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EARTH DAY



Fort Wainwright joins the United States Army and the nation in celebrating the 41st Annual Earth Day April 22.

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ARMY NEWS

army.mil

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DEFENSE VIDEO

dvidshub.net

WEEKEND WEATHER

Friday

Partly sunny.
Low 11 High 41

Saturday

Mostly sunny.
Low 10 High 43

Sunday

Mostly sunny.
Low 15 High 41

Unrestricted visibility
NE winds 5 -10 mph

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



Celebrating Month of the Military Child, Raising Strong Kids Year Round

Lt. Gen. Rick Lynch,
Installation Management Command

The Army first observed the Month of the Military Child in 1986, to honor the youngest members of the Army community. As we celebrate it again this month, 25 years later and in the 10th year of ongoing conflict, recognition of the sacrifices and strength of our military children is more vital than ever.

The life of military children has always had its challenges, foremost among them being frequent relocations. Every time Families move, children have to make new friends, get used to new schools, and find new clubs and teams to join. A lot of military children take these changes in stride and some even thrive on them, but it is hard—kids have to rebuild their world every time and find their place in it.

Now, in this time of persistent conflict, the challenges are compounded—they are more serious and affect more Families. About 1.8 million children have a parent currently serving in the military. Since 2001, an estimated 900,000 children have had one or both parents deploy multiple times. Our children are dealing with long and repeated separations from their parents. They are dealing with the happy but disruptive time when their parents come home and the family has to regain normalcy. Sometimes they have to deal with the worst thing children can imagine, the death of a parent. In the face of all this, for all of their contributions and sacrifices, our children need and deserve our best efforts.

From the highest levels of leadership on down, the Army has committed to providing Families with a quality of life that is commensurate with their service and sacrifice. For our children, that includes a commitment to ensure excellence in schools, child care and youth services—to ensure they have the support and care they need to develop into strong, resilient, well-rounded young adults.

Please see CHILDREN, Page 2

Arctic Wolves deployment begins



1st Battalion, 24th Infantry Regiment, 1st Stryker Brigade Combat Team commander Lt. Col. Jeff Stewart, with daughter Fiona, 10, nearby gives his son, Fergus, 7, a hug after the 1st Stryker Brigade Combat Team, 25th Infantry Division's deployment ceremony in Fort Wainwright's Hangar 6, April 6. Stewart's family were among the many local and state distinguished guests, family members and Soldiers present to show their support. 1-25th SBCT Soldiers participating in the ceremony represented over 4,000 members of the Arctic Wolves while casing their unit's colors. The ceremony symbolizes the beginning of the brigade's yearlong deployment to Afghanistan and a community's commitment to their Army. (Photo by Brian Schlumbohm/Fort Wainwright PAO)

For more on the deployment, please see Special Edition Pages 9 - 12

Memorandum for the United States Army

From the office of the chief of staff

I'm honored to be your 37th Chief of Staff. I want to assure you that I'm well aware of the challenges we face but equally aware of the opportunities we will have in the next four years to do a lot of good both for the Army and for the Nation.

My transition team did a great job helping me "see" our Army, and I want to share two of their observations

1. We are really good. We've accomplished everything that's been asked of us. Our Soldiers and their Families are proud, courageous, and resolute. Our leaders are effective, engaged, and innovative.

2. We are uncertain about the future. The missions in Iraq and Afghanistan appear to be stabilizing. The Nation's economic condition appears to be declining. Senior leaders are questioning our role.

We have been here before, and as I like to tell those who are interested in our Army, "I like the problem we have." We've never been better organized, better trained, or better equipped. Of course, that's at least in part because we've never been better resourced. As our resourcing changes, we'll change -- but we'll be changing from a position of great strength. That's why I like the problem we have.

Over the next few months and in collaboration with our Secretary of the Army, I'll share some thoughts with you about



the role of our Army, how we will remain adaptable, how our Active and Reserve Components will contribute to maintaining our position as the Nation's decisive land force, and how we will remain the Nation's preeminent leadership experience.

The "talk on the street" is all about how resource constraints are coming and about how we must act to ensure a "soft landing." You won't hear that from me. I didn't take the job as your 37th Chief of Staff to orchestrate a "soft landing." I took the job as the 37th to team with an incredible group of senior military and civilian leaders to make our Army smarter, better, and more capable -- with the resources we are given -- so that we provide the Nation with the greatest number of options for an uncertain future.

We remain an Army at war. We will provide whatever it takes to achieve our objectives in the current fights. We will keep faith with our Families and with our Wounded.

One other thing you need to know about me. In my 37 years, I've been deployed several times to several different kinds of conflict. In each case, upon notification to deploy I was able to requisition nearly everything my unit needed. What I couldn't requisition was trust, discipline, and fitness. These qualities have to exist in every unit and in every Soldier of our Army all the time. When I come to visit your organization -- whether a tactical formation or part of our institutional Army -- I'll want to know what you're doing to develop a climate of trust, to ensure the discipline of your soldiers, and to increase the fitness of the Force.

I'm proud to serve with you.

Martin E. Dempsey
37th Chief of Staff

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Commander's column

Col. Timothy A. Jones, Garrison commander

Enjoy, but be safe

There are a number of things that signal the end of winter – birds returning to Creamer's Field, snow melting and road conditions changing back to green are just a few. We are all happily anticipating summer and the activities that come with it.

We want to ensure your summer is a good one, with you and your families building happy memories of activities in Interior Alaska. To accomplish this, we ask that you follow a few rules to guarantee the safety of you, your families and your neighbors.

Motorcycles

When we change road conditions to green in a short while, it means motorcycles will once again be allowed on Fort Wainwright roads. All riders on post must have completed the Motorcycle Safety Course. The course is required for all active-duty Soldiers to ride off post as well.

Our Garrison Safety Office offers the courses free of charge to all active-duty military. Availability is on a first-come, first-served basis and classes are held Monday through Friday. For information, call 353-7083.

When you take your motorcycle out for a ride, beware of hazards like gravel on the roads, animals entering the road or the position of the sun that may make it difficult for other motorists to see you. Ride safely and smartly.

Bicycles

As the snow and ice melt, bicycles seem to sprout all over town, including here on post. Although we have a very nice bike path network, linking us with both Fairbanks and Badger Road, there are still a number of spots where cyclists need to cross busy roads.

