



INSIDE

SECTION ALPHA

- Ironhorse Soldier
- Aviation changes
- Operation Hero
- Gen. Casey speaks
- Commander's column
- MEDDAC Q & A
- Save on gasoline
- Northern training
- Gen. Casey continued
- Women's history event
- More Operation Hero
- Military Child Month

SECTION BRAVO

- Sitting volleyball
- March Madness 2011
- Military child continued
- Deployment activities
- Community calendar
- For your information

AT A GLANCE

WOMEN'S HISTORY



A cake-cutting ceremony with Maj. Richard Sweet, executive officer, 1-52nd Aviation Battalion, 16th Combat Aviation Brigade and Jeri Wigdahl, guest speaker at the 2011 Fort Wainwright Women's History Month, March 25. **More on Page 4**

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WEEKEND WEATHER

Friday

Partly sunny.
Low 1 High 23

Saturday

Mostly sunny.
Low 10 High 30

Sunday

Mostly sunny.
Low 15 High 37

Unrestricted visibility
NE winds 5 -10 mph

Forecast courtesy of
Det 3, 1st Weather Squadron,
Fort Wainwright, AK

Kiowa pilot who thwarts rocket attack honored by 4th ID

Spc. Matthew A. Wright, 40th CAB PAO



Chief Warrant Officer 2 Chase Magann of A "Aces" Troop, 6th Squadron, 17th Cavalry Regiment from Fort Wainwright was named "Ironhorse Strong Soldier of the Week" for taking out improvised rocket launchers Feb. 23. His Kiowa unit is attached to the 40th Combat Aviation Brigade. (Photo by 6-17th)

CONTINGENCY OPERATING WARHORSE, Iraq - Two OH-58D Kiowa Warrior helicopters were conducting patrols in Diyala province on Feb. 23 when they received a "threat to forces" call.

Improvised rockets had been fired at Contingency Operating Base Warhorse. The fast-flying Kiowas made haste to the reported location of the threat.

Chief Warrant Officer 2 Chase Magann was piloting the lead aircraft with copilot

Chief Warrant Officer 2 Mike Walton, Capt. Seth Power and Chief Warrant Officer 2 Travis Prohaska were in the trail aircraft. The crews and their aircraft belong to A "Aces" Troop, 6th Squadron, 17th Cavalry Regiment from Fort Wainwright, Alaska. The 6-17 CAV is an attack and reconnaissance element attached to the 40th Combat Aviation Brigade.

The two patrolling helicopters searched the threat area. "My left-seater, (Walton) thought he saw rockets in the tree line," recalled Magann. "When he called it out, we came back around at a slow airspeed and a low altitude to confirm the rockets were emplaced."

They spotted five improvised rocket launchers embedded in a dirt mound, with rockets still on the rails.

Magann and Walton saw the rockets pointing toward friendly forces. After consulting with a ground unit, the aircraft crews decided it would take too much time for the ground unit to arrive on the scene.

Magann aimed his aircraft at the rocket site and on his initial pass fired two 2.75-inch rockets. He hit his target, setting off a secondary explosion.

On his second pass, he saw two rockets still undamaged and went in to finish them off.

"I made another attack run on a steeper angle hoping to dislodge the rockets from their dirt mound," Magann said.

After his second pass, Power and Prohaska in the trail aircraft determined that the improvised rockets were no longer a threat, Magann said. The Kiowas remained overhead and walked the

ground unit to the site. An Explosive Ordnance Disposal team then recovered some unexploded ordinance.

Magann said a few concerns ran through his mind during the engagement. "To be honest, I was afraid of not hitting the rockets and wasting ammo on this target," he said. "Another concern was if we shot these rockets, would we set them off and hurt the people we were trying to protect. ... We really attempted to not harm any Iraqis in our engagement methods and it worked so that no one was hurt."

Magann's actions and quick thinking have been noticed. "(Magann is) a great individual and a very driven trooper," said Capt. Phillip Vaughn, commander of "Aces" Troop. "(He) always can be counted on to get the job done."

In recognition of his actions, Magann was named "Ironhorse Soldier of the Week," an award presented by the 4th Infantry Division. As a recipient of the award, he receives a three-day pass at Freedom Rest North, which is a resort facility in Iraq where Soldiers can relax. He also gets dinner with the Division's top five leaders at the Commanding General's mess, an "Ironhorse" Bayonet, the Commanding General's two-star note, a Certificate of Achievement, a flag flown in his honor at his headquarters building, and a 4th Infantry Division coin.

The award will be presented to him by 4th Infantry Division commander Maj. Gen. David Perkins in the main dining facility foyer at Contingency Operating Base Speicher in the first week of April.

DoD announces stationing of two Combat Aviation Brigades

Staff report, DoD

The Department of Defense announced Wednesday the stationing of two Army Combat Aviation Brigades. The 16th CAB, a split-based CAB is established at Joint Base Lewis-McChord, Wash. and Fort Wainwright using existing aviation units not currently assigned to a CAB. A new CAB will be activated at Fort Carson, Colo.

The 16th CAB stationing action realigns existing assets resulting in an increase of approximately 1,400 new Soldiers and 44 helicopters at JBLM. This action for the split-based CAB at JBLM will begin in FY 2012 and is expected to be completed by FY 2014.

The Army recognizes Alaska as a strategic location and is continuing to maintain a significant aviation presence there. This stationing increases the invaluable MEDEVAC strength in Alaska by 3 additional aircraft in FY 13. It also validates our commitment and support to the aviation infrastructure through the MILCON programmed for replacement and upgrade of the aviation facilities.

The second CAB, a new CAB activation at Fort Carson, Colo. results in a total growth in Army forces and equipment by approximately 2,700 Soldiers and 113 helicopters. Fort Carson establishes the new CAB beginning FY13 and is expected to be completed by FY14.

The activation of these brigades will increase the capabilities of the active component of the United States Army and increase dwelltime for aviation units between deployments in support of Overseas Contingency Operations. These combined force structure actions represent integrated changes that support the Army's transformation requirements.



Taylor Marie, daughter of Kelly and Sgt. Wesley Dobbs, 3rd Battalion, 21st Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division, showed off the treasure box she made at Operation Hero. (Photo by Trish Muntean/Fort Wainwright PAO)

Operation Hero, helping kids find the hero in themselves

Trish Muntean, Fort Wainwright PAO

To help children ages six to 12 deal with the stresses of military life the Armed Services YMCA is sponsoring Operation Hero at Arctic Light Elementary School on post.

Operation Hero was created at the Marine Corps Base Camp Pendleton in 1995 and targets children ages six to 12 years of age, who are experiencing temporary social and academic problems in school. Often these difficulties are caused by the stress of the military lifestyle. Referred by teachers, parents or school officials, the 10-week program provides after-school tutoring and mentoring assistance in a small group at no cost to military families.

"Operation Hero is designed to encourage responsible behavior, provides the children with positive encouragement, and teaches them how to maintain friendships," said Katrina Sczesny, ASYMCA program coordinator. "The program also guides the students as they learn to define the feelings associated with anger, happiness, sadness, etc."

"Our goal is to show the kids the hero inside each of them," she said.

Please see HERO, Page 4

Wars have been catalyst for Army change, Casey says

Jim Garamone, American Forces Press Service

WASHINGTON, March 24, 2011 - In a recent speech at the U.S. Military Academy in West Point, N.Y., Defense Secretary Robert M. Gates said the Army has changed the most of all the services.

"There's no catalyst for change like a war," said the architect of much of that change, Army Chief of Staff Gen. George W. Casey Jr.

