue alternatives for the time being. (File photo by Brian Schlumbohm, Fort Wainwright PAO)

Need a lift?



Skiing, snowboarding and tubing are just a few of the activities that can be enjoyed at the Birch Hill Ski and Snowboard Area. Nicholas Pulice, manager wanted to remind everyone of the importance of wearing the proper clothing and a helmet as well as keeping hydrated and well nourished while playing out in the snow. (Photo by Brian Schlumbohm/Fort Wainwright PAO)

Public meeting on environmental clean up in vacant housing development

Staff report, Garrison Public Affairs Office

U.S. Army Garrison Fort Wainwright will host a public meeting for all residents of Fort Wainwright and the Fairbanks North Star Borough to provide an overview of the environmental cleanup that has been accomplished at the Former Communications Site, also known as Taku Gardens, an unoccupied housing development on post.

The meeting will be Tuesday from 7 to 9 p.m. at the Fairbanks Princess Hotel, 4477 Pikes Landing Road. The doors will open at 6 p.m. A short presentation will begin at 7 p.m. with questions and topics of discussion to follow immediately after the presentation.

The meeting will provide attendees a brief overview of the projects and allow them the opportunity to ask ques-

tions and interact with representatives from the Army, the U.S. Environmental Protection Agency and the Alaska Department of Environmental Conservation military contaminated sites program managers.

Participants will have the opportunity to hear a briefing describing the work that has been accomplished at this site; look at static displays of the types of materials found during the remedial investigation; learn about the types of sampling conducted on the site and see posters that chronicle the work completed on post.

Copies of the reports and supporting documentation will be available for public review at the Noel Wien Public Library, 1215 Cowles Street, the post library, building 3700 Santiago Avenue,

See MEETING on page 3



Soldiers, Families and civilians are invited to attend a presentation about the former communications site and vacant post housing during a public meeting Tuesday from 7 to 9 p.m. at the Fairbanks princess Hotel, 4477 Pikes Road. Fort Wainwright leaders provide a brief overview of projects at the former communications site known as Taku Gardens. The public is invited to comment on the projects and the Army's proposal. (File photo)

WEEKEND WEATHER



Friday
Mostly cloudy
Highs around 5
Lows around -5
Evening: cloudy



Saturday
Mostly cloudy
Hights expected to the teens, above zero
Saturday night



Sunday
Chance of freezing rain
Highs around 10
Lows around zero

BRIEFS

Scream-free seminars

Army Community Service will bring two highly acclaimed seminars to post, for couples and for Military Families with children. ScreamFree Parenting will take place Jan. 29 and ScreamFree Marriage takes place Jan. 30. The separate sessions take place from 5:30 to 7:30 p.m. A free dinner will be served and free childcare will be available during the presentations. Callers who register in advance will receive free books or DVDs while supplies last. Register for free child care with ACS by calling the Family Advocacy Program manager at 353-7317. See the brief on page 7 for more information.

MLK observance

1st Battalion, 52nd Aviation Regiment will host the Dr. Martin Luther King observance at the Physical Fitness Center Jan. 16 at 1:30 p.m. Dr. Lawrence J. Ellison, former military chaplain and pilot will be the guest speaker.

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SN/ BIRCHWOOD HOMES

Professional strength through mentorship

Maj. Gen. Michael X. Garrett,
U.S. Army Alaska Commanding General

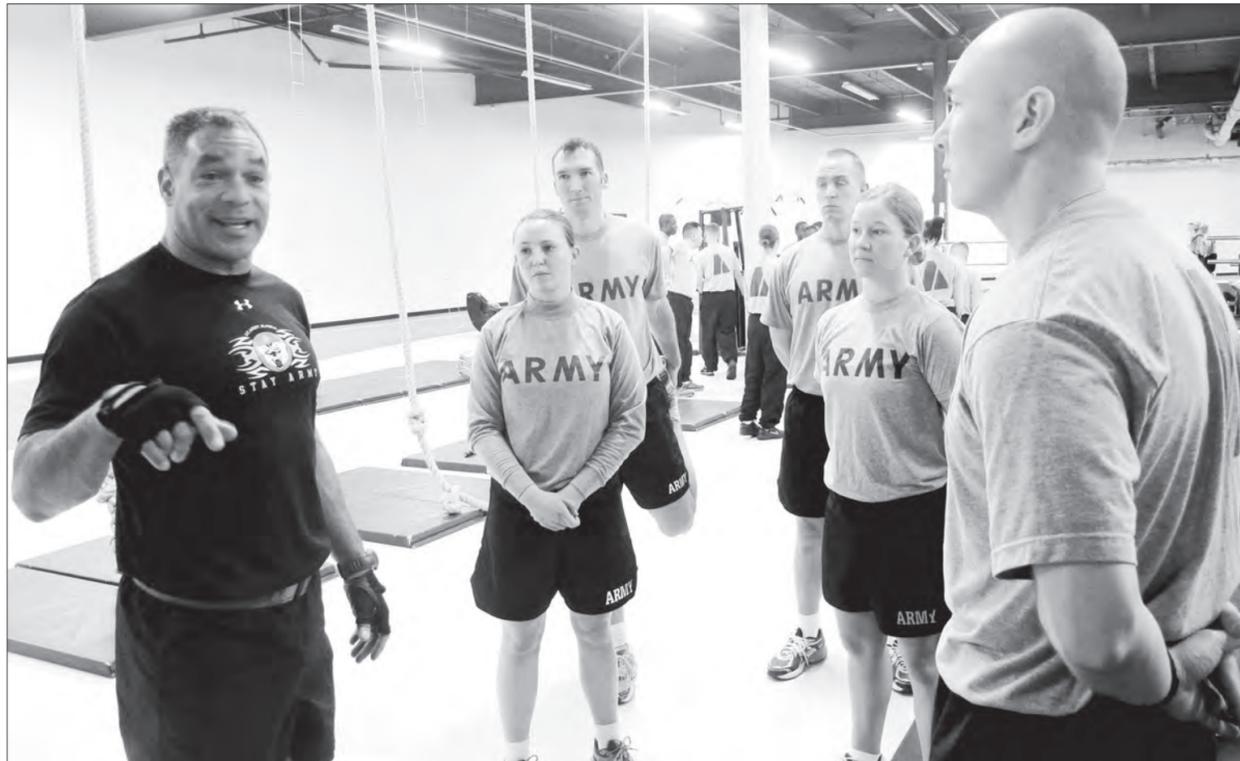
In Field Manual 6-22, "Army Leadership," the word mentor is referred to 67 times, compared to just 13 times in the previous version. That indicates to me that the Army is working to define and institute the idea of mentorship into the culture of our profession to prevent it mistakenly being perceived as just a trendy catchphrase.