Drivers should be constantly alert to bicyclists riding on the side of the road.

Cyclists should ensure they are wearing the proper equipment (helmets, reflective clothing, etc.) and are following the rules and laws for riding in traffic. For more information, contact our Safety Office at 353-7078.

Runners

No matter what time of day you may be out driving around post in the summer, you are likely to encounter at least one runner along some of our streets. We have fitness-conscious Soldiers and family members. We have people who run strictly for the fun of it. We are the summer home of the Alaska Fire Service's Smokejumpers who must be in shape to fight fires.

If you are a runner, please ensure you follow the rules of running against traffic if your route takes you away from the bike/running path.

If you encounter runners as you drive, be aware of their presence and slow down to go around them.

Neighborhoods

We have intentionally set the speed limits in our neighborhoods low. This is for the safety of the families who live there.

Regardless of how many times they may be told, children get excited and sometimes forget all safety rules. Vehicles moving too fast through the housing areas and excited kids can be a tragic mix. Obey all the speed limits to keep everyone safe.

River

The ice on the river is breaking up, the water level is high and swift. Please keep children away from the riverbanks. One slip could mean disaster.

To Do

With the onset of breakup, we're seeing an increase in the number of outdoor events. The 5K and 10K races are returning to the area. Softball and soccer leagues are forming. Creamer's Field is offering outdoor activities in addition to watching the geese, swans, cranes, ducks and other birds stopping over there. Our Outdoor Recreation staff is busy gearing up for a summer of fun, and our golf course staff is preparing for the first tee-off.

There are activities and events for everyone throughout the spring and summer. Go out and enjoy them – and stay safe.

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.dougllass@us.army.mil.



MEDDAC commander

Col. George Appenzeller, MEDDAC-AK commander

Question: How do we support our warfighters and their family members during a deployment?

The word family elicits a strong emotional response from Soldiers. When deployed, they need to know that their families are safe and secure. Their morale and their ability to concentrate on the mission depend on it. Success on the battlefield is largely attributable to high morale.

How well we care for the families that remain behind when Soldiers deploy is therefore critical to our success in the Global War on Terrorism.

Whether deploying or serving on the home front, active-duty members should ensure their family members' information is updated in DEERS, the Defense Enrollment Eligibility Reporting System, and subsequently enrolled in Tricare. Newcomers will need to switch to the Western Region. There's no fee for Tricare enrollment. More information is available at patient services in Bassett Army Community Hospital or online at www.tricare.mil.

At MEDDAC-AK our healthcare spectrum goes beyond just providing medical care for your everyday physical illnesses and injuries. We work with our deploying Soldiers to ensure medical readiness and with family members so that they are taken care of and are aware of our support services that become available to them while their loved ones are deployed and serving abroad.

In our ongoing campaign to support you and your family during the deployment cycle, Bassett Army Community Hospital has expanded the following services in order to further support your continuing efforts on the home front.

Behavioral Health will be open for military family members for the following services: individual therapy, marital therapy, family therapy, group therapy as well as Inpatient psychiatry services partnered with Fairbanks Memorial Hospital.

The optometry clinic will allow routine eye exams on a space available basis. This will serve as a convenience for those spouses and children who need annual exams. These exams are utilized for summer youth athletic programs, back-to-school physicals and many other services through Child and Youth Services which require an eye exam as a component of the medical screening process.

In closing, I want to tell you how grateful I am for all you are doing to maintain the strength of your family during these challenging times. In doing so, you are not only helping the Soldier in your family, you are making a great contribution to the overall strength of our extended MEDDAC-AK family which parallels our motto of "Above All We Care."

To find out more about our support services available at Bassett Army Community Hospital, please visit us on the web at: <http://www.alaska.amedd.army.mil/> or call 361-5172.



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Special Recognition for logging the most hours

Charles Hamby - 2,153
Michael Brown - 1,194
Michael Kimble - 1,026
Michael Cox - 857
Christianna Marcinick - 792
Janie Fields - 772
Moe Polhamus - 765
Elizabeth Riehm - 753
Helena Bouley - 648
Debbie Brown - 648
Lucy Goitia - 648
Kelly Harp - 648
Lizz Beem - 598
Whitney Hull - 583
Yvette Dudley - 521.5
Tiffany Seale - 505

Editor's note: Most of the Fort Wainwright's volunteers are listed on Page 5. Each and every volunteer is special and although the folks at Army Community Service compiled a comprehensive list, Pvt. Smith, Sgt. Williams and a few others may have been dropped if a first name wasn't given. The Alaska Post would like to recognize everyone who generously donated time and effort to Soldiers and families. If we missed you, let us know and we'll make a special place for you in an upcoming issue. With that being said, thank you all.

CHILDREN: Our future - when they are strong, we are strong

Continued from Page 1

Army Child, Youth and School Services is central to delivering on these promises. CYSS currently serves almost 300,000 children ages 6 weeks to 18 years in on- and off-post programs around the world. Through its Child Development Centers, School Age Care, and Middle School and Teen Centers, CYSS provides healthy and enriching environments that help children grow mentally, physically, socially and emotionally. For the school age children and teens in particular, the CYSS programs provide a whole world of topics to explore, including fitness, health, arts, science and technology, leadership, citizenship, life skills and careers. In addition, CYSS runs a robust sports program, with more than 112,000 children participating in team and individual sports and sports clinics.

To meet the greater need for services, CYSS has made tremendous efforts to increase access and offerings, both on and off post. On installations in the States and overseas, CYSS has constructed 150 new child care and 24 new youth centers since 2007. They have also introduced innovative programs such as Neighborhood Activity Homes, which provide places for older kids outside of traditional facilities. Off post, CYSS has partnered with a number of local providers and national organizations to serve Families who live in areas far from an installation or in high-impact areas where the need exceeds the capacity on the installation. CYSS extends 16 hours of free care per month to the Families of deployed Soldiers, Wounded Warriors and Fallen Soldiers, a total of more than 1.08 million hours in fiscal year 2010.

The focus on increasing access does two things for our Families. When parents can take advantage of CYSS, it decreases stress on the Family. Parents know that when they are deployed, when they are working, when they are at medical appointments, their children are in a safe place. They can focus on what they need to do, knowing that their children are well cared for. Also, these programs provide our children with much needed support. They are in a caring environment with adults

and peers who understand what they are experiencing, and they have the chance to pursue a wide range of interests and build their strengths.