Gen. Martin E. Dempsey will relieve Casey as Army chief of staff next month, when Casey ends four decades of service. During an interview in his Pentagon office, the outgoing chief of staff spoke about the changes that have happened in the Army since he became the service's highest-ranking officer in 2007.

"We will have done in seven years what normally would take us 20 years to do," Casey said. "We've done it in the middle of a war, and we are a fundamentally different force and a more versatile and experienced force than we were seven years ago. I'm very pleased with the way that turned out."

In the months before Casey took over, stories about the Army and its future were common in the media, centering on concern about the pace of operations and its effect on the service.

Please see CASEY, Page 3



Army Chief of Staff Gen. George W. Casey Jr. addressed a group at the Last Frontier Community Activity Center during his visit to Fort Wainwright in December 2010. (File photo)

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SN/ BIRCHWOOD HOMES

Commander's column

Col. Timothy A. Jones, Garrison commander

Million-dollar workforce isn't in it for the paycheck

Honor and appreciate volunteerism



Volunteers are the backbone of Fort Wainwright. These generous people give freely of their time, their money and their talents to ensure our programs are successful.

They range in age from elementary student to senior citizen. They are male and female and they are from all ethnic groups.

They are Soldiers, they are family members, they are civilians and they are people of Fairbanks just wishing to help.

They are in our chapels. They are in our offices and our hospital. They are on our sports fields and in our schools.

They perform tasks ranging from caring for infants to coaching teens and from administrative tasks to picking up litter. They teach courses at Army Community Service and they spend long hours helping our military youth learn new things.

Their efforts help mold young people into caring responsible adults. On soccer and baseball fields, basketball courts and at scout camps and meetings, they share their knowledge, teaching our youth skills they can use not just on the athletic venues but in life. They also teach, through their own actions, sportsmanship and responsibility.

They are in the classrooms and Sunday Schools, sharing their special talents and helping to ease the workload of teachers. They chaperone field trips and prepare snacks.

Many of our volunteers are members of organizations right here on post. BOSS provides the weekend SADD (Soldiers Against Drunk Driving) as a volunteer service in addition to the many hours they spend serving that the local food bank and a continued partnership with Big Brother, Big Sister. Many of the Military Units are involved in the Garrison Partnership in Education (PIE) and spend their extra hours in the local schools volunteering to support special events, mentoring youth, reading to younger children and a variety of other activities to support the schools of Fairbanks.

The Community Spouses Club sponsors one of Fairbanks' major bazaars every fall, and the profits provide scholarships for Fort Wainwright family members and other funds to help our military community.

Last year, 682 volunteers contributed 46,700 hours to the Fort Wainwright community. These same people go to work or school every day. They have family responsibilities. Yet they continue to volunteer – and many of them give of themselves to more than one organization.

The time they donated last year saved the installation nearly a million dollars. The volunteer hours recorded for 2010 were valued at more than \$973,900. The talents, skills and knowledge they share cannot be counted.

We could not run Fort Wainwright the way we do without the tremendous support of our volunteers. On behalf of the entire Fort Wainwright community, I extend my sincere thanks.

We will honor all of our volunteers Thursday, April 14, at a special ceremony at the Last Frontier Community Activity Center at 6:30 p.m.

If you are interested in learning more about volunteer programs, contact James Askew at 353-7908

If you have a question or issue you would like to see addressed in the Garrison Commander's column, please e-mail the Public Affairs Office at linda.douglass@us.army.mil.

MEDDAC commander

Col. George Appenzeller, MEDDAC-AK commander



QUESTION: Has anything changed with Tricare Online?

The short answer is yes. And things keep improving.

Tricare Online or TOL is the Military Health System patient (web) portal designed to provide online capabilities, tools and information for Tricare beneficiaries. TOL is constantly evolving and improving based on user comments. Currently, TOL features the ability to make select routine appointments, refill prescriptions and complete health risk assessment questionnaires, all from a home or any computer. TOL also gives links to online Tricare enrollment, the Tricare beneficiary portal and useful health information resources, such as, maps, contact information and directions to military treatment facilities.

Recently, the password requirements were changed so that parents can book for their children under their password instead of having multiple passwords. And in the last few weeks, the personal health summary has been added for those with Common Access Card access. Thus far, patients can access the personal and primary care manager data from the hospital system to ensure accuracy, view their medication and allergy profiles and create a personal health summary.

In the future all patients will be able to view their medical records, get lab results and transfer their accounts between medical treatment facilities.

For security purposes, users are required to log into TOL using a Defense Manpower Data Center, Department of Defense Self-Service Logon or a Common Access Card. Once that is established patients will have access to not only their data, but their dependent children's data, as well. It is also possible to link your spouse's data, but that requires the additional step of the spouse agreeing to allow their private data to be shared.

In order to provide greater health care access and convenience, Bassett Army Community Hospital plans to install six kiosks to aid you in registering in TOL in the near future. Kiosks are to be placed in family medicine, pediatrics and specialty clinic areas. Additionally, two kiosks will be available for beneficiaries who receive their primary care at the Kamish Health Clinic. They will have access to TOL, ICE and other medical systems. Additionally, we are working to increase the number of appointments available in the TOL system and should shortly begin including well-baby appointments among other new appointment types.

For more information on how to register into Tricare Online, please visit the secure website, www.tricareonline.com/portal/page/portal/TricareOnline/Portal. More resources are available at Triwest's regional website at www.triwest.com for all the great tools available.

Assistance is also available by calling toll-free, (888) TRIWEST, or stop by Bassett Army Community Hospital or your nearest military medical treatment facility, to have all your questions answered.

Please do not hesitate to call our local Tricare representative at 361-4077 or stop by in person and we will be happy to assist you in any way possible.

Use extra caution while driving and always buckle-up

Warm daytime temperatures coupled with freezing nighttime temperatures creates hazardous road conditions consisting of "Black Ice" a major contributor to loss of vehicle control and accidents. Driving during this time of year here in the Interior can be fatal. Not using seatbelts is the main cause of injuries and death in automobile collisions on our roadways in and around Fort Wainwright and Fairbanks. Buckle-up and drive carefully.

For more information call the Garrison Safety Office at 353-7085.



The way I see it...

Change your vehicular viewpoint and further your fuel

Brian Schlumbohm, Fort Wainwright PAO

With fuel prices on the rise, drivers may be interested in how to drive down the cost of filling up at the gas pump. Though many new automobiles have increasingly higher fuel efficiencies, not everyone has one, but there are some easily followed tips for helping any vehicle get the best mileage possible. Changing driving habits can add miles to a tank of gas and help keep the wallet off empty.

According to the U.S. Department of Energy, driving aggressively, using rapid accelerations and decelerations with use of excessive speeding can not only be dangerous; but lower gas mileage by as much as 33 percent when driving on the highway and 5 percent while driving in town.

Observing the posted speed limit isn't just law abiding and safe driving behavior, it can also be a thrifty way of traveling. In a study done by Energy and Environmental Analysis, Inc., the fuel economies of most vehicles decrease when driven above 60 miles per hour. Basing their study on a gallon of gas costing \$3.52, the average cost for every 5 mph driven in excess of 60 miles per hour is equivalent to that paying an additional 24 cents per gallon. With gas prices reaching \$4 per gallon, changing a 'lead foot' habit may pave the way to savings.

The fuel economy of a vehicle is dependent on its maintenance also. Taking a vehicle in for regular maintenance and a tune up has the potential to improve its gas mileage by 4 percent and using the recommended grade of motor oil for oil changes can add a 1 to 2 percent improvement on a vehicle's mileage, according to the DOE website.

