



Bear Necessities

A monthly publication highlighting Fort Wainwright MWR community news

October/November 2004

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Taking a Walk

Through the trees and around the fields of the Fort Wainwright community ran the 5K Fun Walk. Over 90 men, women and children walked this flat and fast course during the first Child & Youth Services and National Kids Day 5K Fun Walk. There were official water breaks every mile where all participants got their walk card

Fun Walk



Cheyenne Mitchell sprints ahead of her mother, Sandra Mitchell, during the first Child & Youth Services and National Kids Day 5k Fun Walk on Fort Wainwright.



Xavier Richardson takes part in the Punt, Pass & Kick competition on Fort Wainwright this summer.

-see page 3

stamped, to prove they had passed that mile, in order to get their medallion at the finish.

The walk began at the Youth Center on Neely Road at 9am and had on-going registration till about 1pm. Even at noon, families were heading out to finish the course. The idea for the walk came from the staff at the Youth Center and according to John Shulski, the Youth Services Director, "Over the past few years Youth Services has put on a cook out for National Kids Day, a Boys & Girls Club event"

-see Walk continued on page 2

Walk

-continued from page 1

that celebrates and honors children through the gift of meaningful time spent between adults and children that both consider engaging, important, and enjoyable. "I thought of a different direction to take this year," explained Shulski, "and I had staff members say they would like to do a walk." The walk is similar to a volksmarch, a non-competitive 10K walk that you do with your family, your pet, or all by yourself. Volksmarching got its name from its origins in Europe. "My dad was prior military," continued Shulski, "and we lived in Germany. Every time there was a volksmarch we went to it, so this is old hat for me. I have never planned one, but I thought this would be a good opportunity to do it."

The route was prepared by Shulski and Laura Madden, the Youth Services Sports & Fitness Director. "A couple of weeks ago we drove around and came up with some ideas, grabbed a map, and tried to figure out where we could make a 5K happen. We got into the truck and just started driving and clocking off miles, and when we got to the school (the route looped around Arctic Light Elementary School) I jumped out and used a foot wheel to clock off miles down the bike path."

The community members were very supportive of the walk as well, and were eager to use the 3.2 mile course markings for their own



Madison Kelsey finishes her water break at the mile 2 water stop. Her father Michael and brother Brandon are in the background.



Sandra Mitchell with her children and friends march along under a beautiful Alaskan summer day during the 5k Fun Walk.

walks around the community. "It was a really positive thing," explained Shulski, "when we got back into some of the communities (when marking off the course), the people were excited about the walk, and said they didn't know we did things like that here."

Youth Services would like to make the Walk an annual event, and perhaps even turn it into a volksmarch. "I think alot of military families associate volksmarches with Germany, and know what they are getting involved with, whereas alot of parent's were not sure what a fun walk was," said Shulski. "And there have been some people come through the water station (manned by Shulski at mile 2) that have told me, 'Oh, this is like a volksmarch'. That is the concept we were trying to go for."

The Army Family Action Plan

The purpose of the Army Family Action Plan (AFAP) is to help our Soldiers, family members (including our youth), retirees, guard, reserve, and DA civilians to be the voice of America's Army, to assist Army leadership in reshaping the Army, and to find ways to improve each community. AFAP is a grass roots program that asks for your input to help improve family programs, benefits, and entitlements which come from all areas of the Army family. The annual AFAP conference is held at Fort Wainwright in October. If you have ever said or heard someone say "if the Army would just do this..." then AFAP is the place for you. Take a minute to fill out an AFAP input form. This form will be brought before the delegates at the local AFAP conference on the 19th and 20th of October. If you would like to submit an issue, volunteer to become a delegate, or just have questions please give the AFAP Program Manager a call at 353-2382 or contact her by e-mail at Malissa.Coy@wainwright.army.mil.

-submitted by Malissa Coy, ACS

Bear Necessities

A monthly publication of the Fort Wainwright MWR Marketing Program

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Holiday Cheer Coming Your Way!

The 10th annual **Post Christmas Party** will follow the official Fort Wainwright Tree Lighting Ceremony on Dec 3rd at the Physical Fitness Center. The party will feature Santa and a wide variety of free activities for children of all ages and their parents.

Don't miss this year's **Holiday Ball!** It will be held at the Last Frontier Club on Fort Wainwright on the 21st of December.