I value every mentor I have ever had. I owe much of my success to the time, guidance and advice that mentors have provided me over the course of my career. My first mentor was my father, Command Sgt. Maj. Edward Garrett. My father taught me leadership concepts and principles that have become part of who I am and how I lead. One of my proudest days was when he and my wife pinned me with my first stars.

As I have progressed in the Army, I've sought out opportunities to pass on the knowledge, insight and perspective that my mentors endowed me with to those who looked to me for advice and leadership. Any young leader would be fortunate to have the benefit of a mentor outside of their chain of command who takes personal interest in their career, life and success.

Mentoring is not a formal program. There are no reports to be filled out or evaluations to complete. The Army will not require an After Action Review to be submitted. It is a personal relationship where a seasoned leader invests time, effort and experience in furthering the professional development and personal abilities of junior leaders. We must also respond to the vital needs of junior leaders in order to prepare them for greater responsibilities and achievements in the future. These often become life-long relationships and can be very fulfilling for leaders who see those they have mentored succeed.

This philosophy goes beyond what is required to be successful in a regular duty day. No one is going to tell you to have your mentoring done before you go home for the day. But I believe those with wisdom earned through hardships, trials and



"Senior leaders who take the time to bestow the leadership of tomorrow with knowledge are investing in the stock and trade of professional soldiering. Those who decide to be mentors are looking beyond their own success by exhibiting a focus on the art of leadership and the future of our Army. Mentorship is characteristic of good leadership and ultimately it is good for the betterment of our Army," said Maj. Gen. Michael X. Garrett, U.S. Army Alaska Commanding General.

achievement have a moral obligation to pass on their hard earned wisdom to the future leaders of our Army.

Mentors are not appointed and cannot choose who will be their protégé, or mentee. It is the junior leader who picks the mentor. This is usually informal and happens when someone junior meets a leader who they want to be like one day, somebody they see as a role model to emulate. I expect leaders at every level to be prepared to offer candid advice when it is sought by their juniors. This is how mentoring relationships are often initiated.

For soldiers who are seeking a mentor, I recommend looking for a leader in your career field who is about two

grades senior to you and outside your chain of command. Also, try asking your immediate supervisors and leaders for ideas and advice on who they think would be a good mentor for you. This method has worked for others and it can work for you too.

Senior leaders who take the time to bestow the leadership of tomorrow with knowledge are investing in the stock and trade of professional soldiering. Those who decide to be mentors are looking beyond their own success by exhibiting a focus on the art of leadership and the future of our Army. Mentorship is characteristic of good leadership and ultimately it is good for the betterment of our Army.

I enjoy my job more every day. I am grateful to all of you for doing your very best, for serving our nation and especially for giving me the opportunity to be your commander. It is one of the most rewarding experiences of my life. I'm tremendously proud of each of you for the hard work, dedication and sacrifices you continue to make to guarantee our shared success as America's Arctic Warriors. I am constantly looking for new and better ways to serve you and will continue devoting myself to the Ready Units, Strong Families and Arctic Tough Leaders of the Last Frontier.

Arctic Warrior!
Arctic Tough!

All-star community partners



Gregory Handy

Motor Vehicle
Operator, TMP

He is married to Lenora for 22 years, they have four children and two grandchildren. Enjoys working out at the gym, playing basketball, going to church and spending time with his family. Handy is a minister at the Fairbanks Christian Center where through his ministry is an active volunteer at the Fairbanks Correctional Facility's Half-Way House and the Fairbanks Pioneer's Home. Handy was recently recognized for excellence in performing duties as Transportation Motor Pool supervisor.



Krista Greenleaf

Operations/Plans Specialist,
DPTMS

She is married to Ken and they have a three-year-old son, Nathan. Greenleaf enjoys doing crafts, reading, playing the clarinet and spending time with her family. She serves as a captain in the U.S. Army Reserves and supports several community activities such as the Survivors Outreach Services program. Greenleaf was selected Civilian Employee of the Quarter (Non-supervisory), 3rd Quarter, 2012 in part for contributing to the success of ceremonies and events supporting Soldiers and Family members. She was an instrumental part of the Salute to Our Military Parade, monthly Garrison Community Action Council and the Suicide Prevention Terrain Walk for Army leaders.

North Haven Community center opens



The North Haven Communities opened a new center Wednesday for its residents and the entire Fort Wainwright community, according to Betsy Woolley, marketing manager for NHC, shown here with Chris Anderson, North Haven Director of Property Manager. The center offers a playroom with a climbing wall, a kitchen, wi-fi, sun lamps to assist those suffering from seasonal affective disorder and a 48 seat theater. It also features a fireplace in a gathering area decorated in historical Alaskan gold camp style.

ALASKA POST

Home of the Arctic Warriors

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The ALASKA POST - Home of the Arctic Warriors

Mentor leaders...a rare gift

Deborah Coble
Fort Greely Public Affairs

Many of us take a few moments each year to plan out our resolution for the New Year. We contemplate the goals we've met or exceeded and we think about the ones we've yet to reach. We plan our projects for the coming months; we take mental stock of our outdoor gear for the trips we wish to take; we promise to spend more time at the gym or more time in the kitchen eating healthier; we swear this cigarette will be the last and the money spent will now be saved; our wives won't complain about unfinished projects and our husbands promise to be more attentive; we'll meet all deadlines with time to spare and we won't get bogged down at work. The plans to better

programs build confidence in individuals, but more importantly, these programs create a resilient, sustainable and healthy workforce by showcasing the tools necessary to become mentor-leaders.

So why rush to fill out paperwork to meet a short suspense for a program that will take more of our personal time to complete? The answers are profound.

Becoming a mentor-leader isn't for everyone. While it doesn't involve excruciatingly painful, scientific methodologies, it does demand that we put others first. It means we are comfortable foregoing the accolades of immediate success; allowing others to receive the awards and glory without begrudging their happiness. It means consistently measuring our

very best mentor-leaders help carry us when we stumble. Mentor leaders focus down range knowing that the most significant conflicts and potential successes happen outside the immediate perimeter.

The IMCOM - Pacific Region Mentoring Program gives us not only the opportunity to experience working with a mentor-leader, but a chance to see if this role is something we'd be suited for. The occurrence is infectious and loads the participants with tools and resources to share within their organizations throughout the developmental training. The mentors assigned encourage us to believe in ourselves; they're there to remind us that make-believe energy and false-positive outlooks are not sustainable and won't in-

“Mentor-leaders get their hands dirty, they walk alongside us, they are there to encourage, they are there to make sure we don't fall. The very best mentor-leaders help carry us when we stumble.”

ourselves seem endless, but what about our plans to help others?