Another easy way to improve gas performance is by checking the tire pressure regularly. Keeping tires properly inflated makes for a safer drive and a longer life for the tires. Studies by the Department of energy have shown that a 3 percent improvement in gas mileage can be realized by simply keeping the tires inflated to

the proper pressure. Though tires do come with a maximum tire pressure number printed on the tire itself, it is not the proper inflation, or pounds per square inch, that the vehicle needs. The actual tire inflation pressure for optimal safety and mileage is found either on a sticker in the door jamb of the driver's door, the glove box or printed in the owner's manual. A tire gauge is a small, inexpensive item to have on hand and helps save dollars on gas.

Not only personal monetary savings can be found by following these simple practices; but the U.S. Army could also benefit when it comes to the cost of supporting a fleet of government vehicles. Fort Wainwright's Non Tactical Vehicle Fleet Manager, Tobyn Read, has been working towards saving fuel for years. Read explained that the Army has been subject to the Executive Order 13423 and the Energy Independence and Security Act of 2007 which has set goals of reducing petroleum consumption of fleets of over 20 vehicles by 2 percent each year through fiscal year 2015 based on 2005 fuel consumption numbers.

"We have to reduce fuel consumption," Read said. Fort Wainwright currently has acquired nine hybrid vehicles since receiving its first two in 2006. As the larger gas usage vehicles begin to be rotated out each year because of mileage, age and other factors, more and more hybrids will be brought onboard. In the mean time, Read has two important points that would help meet the 2 percent decrease on fossil fuel quota. "The easiest way for any GSA vehicle user to improve the fuel economy on any vehicle is number one, proper tire inflation," Read said, "that is the easiest, quickest way to improve your fuel economy."

"Number two, imagine a raw egg between your foot and the gas pedal and drive that way." Taking it easy on the gas pedal and brakes will improve fuel economy of any vehicle in the



fleet.

At work and home changing driving habits and taking proper care of vehicles is an important consideration on many levels and shows fiscal, safety and even environmental responsibility. Even though the value of one to two percent mileage improvement may seem small at first, a little extra effort to make sure a vehicle is using gas as efficiently as possible will likely pay off the next time you're standing at the gas pump.

To find out more on ways to save, visit the U.S. Department of Energy's website at www.fueleconomy.gov and to determine a vehicle's fuel efficiency, try this simple test to find out just how far a gallon of gas will take you.

To determine your fuel efficiency, the next time you're at the pump, fill the tank full, write down the odometer reading and keep it until the next refueling.

The next time you get gas, write down the odometer reading and the quantity of gallons it took to fill the tank. Subtract the first odometer reading from the new one, the difference equals the miles driven. Divide the miles driven by number of gallons it took to fill the tank the second time. This will give you the vehicle's miles per gallon for that period of time and show that a little change in vehicle driving habits might show up as change in your pocket.

ALASKA POST

Home of the Arctic Warriors

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The ALASKA POST - Home of the Arctic Warriors

Soldiers get cold weather training

Sgt. Trish McMurphy, USARAK PAO

The crystal clear blue sky against the mountain backdrop was beautiful, but the below freezing temperatures made enjoying the scenery difficult. Nightfall would bring even colder temperatures and without the proper supplies or shelter, being caught outdoors could be devastating.

The Northern Warfare Training Center at Black Rapids Training Site south of Fort Greely, Alaska trains U.S. forces how to survive, maneuver and fight in the cold and mountainous terrains.

Those skills are especially helpful in today's battles in the rough, mountainous terrain of Afghanistan.

"[U.S. forces] must be capable of conducting operations anywhere, in any type of environment," Maj. Gary McDonald, NWTC commandant said, "History has shown that units that are prepared to fight in the cold can definitely fight in warmer environments. The units that were able to leverage the environment to their advantage were the ones who were victorious."

Ever since the Revolutionary War, when the ill equipped and poorly trained Army of General Washington suffered in the cold at Valley Forge, many of our nation's conflicts have involved fighting in mountain terrain, cold weather, or both.

The NWTC is responsible for developing and maintaining the U.S. Army's state-of-the-art cold weather and mountain warfare tactics and techniques.

During the harsh Alaska winter months, the NWTC teaches three basic courses: the Cold Weather Leader's Course, the Cold Weather Orientation Course and Arctic Light Individual Training.

The CWLC is a two-week course that teaches everything from the basics of learning to stand and move on skis and snowshoes to a full range of arctic survival skills.

"It is really hard to gain the initiative in the winter time because the environment is such that a lot of leaders aren't comfortable," McDonald said.

Leaders must be mentally and physically ready to operate safely and effectively in high altitude and cold weather climates. Having the confidence in

themselves and their equipment in those conditions will give them the advantage they need to fight the enemy.

The NWTC is providing techniques, tactics and procedures to enhance today's military in modern war fighting capabilities

One recent student said he plans to implement what he learned during his time at the CWLC.

"I never understood the safety aspects until I attended this course," said Sgt. 1st Class Bryan Nelson, a platoon sergeant for the Warrior Transition Battalion, at Fort Wainwright. "We had over 70 students and stayed out six nights in thermal shelters [and tents] in negative degree weather with no cold weather injuries."

Nelson said he learned a lot from the risk management classes. Staying outdoors in arctic conditions showed him how the techniques he learned in the classroom translate to the field, he said.

"I believe each leader from the platoon to command level need to attend this training so we can enhance our safety training throughout Alaska," Nelson said.

One student said the safety and survival techniques she learned in the two-week course gave her greater confidence in her equipment and herself.

"I was definitely taught how to survive in the wilderness. How to stay warm, build thermal shelters and how to get water," said Sgt. 1st Class Alison Humphrey of the 240th Survey Design Detachment, 6th Engineer Battalion, stationed at Joint Base Elmendorf-Richardson, Alaska. "I feel prepared that I can actually survive outside if I needed to."

The Waukon, Iowa, native started CLWC not knowing how to do the basics, like skiing. She left not only knowing how to ski, but equipped with the skills and confidence to survive and keep her Soldiers alive.

"I have a lot of new Soldiers, new to the Army and Alaska," Humphrey said. "Everything I learned here can be passed on to them and I plan on sending them to the course if I can".



Soldiers and other military members at the Northern Warfare Training Center in Black Rapids learned to ski and snowshoe with full combat loads during a two-week course in March. (Photo by Sgt. Trish McMurphy, USARAK PAO)

CASEY: Army Chief of Staff ends four decades of service next month

Continued from Page 1

It was the height of the U.S. surge into Iraq, and soldiers were deployed for 15-month tours and often spending less than a year at their homes before deploying again. Worries surfaced that departures of mid-level officers and noncommissioned officers would "hollow out" the service, and that families weary of the repeated deployments would get their soldiers to vote with their feet and leave the Army.

When he first took office, the general and his wife traveled all over the Army to get their own sense of what was going on. "When we got back we thought our way through it, and it was clear to us that the families were the most brittle part of the force," Casey said. "We needed to do something immediately to demonstrate to the families that we were going to take a load off."

An immediate move was to hire and pay family readiness advisers. The service put in place the Family Covenant Program, and doubled funding for family readiness programs.

Dealing with deployments was another priority, Casey said.

"The 15-month tours – on top of everything they had already done – that was choking people," Casey said. "We had to show them that there was daylight, and that daylight was going to come sooner, rather than later."

Then-President George W. Bush had authorized an increase in the size of the Army by 2012. Casey told about going into auditoriums full of troops in 2007 and telling them relief would come in 2012. "And they would look at me like, 'C'mon, General, get real,'" he said.

He met with Defense Secretary Robert M. Gates and told him that the Army growth had to be sped up to 2010, "and he agreed," the general said. The Army met its growth goals in 2009.