In addition to providing quality out-of-school programs, CYSS is also focusing on supporting military children in school. Military children attend on average nine different schools before they graduate high school. The transition between schools can be rough when there are incompatible requirements to enroll, to join extracurricular activities or to graduate. It can be tough for students to settle in, when school personnel do not understand the issues—the stress of being the new kid yet again, the fear of separation, the disappointment that Mom or Dad is missing another game or recital.

Schools Liaison Officers are located at every garrison to help Families with these and other school-related issues. They play an important role in helping students make a smooth transition and succeed at their new school, by working with Families and school districts to meet needs and requirements on both sides.

In a new two-year pilot program School Liaison Officers at seven garrisons—Joint Base Lewis-McChord and Forts Benning, Bliss, Polk, Stewart, Hood, and Wainwright—will be joined by Military Student Transition Consultants. The consultants will be located in school district offices and work closely with the School Liaison Officers to build understanding between school districts, garrisons and Families about the needs of military students and to support efforts, such as mentoring programs, which help students plug into their new school. The consultants will be in place this May to support Families through the summer PCS season.

I can point to any number of other ways Army CYSS is doing a phenomenal job of supporting our children. In addition to daily child care and afterschool care which meet the highest national standards, CYSS provides special events and camps, both on post and far from any post. There's Tutor.com, where students can get online tutoring anytime and anywhere. There are the Military

Family Life Consultants, who provide counseling to kids in school, and the Child Behavioral Consultants, who work with children in the afterschool programs, when they are having difficulties with their parent's deployment.

Army CYSS strives to provide a comprehensive range of services for Families to help grow strong and resilient children. However, this is only possible with the support of a number of dedicated, longstanding partners, including universities, nonprofit organizations, and local and state governments. They conduct research on the needs of military children, draft policies and legislation in support of military Families, develop curricula we use in our programs, provide training for educators, counselors and others who work with military kids, and provide services to military children who do not live near an installation. We must continue to reach out to

them and communicate how they can help our children, because we cannot do it without them.

Month of the Military Child is an important observance, and a lot of fun. Installations worldwide are holding hundreds of fairs, parades, carnivals and other events throughout the month. I encourage you to get out in your community and join in honoring and celebrating our children.

The Army does not confine its commitment to children to one month a year—we owe our children more than that. They do not sign up for the challenges military life brings, and yet they are right in there with us, making sacrifices everyday and showing a lot of bravery. It's our job to do the best by them that we can, providing the care, support and opportunities they need to thrive in the face of challenges. Our children are our future: when they are strong, we are strong.

ALASKA POST
Home of the Arctic Warriors

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pao.fwa@us.army.mil

The ALASKA POST - Home of the Arctic Warriors

What is the best thing and the worst thing about being a military child?

Brandy Ostanik, CYSS Partnership Specialist EDGE! Program, Alaska Post contributor



Marquis Manuel, 16, son of Marcus and Staff Sgt. Vanessa Manuel, C/125th Finance Co.

BEST: Traveling to new places is the best thing.

WORST: Having my friends leave.



Morgan Adams, 10, daughter of Angie and Lt. Col. Mark Adams, 1-25th SBCT, BTB.

BEST: Moving and meeting new people.

WORST: Having my dad leave is really hard. Saying goodbye.



Joice Cannon, 15, son of Monica and Sgt. James Cannon, 1-25th SBCT, 25th BSB.

BEST: Getting to meet new friends.

WORST: Having my dad deploy again next month.



Donte Manuel, 14, son of Marcus Manuel and Staff Sgt. Vanessa Manuel, C/125th Finance Co.

BEST: Getting discounts at friends.

WORST: Moving. We've moved five times.



Rachel Adams, 14, daughter of Angie and Lt. Col. Mark Adams, 1-25th SBCT, BTB.

BEST: Traveling around and seeing new places.

WORST: Leaving friends and having my dad deploy.

Stress: Everyone has it, there are ways to handle it

Trish Muntean, Fort Wainwright PAO

A broken down car, an overdue bill, an angry boss, and a sick child; all of these can make for a bad day. Add the fact that your Soldier is deployed and you might be feeling more than a bit stressed.

So what exactly is stress?

When most folks say they are "stressed out" what they are trying to communicate is a sense of overwhelming inner anxiety, said Chaplain Dwight Broedel, Family Life chaplain.

"Think of this as a continuum of increasing inner pressure," Broedel said. "Any unresolved emotional-stuff-of-life accumulates until relieved. Mild Stress is good and serves to motivate growth. Trouble emerges when mild stress-pressure is not released and builds to unhealthy levels. Equally troubling is hypo-stress when someone lacks any incentive to grow at all. Obviously the solution is multiple ways and means for releasing daily pressure and adapting to healthier-living."

However, stress over a long period of time that is not dealt with can cause emotional, behavioral and health problems and affect relationships, careers and wellbeing.

"Everybody has stress," said Margie Kurzbard, Family Advocacy Program supervisor. "The time I think people need some professional help is when the stress is clouding their thinking, when it is interfering with their sleep, over a period of time, when they have extended periods of emotional volatility, when they are irritable, they're lashing out more anger towards children and family members and other people."

So how should a person deal with stress so that it doesn't get to that point?

"Since stress is accumulating pressure, we have several options," Broedel said. "(a) do nothing, (b) reduce the sources of pressure as in adjusting our expectations, (c) increase the ways & means we personally use to reduce pressure as in relaxing and have fun, (d) getting professional help and (e) a combination of the above. I highly recommend all but option (a) doing nothing. It is the worst possible course of action for someone under stress."

"There are many organizations in the Fairbanks area that can help alleviate stress by engaging the body, mind and soul," Broedel said. "Pick your own hobbies, relax and have fun: the Curling Club, the American Legion, Boy and Girl Scouting, 4H, churches-chapels-synagogue-temple, ski club, arts & crafts, Bird-Watchers Anonymous and even going back to school at UAF or learning a tech-trade... there are so many resources available here. We have one of the best MWR programs in the world - use it!"