One of the most important things we can do at work, at home or in any social setting is build positive relationships. Positive relationships begin to happen when we use supportive communication, share our knowledge and experiences openly with others and learn to put others first. Those three items: Communication, sharing and putting others first seem like a short list, but they take continual effort on our part to include unvarying evaluation of our own lives. The relationships are no longer about you. They aren't about me. The relationships become about others and the knowledge that we truly want them to succeed.

A program that truly understands the importance of positive relationships is the Installation Management Command - Pacific Region Mentoring Program. Now two years running, this program is an opportunity for those to not only improve themselves professionally, but gain vast personal growth as well. The program supports the Installation Management Campaign Plan's Line of Effort 3: Leader and Workforce Development by providing mid-level IMCOM employees who excel in their career fields the prospect to expand into multi-skilled, mobile and adaptive leaders. This program is similar to the IMCOM Headquarters Centralized Mentoring Program, but gives employees the additional advantage of competing for a mentee position among a smaller group.

Both programs run for one year and include an exceptional mentor/role model, job shadowing for stated periods of time at various locations, focused instruction on career development, diversified understanding of the organization, and developmental guidance for those outstanding employees who wish to have increased responsibilities in higher-level positions. The mentor/mentee type

actions with our words and continually evaluating our own perspectives. Mentor-leaders create relationships that have positive impacts on others' lives...the focus remains on benefiting others. Those are the relationships that create enduring organizations, families and teams. By taking the route of a mentor-leader we open the door to unimaginable success that continues to build and spread unto others.

Tony Dungy, author of "The Mentor Leader - Secrets to Building People and Teams That Win Consistently," describes the process best when he states, "If you do it right, as a mentor-leader you may make it all but impossible for other people to give you credit." He explains that if we aren't ready to experience success without receiving any credit for it then the role of a mentor leader isn't for us.

It takes a tremendous amount of stamina to be that type of leader...that type of person.

Today's culture, that most of us embrace, makes it difficult not to value what is valueless. We are taught to focus on the bottom line up front, the current quarter, the fiscal year, etc.; however, that type of shortsightedness only results in organizations that are unbalanced and threatening to collapse at the next jarring impact. There is a place, in the correct situation and setting, for the types of leaders who take charge with authority, direction and control, but it is important to understand the difference between a leader and a mentor-leader.

Leaders speak of their own visions and their undeterred paths to success; they offer planned routes for us to follow...usually at a cost. They watch from high above and wait while we try to climb the next rung, occasionally shouting down motivating phrases of encouragement, but mentor-leaders get their hands dirty, they walk alongside us, they are there to encourage, they are there to make sure we don't fall. The

spire others to follow.

The program embraces opportunities for interaction and pushes the mentees to reach beyond boundaries, real or perceived, that would otherwise prevent connecting with people based on differences or levels of authority. It promotes the utilization of unexpected opportunities and to never underestimate the value of what we bring to the organization. The program, when stripped down to the essentials, is all about building lasting relationships. Those relationships and the ability to move forward as a team or fluidly left and right when the unexpected hits are what allows organizations to be and remain successful.

Perhaps one of the greatest takeaways from the program is that the role of a mentor-leader is not played, but lived. In doing so, the benefits go beyond the desks, break rooms, conference tables and executive offices; they extend to our personal relationships and families. We don't need to have a following to become mentor-leaders; start small. Look for ways to make a positive impact on someone's life. Don't wait for the right opportunity (more time, when you're older/wiser with more experience, more help to do the task at hand, less workload, etc.) because the desired opportunity won't present itself when we want it to.

Enroll in the next IMCOM - Pacific Region Mentoring Program then pick someone or something to make a difference with. Help cultivate a new workforce that encourages creativity and innovation. Learn to embrace cultural differences and truly see the value in communication and collaboration with others. Build the teams that replicate great mentor-leaders and your organization, group or family will see immeasurable rewards. Have faith, stay focused, encourage, equip and empower others for leaders are abundantly available...mentor-leaders are a rare gift.

Meeting: Overview of cleanup at Taku Gardens

Continued from page 1

and the U.S. Army Directorate of Public Works, Environmental Office, Building 3023, Engineer Place, Fort Wainwright.

Individuals without Defense Department ID cards interested in reviewing the documents on post should allow additional waiting time to obtain a pass at the visitors' center. The U.S. Army encourages the public to participate in the decision-making process by offering comments on the proposed plan and after action memorandum.

A court reporter will record com-

ments during the meeting. Written comments will be accepted throughout the public comment period. Comments may also be submitted via a toll-free number (877) 243 6974 or by sending an email to HTUFCS_Comments@jacobs.com UTH. Individuals wishing to receive a response to their comments should indicate so in their message.

The public comment period is open from Jan. 14 through Feb. 12.

For more information, contact Joe Malen at 361-4512 or Cliff Seibel at 361-6220.



Environmental cleanup - Scrap metal removal, clean soil replacement and ground water monitoring activities were done as part of the The Army, Alaska Department of Conservation and the Environmental Protection Agency signed an agreement that no houses will be occupied until these three agencies agree that it is safe for residential occupancy. The Army will discuss their proposal to release the housing built in 2005, in a meeting open to the public Jan 15. (File photo)



The way forward - Soldiers, Families and civilians are invited to attend a presentation about the former communications site and vacant post housing during a public meeting Tuesday from 7 to 9 p.m. at the Fairbanks princess Hotel, 4477 Pikes Road. Fort Wainwright leaders provide a brief overview of projects at the former communications site known as Taku Gardens. The public is invited to comment on the projects and the Army's proposal. (File photo)

ARMED FORCES ENTERTAINMENT PRESENTS

SINBAD

Comedy
Saturday, Jan. 19
at 8 p.m.
The Warrior Zone, Bldg. 3205

Open to DoD cardholders 18 and older
For more information, call 353-1087.