Casey also was worried about a hollow force, and instinctively concentrated on the mid-level officers and NCOs. "They were the ones carrying the heaviest loads," he said.

Casey looked to the Army's Center of Military History for historical research, and the data showed it really was all about the midlevel leaders. "When the people it takes you a decade to grow leave, it takes you a decade to get [that capability] back," he said.

The service put in place selective retention bonuses for captains and increased the selective re-enlistment bonuses for mid-level NCOs. "I believe it gave a lot of those captains the ability to look at their spouses and say, 'We're going to be OK,'" he said.

But people were saying the Army already was hollow because of the readiness level of "next-to-deploy" forces. The service had to strip these forces of soldiers for units already in the combat theater. "We started thinking about generating readiness differently and enhancing the Army force-generating model that we had come up with in 2005 to make it more realistic," Casey said. Follow-on forces now are fully manned and fully trained as a unit before deploying.

Dwell time – the time troops spend at home between deployments – became an important measurement. The goal is for soldiers to spend twice as much time at home as deployed. Casey said the differences are visible in the soldiers themselves.

"I went out with a unit that was home for 18 months," he said, "and you could see the difference that time at home meant in their faces, and in the preparation they could do."

The Army also is changing to meet the demands of 21st century operations. Casey continued the process of changing to a modular brigade system. During World War II, the division was the basic unit for the Army. Today, it is the brigade combat team.

"With everything we had going on, if I had made hard turns, it would have derailed the progress," he said. "I came in and said, 'Let's finish it,' and we kept on going."

By the end of the year, the Army will have converted all but a handful of the 300-plus brigades to these modular organizations, "and we will have rebalanced 300,000-plus soldiers out of Cold War skills to those more necessary today," Casey said. "Together, it's the largest transformation of the Army since World War II."

The personal costs and effects of combat also pushed Casey.

"I'd been in Iraq," he said. "I'd seen the effects of combat on folks and what it did to folks, and I recognized that no matter who you are, everyone is affected by combat in one way or another. I set out to try to reduce the stigma associated with getting treatment for behavioral health issues."

Post-traumatic stress and traumatic brain injuries are the signature wounds of the conflicts in Iraq and Afghanistan, but there may be no outwardly visible signs of the injuries.

"I started getting the word out then to everyone we could that combat is hard, everyone is affected by it -- we're human beings," Casey said. "If you've got a problem, get some help."

The general said he wanted to encourage openness, and knew it was going to be a hard slog.

"We went from where 90 percent of the people wouldn't get help to now, where about half of the people won't get help," he said. "That's still a lot of people, but it's a start. We still have to crack the company and platoon levels. It's gradually getting more traction."

Concurrently, the Army's suicide rate began rising.

"It struck me how futile it is to be sitting around a company orderly room – like we've all done – with the first sergeant saying, 'Gosh, Smith was a wonderful guy. I should have seen something, I should have known something, I should have done something.' And you never can," Casey said. "It occurred to me that maybe we ought to come up with something that gives them skills on the front end before they get to that dark place that would lead them to suicide to begin with."

The Army introduced Comprehensive Soldier Fitness to unit operations to avoid some of the stigma that some people associate with a medical program.

"The whole idea was to bring mental fitness up to the same plane as physical fitness," the general said. "The thrust behind it is [that] part of being a good soldier is knowing when you need a break and when you need to get some help. That doesn't mean you're a wimp."

All this is having results. Army surveys show that family satisfaction with the service has increased steadily since 2007, and this continues to trend upward.

But the Army is not out of the woods yet, Casey said. For the next several years, the United States will continue to send 50,000 to 100,000 soldiers to combat. They are going to have to maintain their edge, but so will the thousands of soldiers who won't be going to combat. At the same time, the Army has to reconstitute after a decade at war.

"What I worry about is you get these guys back in garrison and you go back to the same bull I went through in the 1970s, and these young guys are going to say, 'I'm outta here,'" Casey said.

The service also has to concentrate on building resilience in soldiers and their families, Casey said. "We've just got to keep at it," he added.

The Army has learned from Iraq and Afghanistan that the next conflict probably won't look like anything it is fighting today. "We changed our doctrine in 2008 and said that

full-spectrum operations are offense, defense and stability operations," Casey said. "It's done simultaneously and in different proportions, depending where you are in the spectrum of conflict."

He said that when he commanded the 1st Armored Division in 2000 and 2001, he believed that if a unit could do conventional war, it could do anything.

"But after 32 months in Iraq, I don't believe that any more," he said. "What we realized was its not going to be either conventional or counterinsurgency. The wars in the 21st century are going to be different than the wars I grew up trying to fight. We're not going to be fighting corps-on-corps operations, except maybe [in] Korea."

"So we're working scenarios where we have hybrid threats that are a mix of conventional, irregular, criminal [and] terrorist, and we've set up the training centers with these types of [opposing forces]. The 2nd Brigade, 82nd Airborne Division, went through such a hybrid threat scenario."

"We're training them for full-spectrum operations, and that includes having to deal with uniformed militaries," he said.

More work needs to be done, Casey said.

"While we've talked about this and thought about it," he added, "until we start putting brigades out there on the ground and have them do it, we're not going to crack it."

Casey said he is worried about the Army's budget. He wants a balanced force in which the manning, training and equipping is in the right proportion. "The kicker is the wheels are falling off the budget," he said. The Army will remain its current size through at least 2015.

"People are motivated and focused and trying to do the right thing," the general said.

Casey commanded his first platoon in April 1971 in Mainz, West Germany. He had nine soldiers in a 36-man mortar platoon, and five of them were pending discharge from the Army. Each company had a duty officer, he said, and that officer had to be armed.

"Drugs were pretty bad, and there were tensions," he said. "I remember ... the first time we went to the field it struck me like a ton of bricks that these guys depended on me, and I resolved at that point to never let my subordinates down. I always tried to make the unit I was in as good as it could be."

It was just the scale that changed.

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16th Combat Aviation Brigade hosts Women's History Month event



Jeri Wigdahl, community leader and active volunteer, was the guest speaker at the 2011 Fort Wainwright Women's History Month celebration hosted by 1st Battalion, 52nd Aviation Regiment of the 16th Combat Aviation Brigade at the Last Frontier Community Activity Center March 25th. The theme for this year's observance was "Our History Is Our Strength", honoring the extraordinary accomplishments of the many women who have made outstanding contributions to our great nation. "You are heroes, women of strength," said Wigdahl. "I salute you." (Photo by Spc. Reese Von Rogatz, 16th CAB PAO)



Born and raised in Fairbanks, Mariah Ver Hoef, 17, recently released her third solo album. Ver Hoef performed two of her songs at the Women's History Month celebration hosted by 1st Battalion, 52nd Aviation Regiment of the 16th Combat Aviation Brigade at the Last Frontier Community Activity Center March 25th. (Photo by Spc. Reese Von Rogatz, 16th CAB PAO)

HERO: Program helps children understand deployment, themselves

Continued from Page 1

The program curriculum is designed to help children in all aspects of their lives and includes homework assistance, discussions on topics such as responsibility, friends and family, respect, anger control and conflict resolution. The program also teaches participants how to deal appropriately with their feelings.

The children also do a craft activity each session and enjoy a snack.

"It is a learning experience for all of us," said Adelina "Addie" Roberts, Operation Hero Facilitator.

"I see some great things," she said. "Some I see they're strong. In others you see that they are quiet. You can see from one extreme to the other. Getting them to entwine and actually work together."

"They get to communicate within themselves. It is not so much a dictatorship; it is not what you have to do," Roberts said. "They get to open up and give their own ideas, their own views. But for the most part it gives them the opportunity to vent."