The Family Life Training Center is another option to help alleviate stress. "The

idea that the Chaplain Family Life Training Center is only for religious people is completely false. It is for everyone who believes their spirit is important," Broedel said. "The Chaplain Family Life Training Center is a spiritual, non-religious training option available to all military ID cardholders, active, guard, reserve, retired, veterans, Army, Navy, Air Force, Marines, and their family members. We work with singles, couples and families of all types."

"Family Life chaplains are experts in helping people live well," he explained. "This requires a process of exploration, increasing self awareness, breaching painful obstacles, healing past traumas, bridging expectation gaps, discovering personal meaning, while developing skills and tactics for cultivating personal wellness."

Broedel recommends that people don't wait until they are in crisis to meet with a chaplain. "The best medicine is prevention," he said. "One doesn't change the oil after the engine seizes up or put old batteries in the smoke alarm after a fire. Visit with your chaplain often for the maximum benefit over time." Assistance through the Chaplain Family Life Training Center can be sought by calling 361-6112.

Kurzbard recommends the Child and Family Assistance Center. She says the program is oriented to working with individuals and families and offers individual, family, marital and child therapies. There are also psychiatric services available through the program as well. For more information contact Behavioral Health at 361-6059.

Family Advocacy also offers many classes to help deal with the pressures of day-to-day life, including Stress Management, Anger Management, Coping with Grief, Magic Parenting and many more. For more information on these classes call 353-6286.

For those who ask if visiting a chaplain or other health provider means that they are sick or weak Broedel said "No. What are vaccines for? Why do we get yearly check-ups and dental screenings? Blood pressure checks, pap-smear, and mammograms are all preventative and highly encouraged. What makes your emotional health any different? Visiting a chaplain and other health care providers (and financial advisors) is a sign of being proactive, smart and savvy, with a positive focus on achieving a successful future. Complete wellness is a choice. Why cheat yourself out of a grand future? Stay active and stay healthy."

"Stress is completely situational and intensely personal," Broedel said. "What pressures one person may not pressure another."

A stress free life ?????



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Army Community Service

The name says what we are and what we do

ACS Staff report, Fort Wainwright

Army Community Service is exactly that. We serve the total Army community as a whole - service member, Department of Defense civilian, retiree and family member.

Army Community Service assists commanders in maintaining the readiness of individuals, families and communities within the Army by developing, coordinating and delivering services which promote self-reliance, resiliency and stability during war and peace. Services are offered to active, retired, Reserve and National Guard Soldiers and their family members, regardless of branch of service. Department of Defense civilian employees - appropriated and non-appropriated funds - are also eligible for most services, as are their family members.

ACS is a member of the Morale, Welfare and Recreation family - proudly serving America's Military.

We offer single Soldiers an area where they can come to communicate with home in a welcoming atmosphere. We offer educational resources such as financial classes and sexual assault prevention classes.

We prepare these Soldiers before they leave with information that they need to be aware of to prepare for a deployment. We offer programs through our Survivor Outreach Services to assist the families should tragedy occur.

We reach out into the community with our outreach services, our information and referral program and our volunteer program.

Our Employment Readiness Program will help family members find employment via resume-writing classes and job board postings.

When those families have moved here and are waiting for their belongings, we have the lending closet

to help them get by.

Speaking of programs that help families get by, we have the Exceptional Family Member Program which provides support, assistance and solidarity with other families in the community, an opportunity to grow and socialize.

For those times when families are in crisis, we have our victim advocates and our Family Advocacy Program are available to help in a moment when it seems there is no help or hope available.

We offer classes to help in a variety of areas of life: stress, parenting and marriage.

We celebrate our new additions to families with our New Parent Support Program which offers just what the title says to new parents - and old parents - who wish to learn about parenting.

If the crisis is financial in nature,

we have the one program that is 'Soldiers helping Soldiers' with Army Emergency Relief.

When it is time for the Soldier to leave Alaska we can assist with our Relocation Program which will help the Soldiers and their families head either to their next duty station or to the next stage in their lives.

We in Army Community Service honor the service which our Soldiers and their families provide to us by serving them and all of their many and varied needs.

Information about upcoming classes and programs is available online at ftwainwrightfmwr.com.

ACS is located in the Welcome Center, Building 3401 Santiago Avenue. For information about any ACS program, call 353-4227.

Ammo Amnesty Day is coming to Fort Wainwright

Brian Schlumbohm, Fort Wainwright PAO

Monday is Ammo Amnesty Day at Fort Wainwright. Mark Renner, Ammo Supply Point manager at the lower Ammunition Supply Point, building 2200, located just off Ketchum, across from the golf course, will offer the ability to return ammunitions anonymously from 7 a.m. to 4 p.m.

Small arms ammunition up to and including 50-caliber may be turned in at the ammunition amnesty box without investigation or prosecution. No documentation is required and no questions asked. During Ammunition Amnesty Day operations, there will be explosive technicians on-site to help, but only for safety.

"It's typically geared towards the Soldiers," Renner said, "when they go out into the field and are dealing with all kinds of small arms ammunition, sometimes a round or two or more may get put in pockets or a rucksack." The ammunition amnesty box gives those Soldiers a way to return ammo if they might feel uncomfortable turning it in through their unit.

"We encourage units, because we deal with their ammo [non commissioned officers], to bring ammo back during the day," Renner said, "it's still under amnesty; I don't care if I see a name tag on a uniform."

As ammunition comes in, Quality Assurance Specialist Dennis Pope inspects the ammunition's condition. "We try to determine what is serviceable and unserviceable." If serviceable, the military ammunition can be repackaged, set back into stock

and reissued for training, creating a savings to the Army. If it is deemed unserviceable, the office will begin the process of destroying it, either way creating a safer environment by keeping ammunition out of homes, dumpsters and landfills.

Setting aside an Ammunition Amnesty Day, as a commander's program, helps bring special attention to any unused ammunition that might be in the homes or barracks of Soldiers. Especially in case of deployment, Renner added. When Soldiers are busy cleaning out barracks rooms or getting their homes ready for being deployed they may come across unused ammo. For the safety of their families, "they don't want to maintain it and we can properly dispose of it," Renner said. Spouses and civilians can also bring in their unwanted ammo.

"We do sometimes get civilian ammo," Renner said. "The biggest thing is safety."