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Hitting the slopes, a 360 with safety



Skiers and snowboarders find the ski and snowboard responsibility code at the base of most ski areas. Always stay in control and be able to stop or avoid other people or objects. People ahead of you have the right of way, it is your responsibility to avoid them. You must not stop where you obstruct a trail, or are not visible from above. Whenever starting downhill or merging into a trail, look uphill and yield to others. Always use devices to help prevent runaway equipment. Observe all posted signs and warnings. Keep off closed trails and out of enclosed areas. Prior to using any lift, you must have the knowledge and skill to load, ride and unload safely. (Photo by Brian Schlumbohm/Fort Wainwright PAO)

Brian Schlumbohm,
Fort Wainwright PAO

Over the past holiday season, the Interior of Alaska has experienced some very much appreciated warmer weather and with that a major increase of new and old snow enthusiasts are getting out and hitting the local ski areas.

Whether you're a novice or an experienced snowboarder or skier, it's always best to be prepared by making sure that you and your equipment are up to the task.

Keeping in mind that skiing and snowboarding can be a great way to spend time with family and friends, enjoying the great Alaskan outdoors, there are a few simple things to consider for a satisfying and safe day on the slope.

- Get in shape, or at least be aware of the shape you are in. Starting out on a downhill ski run is not the place to begin your conditioning. You'll enjoy it even more if you're physically ready for it.

- Obtain proper equipment. Make sure skis, snowboards and bindings are the right size, fit and adjusted correctly for you.

- Take a lesson. There is always something good to learn from being in a class – you're expected to fall down a lot, so no embarrassment there. (There are ski and snowboard lessons available at the Birch Hill Ski and Snowboard Area. Call in advance at 353-9131 to reserve a spot.)

- Drink plenty of water. Dehydration can lead to fatigue and fatigue can lead to poor judgment calls.

- Curb your alcohol consumption. Skiing and snowboarding takes good balance, coordination, and quick reaction times – alcohol takes all of those away.

- Dress in layers. Layering allows you to accommodate for all the varying temperatures in an Alaskan day and for your body's changing temperature with different activities. With 60 percent of a body's heat being lost through the head, having varying types of ear, face and head coverage

helps. When wearing gloves or mittens, mittens are usually better for those susceptible to cold hands.

- Always wear eye protection. Have sunglasses and/or goggles with you. Skiing and snowboarding are a lot more fun when you can see where you're going.

- When buying skiwear, look for fabrics that are water and wind-resistant. Look for wind flaps to shield zippers, snug cuffs at wrists and ankles, collars that can be snuggled up to the chin, and drawstrings that can be adjusted for comfort and keep wind out. Be sure to buy quality clothing products. (Fort Wainwright Safety office can help in choosing proven protective winter wear for a warm Alaskan experience; call them at 353-7085.)

- Know your limits. Learn to ski and snowboard smoothly and in control - if not, inertia and gravity will soon remind you and they can be unforgiving. Stop before you become overly fatigued.

- Start off knowing the basic rules of the slope; know your Responsibility Code (written on a very large sign at the chairlift) and know your limitations and skill level as a skier or snowboarder.

One thing a new skier or snowboarder may not think of as a part of their outdoor ensemble is a helmet.

In a report from the 2009-2010 National Demographic Study done by the National Ski Areas Association more than 130,000 interviews across the United States were surveyed and the numbers showed that ski helmet use is on the rise.

The 2009-2010 ski season had shown that 57 percent of skiers and snowboarders wore helmets, compared to the 25 percent who were wearing helmets during the 2002-2003 ski season.

According to the LIDSONKIDS.org, a website developed by the National Ski Areas Association (NSAA) and other ski industry organizations to promote helmet use, wearing a helmet can help reduce head injuries by 30 to 50 percent; but don't let that

be a determining factor in wanting to take chances when snowboarding or skiing. The National Ski Patrol stresses that protection given from wearing a helmet has its limitations and should not be an excuse to try reckless or unsafe maneuvers; helmets have been shown to be considerably less effective when traveling more than 12 to 14 miles-per-hour during the occurrence of a serious head injury accident.

Being a responsible skier or snowboarder is the best way to get the most protection from a helmet.

At this time, there are no federal laws mandating the use of helmets among recreational skiers and snowboarders, in fact there aren't even any requirements from the U.S. Consumer Product Safety Commission, but there are standards when it comes to choosing a helmet.

When choosing a ski or snowboard helmet, look for a helmet that meets ski and snowboard helmet standards from either the American Society of Testing and Materials or the European Committee for Standardization. A label or sticker should be visible on the inside of the helmet to designate such a standard. For more information on sizing, fitting and the proper wearing of ski and snowboard helmets go to <http://www.lidsonkids.org/wp-content/uploads/2011/03/Burton-Reds-Fitting-Poster1.pdf>.

In December, the U.S. Army Alaska released a safety bulletin calling attention to the high numbers of snowboard and ski related injuries being experienced this season with 15 reported so far in USARAK.

A report from the U.S. Army Combat Readiness/Safety Center showed 175 Soldiers have been injured over the past five years due to ski and snowboard accidents, 95 of these injuries took place just within the last three years; and out of those past five years, USARAK has accounted for 54 percent of that total.

Being safe is a conscious effort. No matter what the event or occasion, enjoying the Alaskan winter is a goal worth pursuing safely.

Dozens of preventable cold weather injuries reported

Cindy Henley,
Public Health Nurse

"Baby, it's cold outside." While that is the name of a song written in the 1940s, it is also an everyday occurrence here in Alaska during the winter months. The kind of cold we experience here must be respected.

Cold weather should be an expectation for anyone who lives here, yet amazingly there are cold-weather-related injuries and fatalities every winter in Alaska.

So far this winter, Bassett Army Community Hospital has had 26 cold-weather injury reports.

There are many reasons that injuries happen, and while some are the result of true accidents, most can be prevented. Poor decision-making often leads to injury, and when the temperature is 40 below, it doesn't take long before a poor decision has life-altering consequences.

An absolute awareness of the seriousness of the medical threat has to become a way of life so we instinctively protect ourselves and look out for one another.

According to the U.S. Army Field Manual, one of the most difficult survival situations is a cold-weather scenario.

Some of the survival tips in the manual are common sense. For example, not only is it necessary to have the correct personal protective equipment, but knowing how to use it properly is critical.

For instance, making the mistake of not properly covering the head will result in loss of 40 to 45 percent of body heat. Unprotected neck, wrists & ankles can result in rapid heat loss as well because there is very little insulating fat in those areas.

Soldiers take a class on how to use the clothing system but seeing it donned one time in a classroom setting is not where the learning takes place. In the field, when it is really cold is when Soldiers truly learn how to wear protective gear correctly.

The phrase 'practice makes perfect' is often heard, but in fact, 'perfect practice, makes perfect.' This is why it is imperative that Soldiers out on a training assignment in the cold be shown how to properly wear their protective equipment and be corrected when it is used improperly.