"I think (Operation Hero) is a great concept," said Glynn Hoener, school counselor and liaison for the program. "It offers children the opportunity to talk and be with others and do activities that are healthy and constructive. It is an opportunity to provide support for each other. I think it is a great program for them to get to go through different topics every week and talk about different aspects of who they are, and their

families and what they are going through."

"When the parents are deploying, the children know that they are sad, but they don't always know what to do about being sad," she said. "So Operation Hero provides a variety of support options, it provides a way for the kids to know that others are feeling the same thing. It provides a way for them to know that they are not alone, that they have other friends at school that they can talk to about this. By talking about their feelings and situation they have a chance to process those feelings, sort them out a little bit."

"The activities are really helpful to provide a way for them to deal with their feelings in that we all feel better

when we have things to do that are constructive and productive," Hoener said. "And things that are helping us to look to the future, all of those things help us feel better. It is really important for kids to know that they can have those kinds of resources, as we get older, we all know those things."

"I'm really glad that Kelly (Hartman, the former ASYMCA program coordinator) was able to get the program started here. Now that it is going I really understand it a lot better and I really think it is great for the kids. I am really happy, I wish that more kids had the chance to do it and I hope more kids will choose to take advantage of it."

Month of the Military Child celebrated at Fort Wainwright

Trish Muntean, Fort Wainwright PAO

Since 1986, Month of the Military Child has been celebrated at installations across the world. This year is no different at Fort Wainwright with Child Youth and School Services planning numerous activities this month.

While special events give families something to look forward to and enjoy as they happen, it's the day-to-day mission of CYSS - also known as 'youth services,' that really impacts the quality of life for military families.

"CYSS supports the overall Army mission by supporting readiness and well being of families by reducing the conflict between unit mission and parental responsibilities. CYSS cares for the Army's most valuable possession: it's children." Rizza Asuncion, CYSS coordinator said.

Caring for the community's children isn't just about basic daycare, but it's a good place to start. CYSS provides hourly, part-day and fulltime care for children as young as six weeks and continues offering support, safe places to meet and programs through the teen years.

CYSS offers programs to prepare children for kindergarten, opportunities for enrichment in arts, language, cooking and more for children; and for a separate introduction to sports program for children as young as age three, Asuncion said.

The Army's Strong Beginnings Preschool is a program designed to prepare children for kindergarten and is open to children who will be entering kindergarten next fall. The curriculum focuses on the social, emotional, and physical development of children as well as the basic academics for kindergarten readiness.

Strong Beginnings offers one area of focus per day mathematics, science and technology, language/literacy, social studies, and Junior SKIES Schools of Knowledge, Inspiration, Exploration and Skills.

Strong Beginnings focuses on academic skills with daily writing samples, long term projects, graphing, writing and pre-reading. The program also focuses on Kindergarten etiquette: calling a teacher Mrs. Brown instead of Ms. Sarah, standing in a line, pledge of allegiance, daily weather report, and extended group time activities.

SKIES Unlimited and Junior Skies offers a wide variety of instructional programs for children three months through age 18. Foreign languages, music, tumbling, and art are just a few of the classes offered through the SKIES program.

"But really, the sky is the limit," Asuncion said.

The Start Smart Sports Development program created by the National Alliance for Youth Sports, helps kids get ready for sports and succeed in life,

she said. It is an innovative step-by-step approach that builds confidence and self-esteem in a fun and safe sports environment. This comprehensive motor skill development takes place through different stations that parents assist their child through. Fort Wainwright offers Start Smart soccer, basketball, and baseball to children three to five years old.

CYSS, through the Army Family Covenant is prepared to assist families of deployed Soldiers. Families will also be eligible for \$300 per deployment in free SKIES classes, \$100 in free sports programming, and 20% off full- and part-day monthly fees.

In 2010, using Army Family Covenant funds, parents of more than 1,300 children saved \$3,051 in sports registrations, \$6,581 in SKIES registrations and \$9,962 in full and part-day fees.

Parents also saved \$10,437 for childcare offered to support Family Readiness Group meetings.

Families saved \$17,373 and used 5,226 hours of Respite Care in CYSS Centers and Family Child Care homes last year.

Families of deployed Soldiers are also eligible for 16 hours of free respite care each month.

Asuncion said that these hours can be used with the FAME - Family Activity and Motivational Exercise - fitness program. Respite care time may also be used with Parent's Day Out and Parent's Night Out activities and through hourly care offered at Child Development Center 2, School Age Services and Family Child Care homes.

Please see CHILD, Page 6



Child Youth and School Services provides special events throughout the year like the Dr. Seuss readings during the Seuss birthday celebration in March. (Photo by Brian Schlumbohm/Fort Wainwright PAO)

Sitting volleyball not for the sedentary at heart, Soldiers get schooled

Brian Schlumbohm, Fort Wainwright PAO

Sponsored by the U.S. Paralympics' Military Program, Soldiers and staff members of B Company, Warrior Transition Battalion met with U.S. Paralympics staff for a two-day clinic and tournament March 23 and 24. U.S. Paralympics Coordinator, Shannon Whiteway, recreational therapist, Cindy Burkhour, Sitting Volleyball Coordinator for USA Volleyball, Elliot Blake and 2010 Sitting Volleyball World Championship Silver Medalist, Kari Miller came to teach sitting volleyball to the WTB Soldiers and leadership as an adaptive sports and fitness program for recreation and rehabilitation.

Sitting volleyball got its start in the 1950s as a method of rehabilitation for World War II veterans and was originally started in the Netherlands. It has since then moved to an international sport and according to Blake a very popular sport in European countries.

"The introduction to the sport is to help in rehabilitation of WTs and promote a healthier lifestyle," said Blake, who coached during the clinic. "This is just a sport, we can adapt it for disabilities; but this is a game that can be played by able and disabled athletes alike. A lot of people look at sitting volleyball as an easy sport and it's not. It's a tremendous core work out, in flexibility and a tremendous shoulder workout," Elliot said.

Sitting volleyball follows much of the same rules as standard volleyball except in a few areas. The net is 3.5 feet high and the court is 10 x 6 meters. Players can block serves; but when being in contact with the ball, the player must have some area of their bottom to their shoulders in contact with the ground.

This program has been a very successful introduction, says Cindy Burkhour. "We bring in Paralympics athletes like Kari Miller, who is former military herself." Burkhour explains, which helps with promoting interest. "We're working with every post around the United States that has a Warrior Transition Unit, in all branches of the military," said Burkhour. "We work on introducing people to sports, getting them enthused, our whole mission is to get people physically active for life and that's what we're trying to do as a team." Burkhour said. "There are going to be some sore people tomorrow."