Watch for more details on both these events in the Alaska Post and on the Main Gate marquee.

Punt, Pass & Kick!

Child & Youth Services (CYS) held its first NFL Pepsi Punt, Pass & Kick (PPK) competition this summer on Fort Wainwright. This program is held across America every year, with more than 3 million kids taking part in it. The program allows kids aged 8-15 to compete separated against their peers in punting, passing and kicking contests. Their scores are based on accuracy and distance.



Kody Kelley from Eielson Air Force Base participates in Fort Wainwright's PPK competition.

Most of the kids that competed placed first in their division and are now set to compete against their Fairbanks and Nenana peers in the sectional competition this fall. "The first place finishers in each age division

at the sectional competition will have their scores compared to all other sectional first place finishers around Alaska," explained Laura Madden, the CYS Sports & Fitness Director in charge of the competition. "Once the scores are tallied, the participants with the highest score in each age division will then represent Alaska at the NFL Team Championship Level held at the Seattle Seahawks game this fall."

Kids came from as far away as Eielson Air Force Base to



Xavier Richardson lines up to pass the football in the local PPK competition on Fort Wainwright.



Erin Graves prepares to kick the ball during the NFL Punt, Pass & Kick competition.

compete in this competition, but the turnout was still low. "I plan on making PPK an annual event," said Madden. "This year we had a low turnout, but I believe that with each year we will be able to grow and reach more kids in the area."

Intimate Partner Violence

Over the course of the past three years, we have lived in a society filled with fear – fear of flying, fear of war, and fear of death. There is nothing wrong with having these fears. They are a common reaction to life's events.

The fear that is not okay to live with, however, is a fear that grips millions of people worldwide regardless of socio-economic status, educational background, ethnicity and gender. This fear is known as Intimate Partner Violence (IPV). IPV is violence that occurs between two people having an intimate relationship. Statistics show that approximately 1.5 million women and 834,700 men are raped and/or physically assaulted by an intimate partner each year.

Violence includes slapping, hitting, name calling, belittling, scratching, shoving, controlling friends/activities/finances, forcing sexual intercourse, verbal threats, making threats in front of and about the children, and much more.

Violence or accepting to live with violence in any way, shape or form is not okay. It must be prevented. How does one prevent these acts? You can help prevent it by educating yourself and understanding that it is NOT OKAY to be abused, understanding that you have done nothing wrong, and understanding that it is NOT your fault. Know that you and the perpetrator can be helped. Know that someone does care. Even if you feel that no one cares, know that I CARE.

I am here to help you get out of an abusive relationship. If you live with any of the things described in this article, CALL ME. I am here to empower you.

For more information on how to protect yourself from Intimate Partner Violence, call the Victim Advocate, Denise Mitchell at 353-4202.

-submitted by Denise Mitchell, ACS

GET OUT THERE!

Events on Post

BET Comic Review

Specifics: 1 & 2 October from 7-10pm @ the Last Frontier Club. Cost is \$25 in advance and \$30 at door. Comics include Dexter Angry, BJ Safari, WWBC & Lady T. All comedians have appeared on BET's long running Comic View, movies and various comedy shows on both national & international levels. There is also an after party at the Arctic Oasis (*free to ticket holders*). Comedians will host the after party while signing autographs and taking pictures. Contact: 353-1085

New Steak & Shrimp Night

Specifics: Every Thursday @ the Arctic Oasis from 6-9pm, in conjunction with movie night (free at 7pm). Cost for dinner is \$13 and includes top sirloin, fried shrimp, boil & peel shrimp, baked potato and salad. Contact: 353-1085

FRG Key Caller Training

Specifics: 7 October & 2 November from either 9:30-11am or 6-7:30pm @ the Welcome Center, room 117. Call 353-4332/4331 to register.

Skeet Range Food Shoots

Specifics: 24 October and 13 November at the Skeet Range near Birch Hill. Starts @ 11am. Entry fee is \$10 worth of food products or \$10 donation to the Food Bank. Contact 353-7869

wakingNorman

Specifics: 29 October, 8-10pm @ the Arctic Oasis. A gleeful blend of jam band sounds with a professional edge inspiring jam band music. The lead singer sounds a lot like that of Creed, and the lyrics are uplifting and honest. What makes this band sparkle is the violin, sort of a Boyd Tinsley aspect going on here with a classical undertone. Visit their website at: www.wakingnorman.com Contact 353-1085

Album Release Party

Specifics: For SSG Robert Bright. Date/venue: 30 October @ the Arctic Oasis. Call for time and entry fees. Contact 353-1085.