The ammunition amnesty box is available to anyone, 24 hours a day, seven days a week, year-round. It's checked every day. "If you're concerned and want to be discreet, drop off at any time," Renner said.

Military ammunition and explosives larger than 50-caliber should not be moved by untrained personnel. "If they have something out there that they don't know what it is, give us a call," Renner said. If there are any questions about bringing ammo in, his number is 353-9940.



Dennis Pope, quality assurance specialist shows how to drop off ammunition at Fort Wainwright's, ammunition amnesty box. Located near building 2200, the box is available to anyone, year round for dropping off ammunition anonymously. It is checked daily by ammo supply point personnel and is open 24 hours a day, seven days a week. (Photo by Brian Schlumbohm/Fort Wainwright PAO)

EARTH DAY: Fort Wainwright celebrates sustaining the environment

Connie Storch, Fort Wainwright PAO

Fort Wainwright joins the United States Army and the nation in celebrating the 41st Annual Earth Day April 22, providing the Army the opportunity to reassert our commitment

to environmental sustainability and energy security critical to protecting the earth, protecting lives and supporting our mission requirements.

Fort Wainwright personnel - military,

civilians and contractors - and family members are encouraged to join in the Earth Day open house on post at the Last Frontier Community Activity Center from 11 a.m. to 4:30 p.m. The location of the event was changed last week. The LFCAC is located at 1044 Apple Street on North Post.

All open house activities and refreshments are free of charge.

During the open house visitors will be able to drop off recyclable materials such as phonebooks, electronics, and other items; view a plastics-to-fuel demonstration; collect information and share earth-friendly ideas with local area experts. There will be interactive displays with natural resources and archeological activities and a coloring contest for children.

The Army's theme for Earth Day is "Sustaining the Environment for a Secure Future; Net Zero 2011."

When the concept of net zero was first applied to installations, it was in terms of energy, explained Lt. Gen. Rick Lynch, commanding general, Installation Management Command.

Lynch, also assistant chief of staff for Installation Management, wrote in a February article, just as the Army has transformed and changed over the years, Army Net Zero of today goes beyond energy to include water and waste.

Installations reach net zero through five interrelated steps: reduction, repurposing, recycling and composting, energy recovery, and disposal, Lynch explained.

Fort Wainwright's open house will feature on- and off-post subject-matter-experts from local government and industry, reflecting the mutually beneficial partnerships that have formed between Army garrison personnel and the Directorate of Public Works which encompasses utilities, housing, environmental, natural and cultural resources and more.

Partners in Fort Wainwright's Net Zero and sustainability programs include Doyon Utilities, K and K Recycling and North Haven Communities. Our partners will have representatives,

booths or information tables at the open house.

North Haven Communities will host the schools' science fair competition, K and K Recycling is providing the plastics-to-fuel demonstration and continues to support our recycling efforts;

Fort Wainwright will also host the Fairbanks North Star Borough air quality advisors, in cooperation with the compliance program. Borough representatives will explain the Air Quality Index, how to access information for the local area and what the particulate matter measures mean. As part of the installation's compliance program, Environmental Management will provide information about the installation's program including federal sustainability initiatives.

Air quality concerns bring to mind wood-burning for some folks, as many Interior Alaska residents use wood as a home-heating source. Natural Resources will have a display on how to obtain wood-burning permits, moisture meter rental, (drier wood burning can reduce emissions and increase thermal heat output), and other good wood burning-related practices. Information about wood cutting permits for Army lands will also be available. Permits may be issued on-site for a limited time.

An Arctic Health Link table will feature basic nutrition and wellness information. Tricare beneficiaries will be able to enroll in the "Take Care of Yourself" program. TCOY enrollees receive a book and a card that they can use at the Bassett Army Community Hospital pharmacy to receive free, over-the-counter medications.

Fort Wainwright's Earth Day open house offers real solutions and resources for individuals, units and organizations to make a difference in Net Zero initiatives at home, school or on the job.

For more information about Earth Day, call 353-9746.





VOLUNTEERS: I want you to know you are appreciated

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Timothy Abrahamson
Randal Ackerman
Kanani Adams
Nina Adams
Greg Adams
Korey Adams
Angie Adams
Rachel Adams
Morgan Adams
Angela Addy
Larry Addy, Jr.
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Shannon Alamillo
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Ponicea Alexis
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Charlea Allen
Malik Allen
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Shawna Alvarez
Tyron Alwin
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Yolanda Andrada
Atchumi Andreas
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Gregory Woods
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Joshua Wright
Aimee Wrighlesworth
LaTasha Wydman
Jeff Wysluzaly
Beka Zerbst
Susan Ziegler

ICE DOGS HOCKEY
Fri., Apr. 15, 7:30 p.m.
Sat., Apr. 16, 7:30 p.m.
Sun., Apr. 17, 6:00 p.m.

YOUR Fairbanks Ice Dogs VS Wenatchee Wild

BIG DIPPER ICE ARENA

FINAL WEEKEND OF THE ICE DOG HOCKEY SEASON!
Second Round Playoffs: Best of 5 Series - 1st 3 Games Here!
FRIDAY SPONSOR: GCI
SATURDAY SPONSORS: Odom Company/ Coors Light/Miguel's
SUNDAY SPONSOR: Tubby's BBQ

SATURDAY 4:30 PM:
Pretame party at Miguel's (down the street from the Dipper) Appetizers, Food Specials & Giveaways.
SATURDAY NIGHT: At the game, we will be giving away the Coors Light 4-Wheeler! SUNDAY NIGHT: Postgame party at Tubby's BBQ. Meet the players the last time for the season!

SUNDAY, APRIL 17
2-6 PM
PREGAME TAILGATE PARTY
Big Dipper Parking Lot
Bring Your Own Grills, Food & Beverages.
Let's Show The Dogs Support!