Army regulations clearly put the burden of ensuring Soldier safety on commanders, but commanders cannot be everywhere at once. Commanders depend on experienced troops to help watch out for, and advise, the less experienced.

There are several key reminders that can help alleviate CWIs.

Wind chill, which increases the danger of cold temperatures, is defined as the effect of moving air on exposed flesh. Wind chill can become a factor in survival even on a windless day because wind can be generated by running, riding in a motorized vehicle with the hatch or window open, or rotary/propeller generated.

Exposing skin to metal surfaces can easily lead to frostbite. This fact is often remembered when it comes to hands, but often gets forgotten when it comes to activities such as shooting a gun. When it is really cold, a gun resting against a check can cause frostbite.

Alcohol is often a factor in CWIs. Being incapacitated by alcohol can lead to poor decision-making as well as lower the body's core temperature. After alcohol consumption, blood flows into the skin, making the body feel warm, but then leaves the body, rapidly decreasing body temperature.

When making decisions about cold weather activities, the acronym C-O-L-D can assist in preventing injury or death. "C" stands for keep clothing clean, "O" is avoid overheating, "L" is for wear clothing loose and in layers and "D" stands for keep clothing dry.

Most CWIs reported in the Army are diagnosed as frostbite. There are degrees of damage done by frostbite, and it is not unusual for the person to be permanently affected.

Stay safe from CWIs by being respectful of the Alaska winter and being prepared for the battle. It is imperative with the type of cold experienced here, that safety precautions are taken seriously.

The cold can be as dangerous as an enemy soldier, and should be treated as such.

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Dr. Martin Luther King Jr.
HOLIDAY

EVERYBODY
can be
great.
Because
ANYBODY
can
SERVE.
You only
need a
HEART
full of
A grace.
SOUL
generated
by LOVE.

The 1st Battalion, 52 Aviation Regiment will host the Dr. Martin Luther King, Jr. holiday observance at the Physical Fitness Center Jan. 16 at 1:30 p.m. Dr. Lawrence J. Ellison, former military chaplain and pilot will be the guest speaker.

Teaching an old dog new tricks

Allen Shaw,
Fort Wainwright PAO

It was a beautiful crisp winter day in the Interior. Although we are gaining daylight, the sun was setting about 3 p.m. Sunday and a blanket of clouds enveloped the sky. On the horizon there was a magnificent strip of blue, a spectacular view of the snow-capped Alaska Range and a bright, glowing orange ball slowly dipping behind the mountains. It was a picture-perfect postcard.

I sat on the southern slope of Birch Hill strapped to a snowboard. A Soldier, his spouse and I were at the Birch Hill Ski and Snowboard Area preparing for our first ever snowboard lesson.

Eric Tupper, recreation aide, ski and snowboard instructor for Fort Wainwright Directorate of Family, Morale, Welfare and Recreation prepped us for the experience.



Newbie is an endearing term snowboarders use for beginners and although I consider myself to be in pretty good shape (for an oldie), parts of my body were pretty sore the next day. Snowboarding requires a sense of adventure, an awareness of personal limitations and the common sense to wear a helmet. (Self portrait by Allen Shaw/Fort Wainwright PAO)

Tupper made sure we had all of our equipment. "Boots, check; board, check; hat, gloves, water resistant jacket and snow pants, check," he said, "and most important, a helmet, check."

The four of us strapped into the left binding and while keeping one foot free to push and slide the board, we made our way to the rope tow on the beginner slope. Some may call it the bunny hill.

I skateboarded as a youngster, surfed as a teen and have skied a few times and although I knew I would find the balance, I was still apprehensive. After all, I am 57-years old and as Tupper said, "the oldest student he's ever had." But this is something I've wanted to do for a long time and I was determined. Some may call it a "bucket list" item; my wife was just concerned it wasn't a break the bucket or even worse, a kick-the-bucket adventure.

Tupper went over some of the basics, emphasizing three main things: "Safety, safety, safety," he said. The intent of a beginner's lesson is to make sure a person can stand on the board on a slope by digging in the heel-edge or the toe-edge, depending on which way you are facing.

From there we learned how to slide down the hill, steer and come to a controlled stop. We learned J-turns and S-turns, and how to successfully traverse the terrain while avoiding obstacles. It is definitely one of those sports that look easier than it is.

Of course, anytime you learn to do an activity like snowboarding, you are going to fall. That's another important part of the lesson, learning how to fall without causing bodily injury.

I had a blast and after a couple runs was getting the hang of it. I'm not lying, I did catch a few wicked edges, made a nice face-plant, took a couple heavy blows to the rump roast and tumbled a dozen times, but I walked off the hill with a smile on my face.

I've been on the slopes before and watched people having a miserable time trying to teach themselves, so I highly recommend a lesson or two. Watch a few "how-to" videos and know what you're getting yourself into.

And, if you don't wear a helmet, no matter what skill level you may think you are, you are crazy. The helmet made my experience enjoyable, because although I knocked my melon on the hard-pack a couple times, I was able to get up, dust off and enjoy the



Family, Morale, Welfare and Recreation ski and snowboard instructor, Eric Tupper shows some basic moves during snowboard lessons at the Birch Hill Ski and Snowboard area, Sunday. For more information on lessons and fees call 353-9131. (Photo by Allen Shaw, Fort Wainwright PAO)

glide. I will be back and if I decide it's an activity I want to pursue, the first piece of equipment I will buy is an appropriate, albeit stylish, head protection.

The Birch Hill Ski and Snowboard area has many outstanding recreational opportunities for Soldiers and Family members and is open to

the Fairbanks community. The staff is friendly and helpful. The rental equipment is top-notch and FMWR is there to make everyone's experience safe and enjoyable.

For more information on operating hours or fees call 353-9131 and remember; they will loan you a helmet free of charge. Please use it.

Division championship weekend in the NFL: That's what I'm talking about

Allen Shaw,
Fort Wainwright PAO

It was a wild, Wild Card weekend for the National Football League and the battle for a spot in Super Bowl XLVII continues. It is now down to eight teams who will meet for the division championships.

The Houston Texans move on after beating the Cincinnati Bengals 19-13. Although the Texans had trouble finishing drives all game, settling for field goals in the first half, it was enough to take the win and advance. Houston running back Arian Foster became the first NFL player to have 100-yard games in each of his first playoff matchups. Foster carried the ball 32 times for 140

yards and scored the game's only offensive touchdown. The Bengals' Leon Hall snatched an interception from Texan quarterback Matt Schaub and returned it for a touchdown in the first half, but it wasn't enough. The Houston team travels to New England to meet the Patriots Sunday.