OSC Holly Days Bazaar

Specifics: 5-6 Nov @ hangars 2 & 3, times vary. Cost is \$3/children under 12 free. Contact 388-8977/978-0910

Vasti Jackson

Specifics: 12 November at the Arctic Oasis @ 9pm. Guitarist, songwriter and producer Vasti Jackson has appeared in several feature films, a documentary and a TV show, co-produced a Grammy-nominated album, and worked as a session man and road musician for numerous artists. Jackson also performs with his own band and as a solo acoustic act, and recently stepped up front with a new CD, *No Border to the Blues*, that might be seen as a distillation of all the work he's accomplished to date. Visit his website at: www.vastijackson.com Contact 353-1085

American Education Week

Specifics: 14-20 November @ the Education Center. The Army's theme of *Educating the American Soldier-Guardians of the American* will coincide with the national theme of *Celebrating the American Dream*. Call 353-7486

Post Christmas Party (*heads up!*)

Specifics: 3 December @ the Physical Fitness Center. The 10th annual **Post Christmas Party** will follow the official Fort Wainwright Tree Lighting Ceremony and will feature Santa and a wide variety of free activities for children of all ages and their parents. Call 353-7274

Holiday Ball (*heads up!*)

Specifics: 21 December @ the Last Frontier Club. More details to follow! Call 353-6683

Events in Fairbanks

Running Events

Specifics: 2 Oct *It Ain't Easy Hill Run*, 5 or 10.8 miles, meets 10am @ Dog Musher's Hall; 9 Oct *Two Street Station Cookie Challenge*, 6.5 miles, meets 10am @ UAF Patty Center; 30 Oct *Halloween Family Fun Run*, 2 or 10 miles, meets 10am @ UAF Patty Center; 6 Nov *Exciting Run*, 6 miles, meets 10am @ Birch Hill Recreation Area; and 20 Nov *Turkey Trot*, 6k, meets 10am @ UAF Patty Center. Contact: www.runningclubnorth.org

UAF Student Drama Plays

Specifics: 8-16 October @ the UAF Lee Salisbury Theatre, times vary - **Winter Shorts** including *Trifles & Reliquary*; 12-21 November @ UAF Lee Salisbury Theatre, times vary - *Taming of the Shrew* - Shakespeare play of a beggar who finds himself mysteriously in power in a rich man's world. Contact 474-6590

International Sled Dog Symposium

Specifics: 8-10 October @ Pioneer Park. Workshops/presentations of sled dog mushing & skijoring topics including dog care, training & equipment. Also a trade fair & vendors. Contact 457-MUSH

Fairbanks Symphony Concerts

Specifics: 10 Oct @ UAF Davis Hall - *Benefit Concert with violinist Midori*; 28 Oct @ UAF Davis Hall - *pianist Eduard Zilberkant*; 31 Oct @ UAF Davis Hall - *Fairbanks Symphony with pianist Eduard Zilberkant*; and 15 Nov @ Edgewater Ballroom, Princess Lodge - *Fairbanks Symphony Ball*. Contact 474-5733

FRA Night of Comedy

Specifics: 14 October @ Westmark Gold Room, 7:30pm. Cost is \$25. The Fairbanks Resource Agency presents Valdez & O'Brien for a night of comedy in celebration of Disability Employment Awareness Month. Contact 456-8901

International Friendship Day

Specifics: 16 October @ Pioneer Park, varying times. Stage performances, ethnic food booths & informational tables. Contact 455-7756

UAF Museum Events

Specifics: 21 October, 7pm: Return of the Caribou lecture. Free! 10 November, 7pm: A Northern Adventure: The Art of Fred Machetanz lecture/book signing. Free! Contact: 474-7505

Athabaskan Fiddler's Festival

Specifics: 3-6 November, location TBA. Native musicians gather in fairbanks for a celebration highlighting Indian, Scottish, Orcadian & French Canadian fiddling music. Contact 452-1825