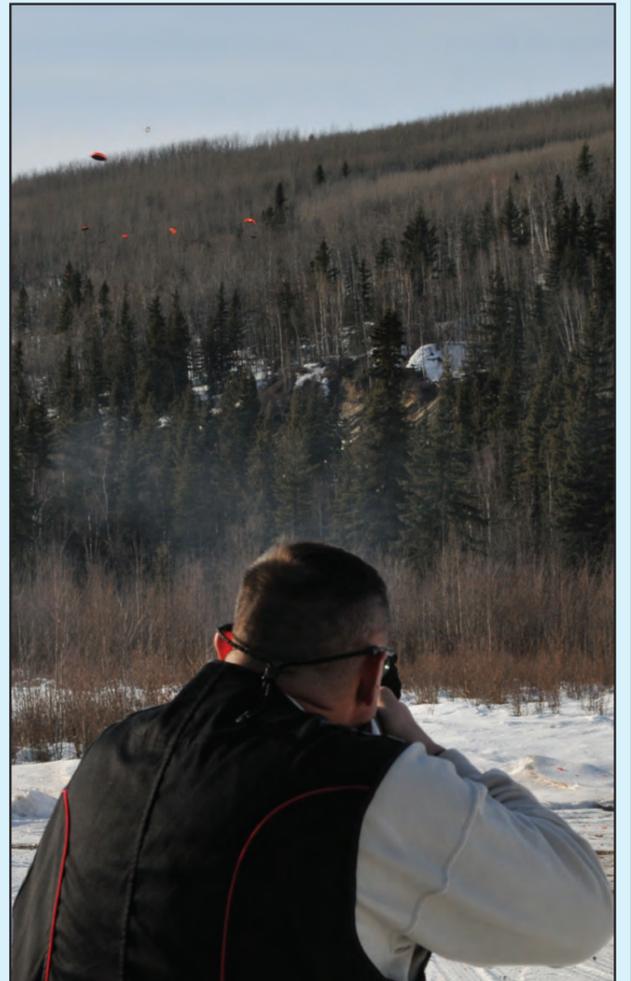
U.S. Women's Sitting Volleyball, World Champion silver medalist, Kari Miller goes a few rounds with Soldiers of the B Company, Warrior Transition Battalion during a sitting volleyball clinic event sponsored by the U.S. Paralympics' Military Program, at the Physical Fitness Center, March 24. Having been a Soldier in the Army, she brings her winning attitude of overcoming obstacles to the court. "Adaptive sport has added more to my life than just being physically fit," Says Miller, "I can still do something and I can kick your butt at it." (Brian Schlumbohm/Fort Wainwright PAO)

Sitting volleyball is anything but sedentary as members of the B Company, Warrior Transition Battalion Soldiers found out during a sitting volleyball clinic event sponsored by the U.S. Paralympics' Military program, at the Physical Fitness Center, March 24. Staff Sgt. Cesar Seda said they had 100 percent participation from the Soldiers and plan to do more in the future. (Photo by Brian Schlumbohm/Fort Wainwright PAO)



Rail jammer, Darren Snow catches serious air during events at March Madness 2011 on Saturday, at the Birch Hill Ski and Snowboard Area. (Photo by Connie Storch/Fort Wainwright PAO)

March Madness 2011



Mark Adams, hits the first of two clay targets as he competed in a tie-breaker "shoot off", against another shooter for second place and the Silver medal during the Singles Skeet shoot, Friday March 25, at the Birch Hill Ski and Snowboard Area's Fischer Skeet range. Out of seven competitors, Adams took second. (Photo by Brian Schlumbohm/Fort Wainwright PAO)



Dan Meaux, took the gold medal for first place in the Singles Skeet shoot, Friday March 25, at the Birch Hill Ski and Snowboard Area's Fischer Skeet range. Tied for second place at the end of the Singles round, Mark Adams, and Brandon Cullen, both competed in a "shoot off" vying for the silver medal. The match ended with Adams in second place and Cullen taking the bronze with third. (Photo by Brian Schlumbohm/Fort Wainwright PAO)

what is it?
when is it?
where is it?

find it here!

CHILD: Celebrating military children year-round

Continued from Page 4

Families are eligible for Army Family Covenant benefits 30 days prior to deployment.

Youth services are not just for kids. Parent Central Services along with Army Community Service offers various parent and community education workshops to make parenting easier.

Cuddle Cure, which teaches caregivers to cure their fussy baby in five minutes or less. Topics covered are: joys and challenges of being new parents, what to expect, and the five steps to calm your baby and extend their sleep cycles.

Conquering the Terrible Twos, teaches parents how to

calm outbursts, stop tantrums before they happen, and build a loving and respectful relationship.

I'mAlone, a workshop to determine if children are ready to be left home alone and how to ensure the safest home alone experience. Children also have a workshop that teaches safety, family expectations, and house rules.

Parent Central Services also offers classes in making baby food, emotion coaching, CPR and First Aid. All classes are offered for free to the Fort Wainwright community and limited child care is available at no cost for most classes.

CYSS Parent Central Services is the one-stop shop for registering children and youth, with registration being required before participating in any CYSS program. The staff has vast knowledge about all CYSS programs and activities and can help match youth with programs and services that meet the needs of their families. Parent Central Services is located in Building 4391 and is open weekdays.

For more information about youth programs and services or Month of the Military Child activities, call Fort Wainwright Parent Central Services at 361-7372.

Child Youth and School Service Month of the Military Child Activities

School Age Services Child and Parent Breakfast

April 11 from 8 to 9 a.m.

This annual Month of the Military Child and Parent breakfast gives parents an opportunity to spend quality time with their child(ren) and facility staff for about an hour. The children usually describe what it is like being a child in the military (i.e., the loneliness when their parent deploy, etc). They will talk about their feelings to other children during this time.

The breakfast will be in Building 4391. For more information call, 361-7372.

Month of the Military Child Carnival and Sesame Street Show

April 23 from 10 a.m. to 5 p.m.

"The Sesame Street Experience for Military Families" is coming to Fort Wainwright courtesy of the USO.

Show times are 10 a.m., 2 and 5 p.m. Seating is on a first come, first served basis and the show will be closed off when it is full. The show is 32 minutes long.

This carnival, hosted by CYSS offers something for everyone with games, activities, cotton candy, snow cones, a bouncy hut and a parent comfort zone. Agencies serving families of the Fort Wainwright community will be present to provide information and answer questions.

The carnival times are 10:45 a.m. to 1:30 p.m. and 2:45 to 4:30 p.m. Carnival events will cease during the Sesame Street show in support of the performance.

Both events are at Hangar 3 and are open to all military identification cardholders. For more information call, 361-7372.

BBQ and Beatz

April 30 from 2 to 6 p.m.

Great food, music and plenty of activities for youth to join in, like a dance contest, Easter egg hunt, horseshoes, capture the flag, three-legged race, a slam dunk contest as well as other quirky little contests and prizes.

BBQ and Beatz will be at Building 4109 and is open to all military identification cardholders. For more information call, 361-7372.

Arctic Wolves bid farewell

Staff report, Fort Wainwright PAO

The weeks preceding a deployment are usually hectic, but Wednesday will be especially busy for the Soldiers and families of the 1st Stryker Brigade Combat Team, 25th Infantry Division.

The day will start with a brigade run. This unit morale event will take place from 6 to 8 a.m. at Ladd Army Airfield. Drivers on Fort Wainwright should expect heavy traffic as early as 5 a.m. Parking for the event will be between Hangar 2 and 3.

1-25th SBCT will also case their colors in an official deployment ceremony Wednesday. The ceremony will be at 1:30 p.m. at Hangar 6.