In the other American Football Conference game played, the Baltimore Ravens tamed the Indianapolis Colts with a 24-9 victory. The Raven defense seemed to be energized by the return of star linebacker Ray Lewis, who appeared in his final home game before retiring. Baltimore quarterback Joe Flacco passed for 282 yards and two touchdowns, as wide receiver Anquan Boldin

set a franchise record with five receptions, including a TD. The Ravens will travel to Denver to meet the Broncos for the division championship tomorrow.

After losing to the Minnesota Vikings Dec. 30, the Pack was back. A healthy Green Bay team defeated Minnesota 24-10 to claim a shot at the division championship. The Vikings, playing without regular quarterback Christian Potter who is suffering from an elbow injury, could never get on track. The Packer defense put relentless pressure on backup QB Joe Webb and contained all-star running back Adrian Peterson, shutting down the Viking offense. The Green Bay Packers will travel to

San Francisco to take on the 49ers tomorrow in a National Football Conference division match-up.

In the other NFC wild card game the Seattle Seahawks rallied to beat the Washington Redskins 24-14. Hawk running back Marshawn Lynch carried the ball for 132 yards and a touchdown, while rookie quarterback Russell Wilson completed 15 of 26 passes for 187 yards and a touchdown. Wilson also ran the ball eight times for 67 yards to help solidify the victory on the road. The Seahawks will now take on the top-seeded Atlanta Falcons in a battle of the birds Sunday.

As for the fabulous Fort Wainwright prognostica-

tors, A-Team went four-and-0 to stay on top, three ahead of the Jones Bros, who also went undefeated last week. Brain picked all winners and remains in the hunt only five games back. Bear is lurking in the fourth-place spot and BrowBrose Salsa is only three games behind him. Tate is only two games behind Salsa and it looks like Urbi has a solid lock on the caboose.

All the pickers are in it to win it, just for the fun of it and that's what I'm talking about.

Don't be shy, tell me who you think is going to battle for the Conference Championships and ultimately claim Super Bowl XLVII. Send your predictions and trash-talk to allen.l.shaw6.civ@mail.mil.

Prognosticators – football predictions for fun and braggin' rights



A-Team

(165W-78L-1T)

BAL @ DEN	DEN
SEA @ ATL	SEA
GB @ SF	SF
HOU @ NE	NE



Brain

(160W-83L-1T)

BAL @ DEN	DEN
SEA @ ATL	SEA
GB @ SF	GB
HOU @ NE	NE



Browbrose Salsa

(155W-88L-1T)

BAL @ DEN	DEN
SEA @ ATL	ATL
GB @ SF	GB
HOU @ NE	HOU



Bear

(158W-85L-1T)

BAL @ DEN	DEN
SEA @ ATL	SEA
GB @ SF	SF
HOU @ NE	NE



Urbi

(133W-110L-1T)

BAL @ DEN	DEN
SEA @ ATL	ATL
GB @ SF	SF
HOU @ NE	NE



Jones Bros

(162W-81L-1T)

BAL @ DEN	DEN
SEA @ ATL	SEA
GB @ SF	SF
HOU @ NE	NE



Tate

(153W-90L-1T)

BAL @ DEN	DEN
SEA @ ATL	ATL
GB @ SF	SF
HOU @ NE	NE

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FAIRBANKS ICE DOGS/ARCTIC

Friday – 11th

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

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

LUNCH BOX LESSONS: COPY CATS, 11:30 a.m., Last Frontier Community Activity Center, building 1044. Call 353-7713.

STORY HOUR AND CRAFTS: NATIONAL MINER'S DAY, 4 p.m., library, building 3700. Call 353-2642

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

Saturday – 12th

SNOWMACHINE SAFETY COURSE, 9 a.m., Outdoor Recreation Center, building 4050. Call 361-6349.

PARENT'S DAY OUT, 9 a.m., CDC I, building 4024. Call 353-7713.

COMMUNITY CPR AND FIRST AID CLASS, 9 a.m., Youth Center, building 4109. Call 353-7713.

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

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

EXPLORE THE LOCAL TRAILS, 11 a.m., Outdoor Recreation Center, building 4050. Cost is \$5. Call 361-6349.

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

SNOWMACHINE SAFETY COURSE, 1 p.m., Outdoor Recreation Center, building 4050. Call 361-6349.

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

TEXAS HOLD'EM TOURNAMENT, Registration starts at 6 p.m. and play begins at 7 p.m., The Warrior Zone, building 3205. Open to all DoD cardholders 18 and older. 353-1087.

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

Sunday – 13th

NFL DIVISION MATCH-UPS, 9 a.m., The Warrior Zone, building 3205. Open to DoD cardholders age 18 and older. Call 353-1087.

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

GOSPEL SERVICES, 1 p.m. Gospel Worship service, Bassett Army Community Hospital, third floor conference room, building 4076. Call 353-9825.

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

DOG-SLED RIDES, Birch Hill Ski Area, building 1172. Call 353-1998.

FAMILY SNOWMACHINE RUN, 1 p.m., Outdoor Recreation Center, building 4050. Cost is \$25. Call 361-6349.

Monday – 14th

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

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

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

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

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

BOUNCY HUT NIGHT, 5 to 7:30 p.m., Last Frontier Community Activity Center, building 1044. Ages 4 to 12. Call 353-7755.

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

Tuesday – 15th

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

LEAPS FOR LEARNING, 10:30 a.m., Murphy Hall Basement, building 1045. Call 353-7713.

FIT MAMA PREGNANCY GROUP, 11 a.m., Physical Fitness Center, building 3709. Call 353-7223.

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

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

FAMILY MOVIE NIGHT, 5:30 p.m., Last Frontier Community Activity Center, building 1044. Call 353-7755.

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

Wednesday - 16th

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

NEWCOMERS ORIENTATION, 9 a.m., Last Frontier Community Activity Center, building 1044. Call 353-4227.

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

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

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

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

Thursday – 17th

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

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

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

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

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

WICKED WING CHALLENGE II, 5 to 7 p.m., Nugget Lanes Bowling Center, building 3702. Call 353-4137.

ROMP AND STOMP PLAYGROUP, 9:30 to 11:30 a.m., Last Frontier Community Activity Center, building 1044. No Cost. Call 353-7372.

Friday –18th

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

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

STORY HOUR & CRAFTS: KID'S INVENTION DAY, 4 p.m., library, building 3700. No Cost. Call 353-2642

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

ICE CLIMBING, 7 a.m. to 6 p.m., Outdoor Recreation Center, building 4050. Cost is \$25. Call 361-6349.