Holiday Marketplace Events

Specifics: 6-7 Nov @ the UAF Wood Center from 10am-4pm - draws artisans/crafters from all over Alaska, contact 456-4009; 12-13 November @ the Carlson Center - draws over 150 vendors in this one-stop Christmas shopping extravaganza. Contact www.fairbanksevents.com

Alaska Bird Observatory

Specifics: 13 November, Noon: Feathered Tales from Around the World talk. Learn about birds in human cultures from around the world through stories & crafts. Cost is \$2-3 per child. Contact: www.alaskabird.org

BP Top of the World Classic

Specifics: 18-21 November @ the Carlson Center. Hosted by the UAF Nanooks, these Division I basketball teams from top universities across the country compete in the 4 day tournament. Contact www.towc.org

Rookie Curling Spiel

Specifics: 27-28 Nov (22 Nov sign up deadline) @ the Fairbanks Curling Club. Have fun, make friends & learn about curling in this 2-day event. Sign up as an individual or a team. Equipment/instruction provided. Contact 452-CURL

Family Services/Arts



Youth Services Winter programs

Hours

Mon-Thur 2:30-8pm
Fri 2:30-11pm
Sat 10am-11pm

Standard Programs

Program Name	Day/Time
BGCA SMART Boys	Thurs 5-6pm
BGCA SMART Girls	Thurs 5-6pm
4H Fine Arts Club	Mon 5-6pm
4H Photography Club	Wed (1st & 3rd) 7-8pm
4H Technology Club/BGCA Tech Club	Wed (2nd) 5-6pm
Keystone Club/4H Citizenship Club	Tues (2nd & 4th) 5-6pm
Power Hour	Mon-Thurs 3-4:30pm (Grade 9+) 4:30-6pm (Grade 7/8)
3 on 3 Basketball	Fri 7-10pm
Torch Club/4H Citizenship Club	Tues (1st & 3rd) 5-6pm

All youth must be registered within the Child & Youth Services program to participate in drop-in services, daily and sports programs. Visit Central Registration, Bldg 4176, during normal business hours to complete the process. Annual registration fee is \$18 per child, up to \$40 per family. Our partners at Central Registration also handles all sports registrations. Youth Services is located at Bldg 4109 Neely Rd. Call us at 353-KIDS for questions on any of our programs.

Team Sports Programs

Program Name	Registration Dates	Season Runs	Sports Fee
Roller Hockey, Youth 5-18 years	Dec 8-12	Jan 5-March 12	1st/2nd Child \$50/\$40
Indoor Soccer, Youth 5-18 years	March 1-5	March 22- May 14	\$30/\$24
Baseball/T-Ball, Youth 5 - 18 years	May 3-7	May 24-July 16	\$35/\$28
Outdoor Soccer, Youth 5-18 years	July 12-16	Aug 2-Sept 24	\$30/\$24
Basketball, Youth 5-18 years	Sept 13-17	Oct 4-Dec 3	\$35/\$28
Cheerleading, Youth 5-18 years	Sept 13-17	Oct 4-Dec 3	\$35/\$28



Upcoming Classes

- Horseback Riding**, *limited space*
 Registration ends **15 Oct**
 Starts **23 Oct** Cost is **\$250**
- Driver's Education**
 Registration ends **29 Oct**, *must be at least 14, with permit*
 Starts **1 Nov** Cost is **\$350**
- Print Making**
 Registration ends **29 Oct**
 Starts **8 Nov** Cost is **\$50**
- Clay & Ceramics**
 Registration ends **30 Nov**
 Starts **1 Dec** Cost is **\$50**

Watch for upcoming Gymnastics & Piano classes

Call 353-7713 or 353-3218 for registration info

October Art Classes

Free orientation classes:
Woodshop Sun 10am
Framing Mon 6pm

Fee classes:
Creative Stamping/Scrapbooking
 23 Oct, \$5 plus materials
 call for time

Arts & Crafts Hours
 Mon-Wed Noon-9pm
 Sat-Sun 9am-6pm

Call 353-7525 for more info
 Bldg 3727, Neely Rd

Education Services/ACS



Army Education

New Terms

The University of Alaska Anchorage will have a new term starting on October 26 and will run through December 21. UAA will offer the following classes: BA S151 *Introduction to Business* on Monday and Wednesday from 6:30-9:30pm, Hist A132 *History of US II* on Tuesday and Thursday from 6:30-9:30pm. Additionally, UAA will offer the following weekend seminars (Sat & Sun from 8am – 5pm): Art A261 *History of World Art* (11/20-21, 11/27-28, 12/4-5), PS A102 *Intro to Political Science* (10/16-17, 10/23-24, 11/6-7), and Comm A111 *Fundamentals of Oral Communication* (days to be announced).