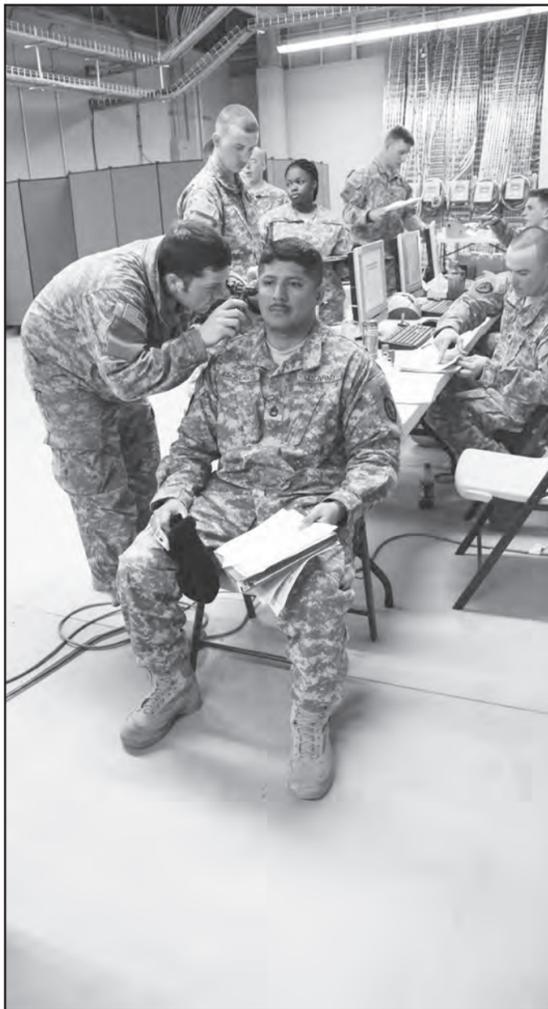
Soldiers and their families are invited to visit the deployment fair at Last Frontier Community Activity Center from 3 to 6 p.m. later that day.

"We have several garrison agencies along with Operation Military Kids that will be set for about 3 hours after the deployment ceremony so that Soldiers and family members can come in and get the resources and know what is available during the deployment," said Cheri Weber, Mobilization and Deployment Program Manager.

"Operation Military Kids will be there doing the hug dolls, so Soldiers can have their pictures taken and then have them ironed on to a muslin doll and they will be able to stuff it right there and have a picture of Daddy or Mommy while they are deployed," Weber said. "They will also have the video recorder set up so that Soldiers can read bed time stories and video tape it for their child."

"ACS and MWR will both have multiple tables set up, CYSS, Outdoor Rec, the PFC, Tricare. We are trying to touch most of the garrison agencies so if families have questions they can come in and ask those questions face to face. In a one stop shop."

"It is a great opportunity to come in and see what is available," said Weber, "whether you are a new spouse or a spouse who has been up here for a long time, so you know you're not alone during deployment. There are many people going through the deployment, or have been through a deployment before and just being able to connect with the community and get those resources, it is a great chance."



Sgt. 1st Class Fernando Escalante, 2nd Battalion, 8th Field Artillery Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division, has his ears checked by Pfc. Keith Wesa, Medical Department Activity-Alaska prior to deploying at a deployment support station on post, Wednesday. (Photo by Trish Muntean/Fort Wainwright PAO)

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Friday - 1st

STORY HOUR AND CRAFTS, 4 p.m., Post Library, Building 3700. Call 353-2642.

FIRST FRIDAY OPEN HOUSE, 6:30 to 7:30 p.m., Arts and Crafts Center, Building 3727. Open to all DoD cardholders ages 16 and older. Call 353-7520.

PRERETIREMENT BRIEF, 8:30 a.m. to 12:30 p.m., Post Library, Building 3700. Call 353-2113

STATIONS OF THE CROSS, Southern Lights Chapel, Building 4107. Call 361-4463.

Saturday - 2nd

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

STILES CREEK SNOWMACHINE RUN, 8 a.m. to 5 p.m., Driver must be 18 or older. \$75 per snowmachine driver, \$10 for additional passenger. Participants must have taken the safety course. Call 361-6349.

POOL TOURNAMENT, 7 p.m., The Warrior Zone, Building 3205. Sign up starts at 6 p.m., minimum of 8 players. Open to DoD cardholders 18 and older. Call 353-1087.

ENCORE STORY HOUR AND CRAFTS, 10:30 a.m., Library, Building 3700. Call 353-2642.

CUSTOM PICTURE FRAMING CLASS, 10 a.m. to 2 p.m., Arts and Crafts Center, Building 3727. Cost is \$35. Open to all DoD cardholders 16 and older. Call 353-7520.

Sunday - 3rd

Wii BOWLING LEAGUE, 2 to 4 p.m., Last Frontier Community Activity Center, Building 1044. Call 353-7755.

WATERCOLOR BASICS WORKSHOP, 2 to 5 p.m., Arts and Crafts Center, Building 3727. Cost is \$65 for 3 sessions, April 3, 10, 17. Open to all DoD cardholders ages 16 and older. Call 353-7520.

FOURTH SUNDAY OF LENT, Southern Lights Chapel, Building 4107. Call 361-4463.

Monday - 4th

POKER 101, 6 p.m., The Warrior Zone, Building 3205. Open to DoD cardholders ages 18 and older. Call 353-1087.

TRANSITION ASSISTANCE WORKSHOP, Education Center Annex, 8:30 a.m. to 4:30 p.m., Call 353-2113.

Tuesday - 5th

DIABETES CLASS, 2 to 3:30 p.m., Bassett Army Community Hospital. Call 361-4148.

GROUP CYCLING, 5 p.m., Physical Fitness Center, Building 3709. Call 353-7274.

TRANSITION ASSISTANCE WORKSHOP, Education Center Annex, 8:30 a.m. to 4:30 p.m., Call 353-2113.

Wednesday - 6th

BLOOD PRESSURE CHECKS, 11 a.m. to noon, Physical Fitness Center. No appointment necessary. Call 361-4148.

CARDIO SCULPT: STRENGTH & CARDIO, 5 to 6 p.m., Physical Fitness Center, Building 3709. Call 353-7274.

HOUR OF POWER: GROUP STRENGTH, noon to 12:45 p.m., Physical Fitness Center, Building 3709. Call 353-7274.

PERSONAL FINANCIAL READINESS, 8:30 a.m. to 4 p.m., Post Library, Building 3700. Call 353-7438.

TRANSITION ASSISTANCE WORKSHOP, Education Center Annex, 8:30 to 11:30 a.m., Call 353-2113.

VETERAN'S AFFAIRS BENEFIT BRIEF, Education Center Annex, 12:30 p.m. to 4:30 p.m. Call 353-2113

Thursday - 7th

FAMILY MOVIE NIGHT, 5:30 to 7:30 p.m., Last Frontier Community Activity Center, Building 1044. All movies appropriate for children ages 3-10. Call 353-7755.

SCHOOL AGE SERVICES BREAKFAST, 7 to 8 a.m., School Age Services, Building 4391. Call 361-7394.

APPLY FOR FEDERAL (DEPT OF THE ARMY) JOBS WORKSHOP, Post Library, Building 3700. Call 353-2113.

Alaska Post

To submit a photo, place an event or class on the calendar send an email to pao.fwa@us.army.mil no later than close of business Monday prior to the print week.

The name of the event or class, date, time, location and a contact phone number must be included.

For display advertising contact the Fairbanks Daily News-Miner at 459-7548.

For your information

PRE-RETIREMENT BRIEFING

An Army Career and Alumni Program pre-retirement briefing is today, 8:30 a.m. to 12:30 p.m. at the Post Library, Building 3700. This briefing is offered monthly and presented by Carlos Garcia, the Retirement Services Officer.

For more information call, 353-2099.

TAP WORKSHOP

Sponsored by ACAP and facilitated by Alaska State Department of Labor Veterans Employment Representatives, the Transition Assistance Program workshop is set for 8:30 a.m. to 4:30 p.m. Monday and Tuesday and 8:30 to 11:30 a.m. Wednesday at the Education Center Annex, Building 2110. TAP provides information essential to all transitioning service members. Learn how to job search, develop your resume, practice interviewing, understand networking and negotiate salary and benefits.

Call 353-2113 for more information or to register.