BASKETBALL TOURNAMENT, 6 to 10 p.m., Youth Center, building 4109. No Cost. Call 353-5437.

Saturday- 19th

SINBAD COMEDY SHOW, 8 p.m., Warrior Zone, building 3205. No cost. Call 353-1087.

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

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

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

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

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

YOUTH SKI DAYS, three days (19 to 21), Birch Hill Ski/Snowboard Area, building 1172. Cost is \$120. Call 353-1998.

ANGEL CREEK OVERNIGHT TRIP, 8 a.m., Outdoor Recreation Center, building 4050. Cost is \$160. Call 361-6349.

Sunday – 20th

NFL CONFERENCE CHAMPIONSHIPS, 9 a.m., Warrior Zone, building 3205. Open to DoD card holders age 18 and older. Call 353-1087.

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

GOSPEL SERVICES, 1 p.m. Gospel Worship service, Bassett Army Community Hospital, third floor conference room, building 4076. Call 353-9825.

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

YOUTH SKI DAYS, three days (19-21), Birch Hill Ski/Snowboard Area, building 1172. Cost is \$120. Call 353-1998.

FAMILY HALF-DAY SKI, 1 to 3 p.m., Outdoor Recreation Center, building 4050. Cost is \$5. Call 361-6349.

Monday – 21st

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

ROMP AND STOMP PLAYGROUP, 9:30 to 11:30 a.m., Last Frontier Community Activity Center, building 1044. No Cost. Call 353-7372.

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

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

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

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

YOUTH SKI DAYS, three days (19-21), Birch Hill Ski/Snowboard Area, building 1172. Cost is \$120. Call 353-1998.

Tuesday – 22nd

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

FIT MAMA PREGNANCY GROUP, 11 a.m., Physical Fitness Center, building 3709. Call 353-7223.

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

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

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

BOUNCY HUT NIGHT, 5 p.m., Last Frontier Community Activity Center, building 1044. Call 353-7755.

Wednesday – 23rd

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

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

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FUND RAISERS

All fundraisers on Fort Wainwright require the approval of the garrison commander. Fundraisers need to be submitted a minimum of two weeks before the planned event. Fundraiser requests are to be submitted to Shenicia Askew at shenicia.askew.naf@mail.mil and a copy furnished to Cindy Blum at cynthia.a.blum.civ@mail.mil. For additional information please contact Blum via e-mail or at 353-7633.

MLK OBSERVANCE

The 1st Battalion, 52nd Aviation Regiment, 16th Combat Aviation Brigade will host the 2013 Fort Wainwright Dr. Martin Luther King Jr. holiday observance Wednesday, from 1:30 to 3 p.m. at the Physical Fitness Center on post. Everyone is invited to attend. Dr. Lawrence James Ellison will be the guest speaker. For more information contact Sergeant 1st Class Aretha Garrett at 353-9264.

DECA SCHOLARSHIPS

The Defense Commissary Agency Scholarships for Military Children Program is offering scholarships to qualified applicants. Scholarship awards will be based on available funds; however individual awards of at least \$1,500 are anticipated by DECA leaders. If there are no eligible applicants, the funds allotted will be forwarded to another installation. Applications are available through the local commissary or online at www.militaryscholar.org or www.commissaries.com. Application deadline is Feb. 22. For more information call Lorian McDonald at 353-7310.

TAX CENTER

The Fort Wainwright Tax Center is scheduled to open Jan. 23. Active-duty, mobilized Reserve, retirees and the Family members of these sponsors who have simple personal income tax returns are eligible for tax assistance service. Returns may be filed electronically whether you are getting a refund or you owe taxes. Only taxes prepared by a Fort Wainwright Tax Assistance Center staff member can be electronically filed at the Tax Assistance Center. The Tax Assistance Center is located in building 1051-9 near the law center on the north side of Fort Wainwright. Walk-in customers are welcome, but customers with appointments take priority. For more information or to schedule an appointment call 353-6534.

SCREAM-FREE RELATIONSHIPS

Army Community Service will bring two highly acclaimed seminars to post, for couples and for Military Families with children. ScreamFree Parenting will take place Jan. 29 and ScreamFree Marriage takes place Jan. 30. The separate sessions take place from 5:30 to 7:30 p.m. A free dinner will be served and free childcare will be available during the presentations. Both are principle-based approaches using humor and inspiring couples and parents to truly revolutionize their Families. Moving beyond many of the child-centered, technique-based approaches, the ScreamFree way compels the individual to focus on growing up and calming down. Rather than reacting out of fear, staying both calm and connected helps marital and parent-child relationships grow out of the highest principles, revolutionizing relationships in the process, according to the literature by speaker Hal Edward Runkel, the creator of the ScreamFree Marriage program. Callers who register in advance will receive free books or DVDs while supplies last. Register with ACS by calling the Family Advocacy Program manager at 353-7317.

ABUSE HOTLINE NUMBER

The Victim Advocate Program is available 24/7. Domestic violence reports may be made anonymously or by name anytime, call 799-9770. In case of emergency, dial 911. The Family Advocacy Program manager at Army Community Service, building 3401, is available to answer questions about the Victim Advocate Program. For the FAP, call 353-7317.

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? Army Community Service is offering train-the-trainer classes so unit sponsor trainers can take the information back to their organization and teach their Soldiers. Unit requests may be made by calling the Relocation Program manager at 353-7908.

LEGAL NOTICES

Anyone having claims against or who is indebted to the estate of Sgt. Shawn Dugan, Distribution Company, 25th Brigade Support Battalion, 1st Stryker Brigade Combat Team, 25th Infantry Division, may contact 2nd Lt. Daniel Brownlee, Distribution Company, 25th BSB, Fort Wainwright, Alaska 99703 or call 353-1774.

Anyone having claims against or who is indebted to the estate of Pfc. Grant W. Wise of B Company, 3rd Battalion, 509th Parachute Infantry Regiment, may contact 1st Lt. Jeffrey Russell, B Co., 3-509th Infantry Regiment, 4th Brigade Combat Team (Airborne), 25th Infantry Division, Fort Richardson, Alaska 99505, phone (907) 887-1306.