Central Texas College will also have an eight week term that starts on October 25 and will run through December 18. Classes are to be determined.

New Site Director

Embry-Riddle Aeronautical University (ERAU) has a new site director here at Fort Wainwright. His name is Larry Paskoff. Former site director Michelle Slover will still be working for ERAU part-time until her PCS to Fort Richardson in March 2005. Good luck Michelle.

Reserve Officers' Training Course

There are various opportunities for service members to apply for the Reserve Officers' Training Course (ROTC). Service members have available to them: the Active Duty Option Program; the ROTC Green-To-Gold Hip-Pocket Scholarship program; two, three, and four-year scholarship programs; and the two-year non-scholarship program. If service members are interested in any of the ROTC programs, they should expect to attend an ROTC briefing held the first Wednesday of every month (subject to change) at 4pm. This is not a mandatory briefing, but it is highly encouraged that all interested service members attend. For additional information, please call Major John Woyte, University of Alaska Fairbanks ROTC Program, at 474-6852.

American Education Week

American Education Week (AEW) is fast approaching. November 14 – 20 are the scheduled dates. This will be the 20th year that the Army has supported AEW. The Army's theme of "Educating the American Soldier – Guardians of the American Dream!" will coincide with the national theme of "Celebrating the American Dream." Look for more information as AEW approaches.

Tuition Assistance

The new fiscal year starts October 1st. All service members will have \$4500 starting on that date to use in Tuition Assistance (TA) for the year. Please keep in mind that the use of TA is subject to congress approving educational funding so TA amounts are not guaranteed.



October is National Domestic Violence Awareness Month
It takes a community to prevent violence.

Call Family Advocacy at 353-7317 or the Victim Advocate at 353-4202 for more info

ACS

Financial Readiness Classes

Financing Your Move.... 5 Oct, 4-5pm; 19 Oct, 1:30-2:30pm; 2 & 18 Nov, 1:30-2:30pm

Personal Financial Readiness....
6 Oct & 3 Nov, 6:30-8:30pm

Checkbook Management.... 8 Oct & 22 Nov, 9-10:30am

Banking/Credit Union Services....
9 Oct & 13 Nov, 10-11am

Consumer Skills.... 13 Oct & 23 Nov, 11:45am-12:45pm

Saving/Investing.... 18 Oct & 12 Nov, 9-10:30am

1st Term Soldier Financial Brief...
20 Oct & 24 Nov, 9am-4:30pm

Debt Management.... 21 Oct & 4 Nov, 6:30-7:30pm

Budget Management.... 22 Oct & 1 Nov, 9-10am

Credit Management.... 25 Oct & 15 Nov, 9-10:30am

Understanding Insurance.... 30 Oct & 27 Nov, 10-11am

Call 353-7438

KEY CALLER TRAINING!

Dates	Times
Oct 7	9:30-11am & 6-7:30pm
Nov 2	9:30-11am & 6-7:30pm
Dec 1	6-7:30pm
Dec 2	9:30-11am



FRG Key Caller training will be held at the Welcome Center, BLDG 3401, Santiago Ave. Call 353-4332/4331 to register.

Army Family Team Building Classes

Boot Camp for Spouses (Level 1)

Help yourself get a leg up on Army lingo & learn about the Chain of Command, terms, acronyms & much more!

⇒ **16-18 Oct from 6-9pm**
OR 8-9 Nov from 9am-2:30pm

Professional Development (Level 3)

Designed for those who want to enhance their professional growth & leadership skills.

⇒ **4-6 Oct from 9am-2:30pm**
OR 25-28 Oct from 6-9pm

We can teach at your unit, FRG & on weekends! Call 353-AFTB to reserve a spot today or for more info!