VA BRIEFING

The Veteran's Affairs briefing is 12:30 to 4:30 p.m. Wednesday at the Education Center Annex, Building 2110. This monthly briefing offers a comprehensive overview of VA benefits. Anyone with questions about benefits and entitlements is welcome to attend. This class is presented on post by a Veterans Service representative. Call 353-2113 for more information or to register.

BUCK A RIDE

There is no need to walk. Call the Y on Wheels. You can catch a ride anywhere on post with Y on Wheels Monday through Friday 8 a.m. to 7 p.m. for \$1 each trip. Call 353-3733.

ACAP SERVICES LIMITED

The ACAP Center will be open with limited services through April 14 while supporting the deployment. Only these services are available: clearing, scheduling, general questions, computer workstation use and pre-separation briefings in case of emergency only. All other individual appointments will be scheduled for April 15 or later. Regularly scheduled classes and workshops will be unaffected.

For more information call 353-2113.

MYPAY PIN RESET

The Fort Wainwright finance office has the ability to reset myPay PINs.

Customers needing a new PIN must show up in person and present a valid CAC or DoD ID card Monday to Friday from 8:30 to 4:30.

Questions can be directed to William French at 353-1318.

STOP LOSS

The deadline to file for retroactive stop loss has been extended to April 8.

Was your enlistment involuntarily extended due to Stop Loss between September 11, 2001 and September 30, 2009? If so, and you have yet to file a claim for Retroactive Stop Loss Special Pay, April 8, is a very important date to you. That's the last day to file for payment.

Go to www.defense.gov/stoploss for links to the claim forms and individual military service links with instructions on how to file claims.

TOASTMASTERS

Members of the community who are interested on honing their speaking skills are invited to join Toastmasters International which now has a club at Fort Wainwright.

By learning to effectively formulate and express ideas, it opens an entirely new world of possibilities for personal growth and professional development. Club members will learn to be more persuasive and confident when giving presentations and will learn ways to improve one-on-one dealings with others.

Toastmasters meets Tuesdays, from noon to 1 p.m. in the conference room in Building 1555.

For more information on Toastmasters, contact Eileen Wallace at 353-9156 or via e-mail at eileen.j.wallace@gmail.com or Alison Boyce at 750-9223 or ahboyce@gmail.com.

COLLEGE COMMENCEMENT

The Fort Wainwright and Eielson Air Force Base Joint College Commencement ceremony is April 18, 2 p.m. at the Eielson Air Force Base theater.

A reception follows at the Yukon Club at 4 p.m. For more information, call 353-7486.

ID CARD APPOINTMENT SYSTEM

The DEERS-ID Cards Office has an online appointment system. The website is available for all ID card customers including active duty, family members, retirees, civilians and contract employees.

To alleviate waiting time, please go to the following website to make an appointment with the DEERS - ID Cards office: <http://appointments.cac.navy.mil/> Appointments are highly recommended.

For additional assistance or questions contact the Fort Wainwright DEERS-ID Card Office inside the Welcome Center, 3401 Santiago Ave. Room 138, call 353-2195. The office is open 8 a.m. to 4:30 p.m. Monday through Friday, but is closed all federal holidays.

LEARN MORE ABOUT VAN POOLING

Learn how to save hundreds or thousands of dollars in personal commuting by van pooling. The program representatives will speak at the Community Action Council 10 a.m., Wednesday at the Last Frontier Community Activity Center.

The van pool program is open to all Fort Wainwright military, civilian and contract employees.

For more information call (800) 826-7433.

TAX CENTER OPEN

The Tax Center is open through April 18. 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 1049-4 Gaffney Road near the Law Center.

Both appointments and walk-ins are available, but customers having an appointment take priority.

For more information or an appointment call 353-2613.

PWOC MEETINGS

Protestant Women of the Chapel meets Thursday mornings from 9:30 to 11:30 a.m. in the Northern Lights Chapel, 3430 Luzon Avenue. Free on-site childcare and home-school room. For more information, call 356-1299 or email wainwright@pwoc.org or Facebook: PWOC Fort Wainwright.

U.S. ARMY BLUES BAND

The U.S. Army Blues Band will perform at the University of Alaska-Fairbanks April 13, 7 p.m. Stop by the Armed Services YMCA office at 1047-4 Nysteen Road to pick up your free tickets. ASYMACA is open Monday through Friday 10 a.m. to 2 p.m.

LOOKING FOR Y ON WHEELS DRIVER

The Armed Services YMCA is now hiring a part-time Y on Wheels driver. The shift is Monday through Friday from 1:30 to 8 p.m.

The successful candidate will provide servicemen and women the transportation around post.

If interested, call 353-5962 for details.



ANGER MANAGEMENT

Is there a disconnect between you and your co-workers or family? This is a four-session anger management group that discusses triggers and expressions of anger, understanding where it comes from, and finding solutions that work for you.

The first class of the April session is Wednesday, from 3 to 4:30 p.m. with sessions 2, 3, and 4 meeting April 13, 20, and 27. A certificate is awarded on completion of all sessions.

Class 1: Introduction and pretest, definition and origins of anger, anger triggers, 'Dealing with Conflict' workbook to determine different approaches and breathing exercises.

Class 2: Physical basis of anger, family history exercises, review of triggers, recognizing anger styles, anger monitoring log exercise, review of time out strategies, using 'I' statements, breathing meditation exercise.

Class 3: Video and discussion, anger interrupting techniques, negotiation, changing negative self-talk, progressive muscle relaxation and relaxation imagery.

Class 4: Review of what works to interrupt your anger cycle, anger distortions, relaxation without tension, meditation, post-test, evaluations and contact information.

For more information or to reserve a seat, call 353-4248 or 353-6286.

COPING WITH PTSD

Are you struggling with adjusting to life post-deployment? This class is about signs and symptoms of PTSD, severity, coping measures and stress management, current treatments, and where you can go to find help. The next session meets Friday at ACS from 10:30 a.m. to noon.

For more information or to reserve a seat, call 353-4248 or 353-6286.

STRESS MANAGEMENT

Need 27.5 hours in a day? How about stress reduction instead? This stress management group discusses stress and relaxation techniques in order to effectively deal with stress. Relaxation techniques are taught in each session.

All Soldiers, spouses and civilian employees are welcome. This course is offered in a series of four classes with a certificate awarded upon completion of all sessions. The first class of April is Tuesday, from 3 to 4:30 p.m. with sessions 2, 3 and 4 meeting April 12, 19 and 26.

You Can Handle Stress: introduction and pretest. This session outlines types and signs of stress, coping with anxiety, self-talk and "I" statements.

Balancing Act- Mind, Body, & Soul: Perceptions, mind- body Integration, moderation, rest and relaxation are the topics discussed in this session.

Time Management: Learn about the importance of being assertive, mastering time effectively, clarifying and developing your goals, fighting procrastination and organizing your time.

Combat Stress: Find out about battle fatigue, stressors, combat stress, PTSD, and prevention. Post-test, evaluations and contact information.

For more information or to reserve a seat, call 353-4248 or 353-6286.

ALASKA POST HOME DELIVERY

Housing residents who no longer want home delivery of the Alaska Post should e-mail the Public Affairs Office at pao.fwa@us.army.mil or call 353-6700.

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3 x 4.0

52372836
ALASKA JOB CORPS.
AK POST/AP/AK JOB CO
1 x 2.0

40380525
ALASKA AUTO GLASS
PG 3 AK POST/AK POST
2 x 2.0

50378546
ALASKA FUN CENTER SALES
AK POST/NO INTEREST/
3 x 3.0
RED

12379821
SILVER GULCH BREWING
AK POST/OYSTERS
3 x 5.0

50378544
STANLEY NISSAN
AK POST/GAS PRICES T
6 x 21.0
Full / olor /