Tickets available at the door, Ft. Wainwright, Sport King, Play It Again Sports, Eielson, Fairbanks Community Museum or at Ice Dogs office. Call 452-2111.
www.fairbanksicedogs.com

what is it? when is it? where is it? **find it here!**

Sesame Street Show comes to Fort Wainwright

Celebrating the Month of the Military Child

The Directorate of Family and Morale, Welfare and Recreation of Fort Wainwright hosts the Muppets of Sesame Street Show, a USO tour. The Muppets of Sesame Street Show and the local Month of the Military Child Carnival take place Saturday, April 23 at the Physical Fitness Center. Show times are 10 a.m., 2 and 3 p.m. The carnival activities begin at 10:45 a.m., running until 1:45 p.m. and again from 2:45 to 4:45 p.m. The traveling Sesame Street USO Experience is a free show, exclusively for military children and their families. It features Elmo and his friends Rosita, Cookie Monster, Grover and Zoe, as well as free giveaways for families. The tour is part of Sesame Street's Talk, Listen, Connect initiative for military families.



UPCOMING events

- VJ 50/50**
VIDEO DANCE PARTY
Fri, Apr 15 • 10:00 pm
Cover \$5
- ROCK BAND NIGHT**
Sat, Apr 16
Cover \$6
Local Bands: Lucid, 12 yr Stretch, Dystopia
- DJ COLLEEN SHANNON**
Sat, Apr 23
Cover \$10
- Marc Brown & The Blues Crew**
Fri & Sat
April 29 & 30
4 pm
Special Opener Fri: The Skidmarks
- Willie Porter**
Fri, 7 pm
May 6
Tickets \$25
Special Opener: Antje Duvekot
- Fri, May 6 • 10 pm**
after Willie Porter
- Sweating Honey**
Sat, May 14 • 10 pm
Cover \$7
- Barenaked Ladies**
Fri, June 3
First Summer Show of the Season
- Keller Williams**
Sat
June 4
Tickets \$25

MOVIES NOW PLAYING

- KING'S SPEECH**
EXTENDED
thru 4/23
- THE COMPANY MEN**
thru 4/21
- GASLAND**
Sunday
April 17
4 pm
- Blue Loon**
457-LOON • Parks Hwy
TICKETS AVAILABLE ONLINE, GULLIVER'S & AT THE BLUE LOON
www.theblueloon.com

Friday - 15th

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

FREE MAKE AND TAKE, 6 p.m., Open to DoD cardholders 16 and older. Arts and Crafts Center, Building 3727. Call 353-7520.

Saturday - 16th

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

GEOCACHING IN THE FAIRBANKS REGION, 1 to 5 p.m., Outdoor Recreation Center, Building 4050. Call 361-6349.

WOODSHOP 101, 10 a.m., Arts and Crafts Center, Building 3727. Cost is \$35. Open to DoD cardholders 16 and older. Call 353-7520.

TEXAS HOLD'EM TOURNAMENT, April 16 and 23, 7 p.m., Open to DoD cardholders 18 and older. Minimum of 12 players. Registration required online at: <http://www.armymwr.com/programs/promotions/texasholdem.aspx>

Sunday - 17th

CHAPEL SERVICES

Northern Lights Chapel, 10 a.m. - Sunday School, 11 a.m. - Protestant Worship, 5 p.m. - Protestant Youth of the Chapel.

Southern Lights Chapel, 9:30 a.m. - Catholic Education Classes, 11 a.m. - Roman Catholic Mass.

Bassett Army Community Hospital Chapel, 11 a.m. Gospel Bible Study.

Monday - 18th

ZUMBA FITNESS, 6 p.m., Physical Fitness Center, Building 3709. Cost is \$7 or purchase a 10 class punch card for \$70 and receive the 11th class free. Call 353-7274.

COPING WITH PTSD, 10:30 a.m., Northern Lights Inn Conference Room, Building 3402. Call 353-6286 or 4248.

Tuesday - 19th

ROMAN CATHOLIC MASS, noon, Bassett Army Community Hospital Chapel.

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

Wednesday - 20th

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

CATHOLIC LITURGY OF THE HOURS, noon, Bassett Army Community Hospital Chapel.

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

SAS OPEN HOUSE, 6:30 p.m., School Age Services, Building 4391. Call 361-7394.

Thursday - 21st

PROTESTANT WOMEN OF THE CHAPEL, 9:30 a.m., Northern Lights Chapel.

ROMAN CATHOLIC MASS, noon, Bassett Army Community Hospital.

ADORATION OF THE BLESSED SACRAMENT, 5 p.m., Southern Lights Chapel.

CUSTOM PICTURE FRAMING CLASS, 5:30 to 8:30 p.m., Cost is \$35, please bring a 5-inch-by-7-inch picture to frame. Open to DoD cardholders 16 and older. Arts and Crafts Center, Building 3727. Call 353-7520.

Buzzed? Don't Drive-Call 353-6610

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.



GREAT NORTHERN SHEDS

BUILT ALASKAN TOUGH!

Base price includes professional on-site construction
Many optional features available
Layaway available

Sheds • Garages • Utility Buildings • Greenhouses
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COLLEGE COMMENCEMENT

The Fort Wainwright and Eielson Air Force Base Joint College Commencement ceremony is Monday, 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.

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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.

RETIREE APPRECIATION DAY

Retiree Appreciation Day is scheduled for May 14, with events beginning at 8 a.m. at the Last Frontier Community Activity Center. There will be opportunities to renew ID cards, receive cholesterol screening, attend a health bazaar as well as enjoy lunch and recreational activities. The guest speaker at the luncheon will be Col. Timothy A. Jones, United States Army Garrison Fort Wainwright commander. For more information, call 353-2012.

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.

KINDERGARTEN REGISTRATION

Arctic Light Elementary School kindergarten registration will be May 2 and 3 at the school. Children must be five-years old by Sept. 1 to be enrolled. A birth certificate and Social Security card are required to complete registration. Students will also be required to have immunizations records and proof of address like a housing letter, utility or insurance bill. It is not necessary for the child to accompany the parent to registration. For more information call Gena Bolton at 356-2038 extension 201.

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. Go to <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.

TAX CENTER OPEN THROUGH MONDAY

The Tax Center is open through Monday. 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.

ASYMCA SNACK ATTACK FOR SOLDIERS

The Armed Service YMCA is setting up the schedule for snack attacks for the deployment of the Stryker Brigade. The deployments began this week, the next one they need volunteers. The deployments will be mostly at night and will continue nightly for several weeks.

Snack Attacks volunteers meet the soldiers at Eielson's Joint Mobility Center and "serve" cookies, coffee, juices, popcorn, and other treats, while the military do the final checks before takeoff. They are the last Americans the soldiers will see until they get into Afghanistan--the last thank you and smile they will get before traveling for days for their yearlong deployment.