Sponsor Coordinator Training



Want to run an effective unit level sponsorship program? Our program will teach you the skills, to include writing a welcome letter & handling the newcomer's relocation and in-processing. Training can be arranged at your location or at Army Community Service, Building 3401 on Santiago Ave.

Call 353-7908/4333 to schedule a class today.



Parenting & Healthy Lifeskill Classes

Parenting Topics

- Nov 16 (9am-4pm) **Making Parenting a Pleasure:** Learn practical stress management & communication skills, gain understanding of your children, learn effective parenting skills & positive approaches to discipline.
- Nov 12 (1:30-3pm) **Child-Proofing Your Home:** Learn techniques/skills to make your home safer for your little ones.
- Oct 12 & Nov 30 (11am-1pm) **Discipline:** Learn new & age appropriate discipline techniques to use in your home.

Other Topics

- Oct 5 & 6 (9am-Noon) **Anger Management:** Learn techniques & skills to change old anger habits into new positive alternatives.
- Oct 7 (1-3:30pm) **Stress Management:** Explore ideas & techniques for making a personal stress management plan.
- Oct 12 (6-9pm) **Dealing with Conflict:** Learn techniques & skills on how to deal with conflict.
- Oct 13 (2-4pm) **Enhancing your Self-Esteem:** Learn techniques & skills to help build your self-esteem.
- Oct 14 (1-4pm) **Healthy Communication:** Explore healthy communication options to build stronger relationships.
- Nov 3 (1-4pm) **Anger Management:** Learn techniques & skills to change old anger habits into new positive alternatives.
- Nov 4 (1-4pm) **Anger Management:** Learn techniques & skills to change old anger habits into new positive alternatives.
- Nov 5 (2-4pm) **Stress Management:** Explore ideas & techniques for making a personal stress management plan.
- Nov 6 (9am-Noon) **Dealing with Conflict:** Learn techniques & skills on how to deal with conflict.
- Nov 9 (1-4pm) **Healthy Communication:** Explore healthy communication options to build stronger relationships.
- Nov 17 (9am-Noon) **How to Recognize Post Traumatic Stress Disorder:** Learn techniques to deal with PTSD.
- Nov 29 (1-3pm) **Enhancing your Self-Esteem:** Learn techniques & skills to help build your self-esteem.

Oct/Nov Schedule

Clubs/Skeet

Special AFE Events!



wakingNorman

DATE: 29 October
PLACE: Arctic Oasis
TIME: 8-10pm

Free AFE show! wakingNorman is a gleeful blend of jam band sounds with a professional edge inspiring jam band music. www.wakingnorman.com



Vasti Jackson

DATE: 12 November
PLACE: Arctic Oasis
TIME: 9pm

Free AFE show! R&B guitarist, songwriter & producer Vasti Jackson has appeared in several feature films, a documentary and a TV show, and co-produced a Grammy-nominated album. www.vastijackson.com

Arctic Oasis Events

Winter hours: Mon & Thurs 4-10pm, Fri-Sat 7pm-3am and Sun 8am-4pm.

-  **Hip Hop Night** - by Lites Out Entertainment on **16 Oct** from 10pm-3am
-  **Album Release Party** - for SSG Robert Bright on **30 Oct**. Call for fee.
-  **A Night of R & B/Hip Hop** every Friday from 10pm-3am, \$5.
15 Oct show hosted by Show Stoppas
-  **Sunday Morning Football** - Doors open at 8am.
-  **Monday Night Football** - From 4-10pm, with free hot dogs!

Thursday's Movie & Dinner Night



Movies are free and start at 7pm. Call for 353-1085 for movie info.

Dinner is **Steak & Shrimp Night** from 6-9pm. Cost is \$13 & includes Top Sirloin, Boil & Peel Shrimp, Fried Shrimp, Baked Potato, and Salad.

***Look for the new 12 X 15 foot screen where movies will soon be played in the Arctic Oasis! ***

Last Frontier Club Event

Black Entertainment Comic Review on 1 & 2 Oct from 7-10pm includes comics Dexter Angry, BJ Safari, Lady T & WWBC!
Cost is \$25.00 in advance, \$30.00 at the door . If you purchase a ticket, the after party at the Arctic Oasis is free. Comedians will host the after party while signing autographs & taking pictures.