REMOVE ICE, SNOW

The Fort Wainwright Fire Department would like to remind everyone to please keep fire hydrants visible and accessible during the winter months. Soldiers, Families and civilian employees can help by keeping snow cleared at least three feet around fire hydrants. Please also keep a path clear from the hydrant to the road. This can help firefighters quickly find and use the fire hydrant to fight a fire, which can save precious time to save lives and property. Keep the sidewalks and entries clear of excess snow. All exit doors, mechanical room doors, sprinkler and standpipe connections should be kept free of snow and ice. Continued diligence will improve the fire department's access to the building and fire suppression systems in the event of a fire or medical emergency. Thank you for your assistance. If you have an emergency - police, fire or medical - remember to dial 911. Have a warm and safe winter.

WINTER GEAR

The Armed Services YMCA Thrift Store stock changes daily. The store is located in building 1031 at the corner of 102nd and Chestnut in north post housing. For more information call 356-1211.

LOCKOUT AND TOWING SERVICE

Whether locked out or the vehicle needs towing, the Automotive Skills Center is available 24-hours a day. For towing and lock-out service, call 590-1716. For assistance with do-it-yourself auto care and winterization call 353-7436.

FOR YOUR HEALTH CLASSES

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

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.myarmyonesource.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.

BUCK-A-RIDE

The Armed Services YMCA Y on Wheels shuttle service provides rides anywhere on post for \$1. Schedule your ride Monday through Friday from 7 a.m. to 8 p.m., with last pickup at 7:30 p.m. Door-to-door pick-up and delivery. Children 5 and younger ride free. All children must be accompanied by an adult. Call 353-3733.

MILITARY DISCOUNTS

The ASYMCA offers discount hockey tickets for the home games in the Fairbanks Big Dipper arena, home of the Ice Dogs. ASYMCA sells tickets at their Fort Wainwright office, 1047-4 Nysteen Road. For more information, call 353-5962.

Fort Wainwright PAO website:
www.wainwright.mil

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PRE-RETIREMENT BRIEFING

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

APPLY FOR FEDERAL JOBS

The Army Career and Alumni Program staff will share information about how to apply for federal jobs with the Department of the Army and with other agencies, completing applications and how to use the U.S. Office of Personnel Management website to search for federal positions at www.usajobs.gov.

BIRCH HILL SKI AND SNOWBOARD AREA

The Birch Hill Ski and Snowboard Area is open. The lift will close when temperatures are 20-below or colder for safety reasons. Regular rates: Family pass, \$525; adult pass \$250 and youth pass, 17 and younger, \$195. More information can be found on their Facebook page, search *BirchHillFW*.

SKATING SEASON

The Fort Wainwright indoor ice rink is located in the Physical Fitness Center. Open skating sessions take place 5:30 to 7:45 p.m. Fridays and 1:30 to 4 p.m. Saturdays and Sundays. Lunchtime open skate is available Mondays and Wednesdays from 11:30 a.m. to 1 p.m. Tuesday and Thursdays the lunch hour is reserved for hockey. Special hours and programs are planned during student break. Call 353-7223 for more information. Rates are posted at www.ftwainwright-fmwr.com.

PROTESTANT WOMEN OF THE CHAPEL

The Protestant Women of the Chapel meets Thursdays from 9:30 to 11:30 a.m. at Northern Lights Chapel, building 3430. Join PWOC ladies for food and fellowship. Childcare and a home-school room is available. PWOC also meets for an evening Bible study Wednesdays along with a spaghetti dinner starting at 5:30 p.m. at Northern Lights Chapel. For more information go to Facebook and search PWOC Fort Wainwright or email at wainwright@pwoc.org.

HOUSING ALERT

Are you on the waiting list for post housing? If your phone number, email address or lease end date changes, contact North Haven Communities at (907) 356-7000 (press 3, then 1) to update your status.

OFFICIAL INFORMATION

Fort Wainwright's official Facebook page for installation news - like changes to road conditions and reporting status - and events can be found at www.facebook.com/FortWainwrightPAO. It is also a great place to ask questions and get answers.

EASY PROFILE UPDATES

MilConnect is a website provided by the Defense Manpower Data Center that allows sponsors, spouses and their adult children to access information regarding their personal information, health care eligibility, personnel records, and other information from a centralized location. Update addresses, phone numbers on DEERS record by signing into, choosing "My Profile Information" and clicking "Update Address." Scroll to the bottom and click "Submit" to add or update any of your contact information at the DMDC site: <https://www.dmdc.osd.mil/milconnect>.



ARE YOU A VICTIM OF OR WITNESS TO ABUSE?

CALL 799-9770
(no name required)

Help is available 24/7

Answering the call



This week 16th Combat Aviation Brigade (Alaska), 1st Battalion, 52nd Aviation Regiment, was called upon to support the civilian operations as well as military after the Royal Dutch Shell Arctic drilling rig Kulluk Salvage was hit with a storm New Year's Eve forcing it onto an Alaska island and causing a power outage. The Kulluk is a circular drill barge that does not have propulsion, and needed heavy equipment to restore operational power. Sling load operations with Chinooks moved 16,000 pounds of equipment to the stranded oil rig. (Photo by U.S. Air Force Staff Sgt. Aaron M. Johnson/Joint Base Elmendorf Richardson)

Seconds count during an emergency

Sarah Chapman, Fort Wainwright Fire Department

Imagine your home burning down while the fire department stands by unable to put the fire out because the hydrant cannot be found. That is a common problem in winter months due to snow and ice build-up. Making it worse is the snow plow coming through and pushing all the snow to the side of the road, frequently burying the hydrants.

The garrison regulation about fire prevention and protection states that commanders, functional managers, directors, heads of activities and contractors will appoint a building manager. Part of the building manager's responsibilities are to clear snow, ice and other obstructions from exits, fire hydrants, sprinkler or standpipe connections and mechanical-room doors. By doing so, the fire department's

access to the building and fire-suppression systems are improved. Building managers should report all hazardous conditions that cannot be immediately corrected to the Fire Prevention Office at 353-9140.

When clearing the area around the hydrant, clear a path from it to the road, and clear an area of about three feet all around the hydrant.

All entrance and exit doors should be fully operational. If doors

will not open fully, submit a work order immediately by calling 361-7069. In occupied buildings, doors should not be locked or chained from the inside for any reason.

When a fire alarm sounds, everyone should immediately exit the building using the nearest exit. Parents dropping off children at school or child care centers are reminded to use the nearest exit door and not exit out the front door. All occupants should report to the designated

meeting place for accountability. Accountability of all occupants in a timely manner is important and allows fire department personnel to quickly determine priorities and tactics during a fire emergency.

The Fort Wainwright Fire Department can better serve you if you follow these few basic guidelines. If you have questions about fire safety, please contact the fire department at 353-9140. For emergencies, always call 911.

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AK POST FILLER/SPELL
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