Deployments are fluid, schedules slip, planes have problems etc. If you are available any evenings and feel supportive, please volunteer.

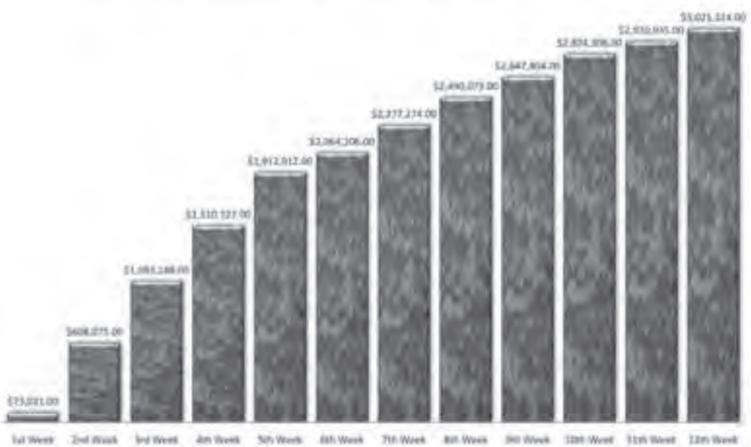
As the day gets closer the time will become more specific. Each snack attack is about 2 to 3 hours long.

Send a reply e-mail with your available evenings to Katrina.Sczesny@akasymca.org or call, 353-5962.

The ASYMCA will match you up with flights or let you know if there are no flights on that evening.

Also if you have a group of friends or co-workers that would like to be a team, ASYMCA can arrange for an experienced volunteer to demonstrate the process.

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Department hosts adventure camps for military teens

Elaine Sanchez, American Forces Press Service



(File photo)

WASHINGTON, April 8, 2011 – Whether it's kayaking down a river, backpacking through the forest or racing "high-adventure style," military teens with a thirst for adventure will have a host of options to choose from this year.

The Defense Department has teamed up with the Agriculture Department and 12 land-grant universities to offer military teens low-cost, high-adventure camps at 50 locations, including one in Alaska and two in Europe, officials said. Four of the camps will offer high-adventure opportunities to family members with special needs, they added.

The Alaska camp

The Alaska camp is open to military family members ages 14 to 18. "The Great Alaska Road Trip" is a high-adventure, high-energy camp that brings together the best of the wilderness, good ol' Alaska fun and great energizing activities. If you think camp is just sitting around toasting marshmallows and singing "Kumbaya" you are very, very mistaken, according to the camp's website.

This 5-day 5-night camp begins June 25 and will keep you moving, literally. Camp will kick off at the University of Alaska Fairbanks, but will consist of many off-site activities including a 3-day camping trip in Denali, rafting, hiking, rocketry at Poker Flats, gold panning, and a riverboat experience.

There's a \$40 application fee for incidentals not covered by the grant.

"This is a great opportunity for our military youth to leave their comfort zones and challenge themselves in a variety of ways," said Robert L. Gordon III, deputy assistant secretary of defense for military community and family policy. "The skills they learn through these camps will remain with them for the rest of their lives."

This joint DOD-USDA effort arose out of the Presidential Study Directive 9, in which all government agencies were directed to identify ways to better serve military families. In January, President Barack Obama released the results of that directive, and touched on the nearly 50 commitments agencies made to support military families,

many of which focused on children's well-being.

The camps will offer military youth experiences not readily available through traditional programs, officials said. Additionally, due to frequent moves, parents and youth may be unaware of local opportunities. These camps are intended to fill that gap, they said.

The USDA, land-grant universities and the Cooperative Extension System will work with local communities to offer the camps. Military teens ages 14 to 18 can pick their adventure -- from a five-day kayaking trip through Washington's San Juan Islands to a four-day adventure racing course in the Northeast to a one-week backpacking trip through Alaska's Denali Forest.

Special needs camps will be offered in Ohio, California and New Hampshire, and will feature active sports such as skiing, dog sledding, tubing and sled hockey.

Camps will become available as early as next week and will continue throughout the year. People can check out camp locations online at https://www.extension.purdue.edu/Adventure_camps/campsloc.html.

The camps are open to all services, both active and reserve; however, participation will be on a first-come, first-served basis. Program participation will either be no cost or at a very low cost, officials said, noting that some fees may be reimbursable. Travel expenses may be the responsibility of the family.

All of the camps are accredited through the American Camping Association, and most will have a military family life consultant in attendance, officials said. All staff members go through extensive training and, due to the high adventure aspects of these camps, many of the staff are experts in areas such as climbing, camping and water sports.

The camps will be operated even in the event of a federal government shutdown, officials said.

For more information about "The Great Alaska Road Trip," contact Becky Bruntz, (907)474-2402 rbruntz@alaska.edu

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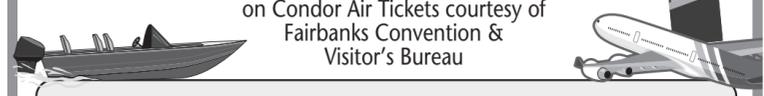
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'Soldier's Soldier' becomes 37th Army chief of staff

Rob McIlvaine, ARNEWS

ARLINGTON, Va. (Army News Service, April 11, 2011) - Gen. Martin E. Dempsey was sworn in as the Army's 37th chief of staff April 11, surrounded by an enormous family, mentors, his classmates from the 1974 graduating class at West Point, the secretary of the Army and the secretary of Defense.

"I'm confident that Martin Dempsey will bring the same passion and dedication to building the Army's next generation of leaders, guiding them with strength and vision as he has to every other position during his impressive career," said Secretary of Defense Robert M. Gates during the ceremony on Summerall Field at Joint Base Myer-Henderson Hall.

"Marty, you are truly a Soldier's Soldier, and I know the Army is in able hands," Gates said.

Dempsey's first assignment was in the 2nd Armored Cavalry Regiment, where he served as a scout and support platoon leader and squadron adjutant. Following other duties, he first earned a master's degree in English at Duke University and taught at West Point, and then he earned another master's degree in National Security and Strategic Studies at the National War College.

Dempsey served as the commander of the 1st Armored Division in Baghdad in 2003. He then helped train the Iraqi army and police as commander of the Multi-National Security Transition Command-Iraq.