Lady T

Call 353-1085 for more info on all programs

Skeet & Trap Range

The Skeet and Trap Range is located next to the Birch Hill Ski & Snowboard Area. It features 3 skeet ranges, 1 trap range and 1 5-stand.

Upcoming Shoots: 9 Oct, 11am **Fun Shoot** (shoot for turkeys or other meats. Cost depends on cost of meat).
24 Oct, 11am **Food Shoot** (entry fee is \$10 or \$10 worth of food).
13 Nov, 11am **Food Shoot**
21 Nov, 11am **Fun Shoot**

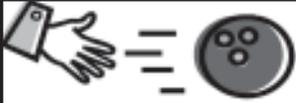
Hours: Tues & Wed from 5-8pm, Sat & Sun from 10am-3pm
Cost: \$3.50 for E-4 and below and \$4 for others

schedule may be disrupted due to repairs in Oct/Nov

☎ Call 353-7869 for more information



Bowling/Sports



NUGGET LANES BOWLING CENTER

Winter Games/Prices
Mon - Fri 11am-1pm
 \$2/game (red pin)
Sat 3-6pm
 \$2.75/game
Sat 6-10pm
 \$2.75/game
 (thunder alley)

Hours
Mon-Thurs 11am-10pm
Fri 11am-10pm
Sat Noon-10pm
 Call about Sunday hours and check out our new snack bar for lunch!

Call 353-2654 for more info

Have a **Birth Party** at Nugget Lanes! Birth parties are held Saturdays from 12:30-2:30pm & 3-5pm.

PFC & Melaven Gym Winter Hours

PFC Mon-Thurs 5:30am-10pm, Fri 5:30am-9m & Sat/Sun/Holidays 8am-8pm Call 353-7272

Melaven Mon-Fri 5:30am-8pm & Sat 11am-7pm Call 353-1994

WANT TO LOOK LIKE THIS?



SEE OUR FITNESS INSTRUCTOR TODAY!

Our Certified Fitness Instructor Norm would be happy to show you how to work with all the fitness equipment at the gym. Also, learn some interesting tips on nutrition, body mass index calculations and interval training techniques.

Days & Hours: Mon - Thur 8am-6pm & Fri 8am-Noon
 Call 353-7271 for more info

Winter Fitness Classes at the PFC & Melaven Gyms

Come join us for fitness classes at the PFC & Melaven and get out this winter!

Snowhawk Tae Kwon Do

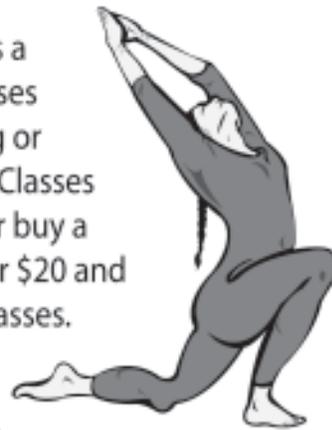


by instructor Terry Arva

Classes offered at the Physical Fitness Center on Mon, Wed & Fri from 7-8:30pm. Cost is \$55 a month.

Call 978-1184 or email SnowVestige@hotmail.com

The PFC offers a variety of classes in the evening or during lunch. Classes are \$3 each, or buy a punch card for \$20 and enjoy eight classes.



Trish's Classes:

Step Heat (Mon 11:45am)
 Muscle Conditioning (Wed 11:45am)
 Fitball (Fri 11:45am)

* Call about evening & Saturday classes*

FAME

Family Activity & Motivational Exercise



Where: Melaven Gym
Who: Spouses only

When: Mon, Wed & Fri 9:15-11:15am

What: Various kinds of physical exercise including aerobics & weight lifting

Call 353-7272 for more info on all classes

Auto Skills Center



Auto Skills Center

Car wash open all year, winter hours now apply:
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Advertising

The Fairbanks Curling Club

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Military Soldiers and families are invited for free hotdogs & Curling introductions 1-3pm, October 3rd. The indoor ice arena is maintained at 32 degrees. Equipment is provided. Experience not required.

Curling Season runs October to March

Fairbanks Curling Club volunteers are pleased to invite all Military to participate in the 99th year of Fairbanks Curling.

Many chances to try curling include leagues for beginners, families & youth and group field trips.

For more info:

phone: 479-2095

e-mail: cathyp@alaska.net

webpage: www.curlfairbanks.org

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