His last assignment was as commander of U.S. Army Training and Doctrine Command, after stepping up as acting commander of U.S. Central Command.

While the seriousness of Dempsey's new role was on everyone's mind, the day was sparked with humor not unlike a Dean Martin roast.

After expressing heartfelt condolences to Gen. George W. Casey Jr. and his family, Secretary of the Army John McHugh told the audience that while goodbyes are an inescapable part of Army life, it's been especially difficult, given all that has passed in recent days in the Casey family.

Then, with a nod to Dean and the roast, McHugh lifted the spirits of all when he remembered the good times with his friend Casey.

"There's one thing we never could agree upon, but that's going to change with General Dempsey at the helm. Marty, finally I thank God there's another Yankee fan on board," McHugh said, adding that the new chief's rendition of "New York, New York," brought down the house. (The link to the YouTube video follows this story)

"His rise to this great height is yet another one of those classic American immigrant success stories. One can only imagine how different his life might have been had his family not decided to leave New Jersey and move across the river to New York state," McHugh said.

After the laughs subsided, McHugh said that he's grateful to have Dempsey as a partner in facing the challenges of a nation at war and the realities confronting an Army that is stressed, strained and facing vastly different times.

The warm, sunny day gave proof that America's banner will yet wave when 1.5 pounds of powder shot forth

from the three-inch guns of the Salute Guns Platoon, the flags were heralded by the Continental Color Guard, the traditional field music was played by The Old Guard Fife and Drum Corps, and the U.S. Army Ceremonial Band marched the field - all members of the 3rd U.S. Infantry Regiment (The Old Guard).

With tongue in cheek, Dempsey observed that April 11, over the years has seen some of the worst defeats. On this day in history, Napoleon Bonaparte abdicated the throne and was exiled to Elba Island. On this day, too, Gen. Douglas MacArthur was fired by President Harry S. Truman, he said.

Dempsey said he would work hard to change the course of this date.

"My commitment and expectation to this great Army is that we will work on strengthening the bond of trust among those with whom we work, among whom we support and among those who march with us into battle. On that foundation of trust, we will overcome any challenge that we confront in the future," he said.

To sum up, Dempsey called on the words of Ben Franklin who said, "well done is better than well said."

"So, beginning right now I'll get to work on delivering on some of these promises," Dempsey said.

To watch Gen. Martin Dempsey sing "New York, New York," visit <http://www.youtube.com/watch?v=oX6-S3v3aTQ>



Secretary of the Army John McHugh swears in Gen. Martin E. Dempsey as the 37th chief of staff of the Army, at Joint Base Myer-Henderson Hall, Va., Apr. 11, 2011. Dempsey succeeds Gen. George W. Casey Jr., the 36th chief of staff of the Army. (Photo by D. Myles Cullen/ARNEWS)

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Special Edition
Fort Wainwright, Alaska
April 15, 2011

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"ARCTIC WOLVES"



Col. Todd R. Wood, commander, 1st Stryker Brigade Combat Team, 25th Infantry Division (left), stands ready during the Arctic Wolves deployment ceremony April 6 at Hangar 6. Earlier that morning, almost 4,000 1-25th SBCT Soldiers (above) participated in an esprit de corps morale run to start off the day of symbolic and ceremonial preparations for the brigade's upcoming deployment to Afghanistan. Fort Wainwright leaders, family and community members joined the 1-25th SBCT Soldiers during the event to bid them farewell and safe journeys. (Photo by Brian Schlumbohm /Fort Wainwright PAO)

B Company, 1-5th checks, double-checks and triple-checks before departure



Pvt. Bryan Melshenker, a Soldier with B Company, 1st Battalion, 5th Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division, checks the nuclear, biological and chemical kits that will be issued and carried with Soldiers during their deployment. Melshenker inspects each kit making sure that all the items are packaged correctly, "Everything is sealed tight," he says, as he checks and places them together in a kit. (Photo by Brian Schlumbohm /Fort Wainwright PAO)



First Sergeant Larry Addy, B Company (right), 1st Battalion, 5th Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division speaks with fellow 1-5th Soldier, Staff Sgt. Jaynor Sudaria on how gear issuing is progressing. The Soldiers have only a few days to make sure all their equipment is ready for deployment. (Photo by Brian Schlumbohm /Fort Wainwright PAO)

In their barracks on Fort Wainwright Wednesday and dressed in their Operation Enduring Freedom uniforms, B Company, 1st Battalion, 5th Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division Soldiers pack for deployment. Packing equipment, belongings and issuing gear, the entire 1-5th are busy getting ready to head out.



Spc. David Skorupski, B Company, 1st Battalion, 5th Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division, has been in B Company for almost four years and explains what takes place between tasks. Skorupski said, "The 1st, 2nd and 3rd platoon Soldiers will wait here in the day room for their leadership to come and give them their next task to do." Between being issue and layout tasks, the Soldiers take time to set up their kits, making sure everything is correct and fits before final packing. (Photo by Brian Schlumbohm /Fort Wainwright PAO)



Cpl. Wesley Arrowood, B Company, 1st Battalion, 5th Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division, sits in amongst packing Soldiers with list in hand of mandatory items during "layout" in the basement of a Fort Wainwright barracks, Wednesday. As articles are called out from the list Soldiers search through their gear and hold them up for verification by Arrowood. "We're just making sure that everybody has everything they need and not missing anything," said Arrowood. Soldiers lacking any of the essentials will be expected to get the things they need before deployment. "We'll have another check later in the week and make sure they have them," Arrowood said.



As Fort Wainwright Soldiers ready for deployment, Sgt. Odin Ayala, 3rd platoon, 1st Battalion, 5th Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division, signs for his own issued items just as he has been helping other company Soldiers do throughout the day. "We're issuing their final items," said Ayala, "to get them prepared before layout." The "layout" process includes matching all items in the Soldiers' bags to a list of mandatory items the Soldier will need to take with them. Ayala is just one of the many Soldiers who keep preparations progressing during throughout the deployment process. (Photo by Brian Schlumbohm /Fort Wainwright PAO)

"All this fits in that bag and my ruck," pointing to a black bag and camouflaged backpack.

-Pvt. Kasey Wade



Pvt. Kasey Wade, participates in "layout," he says as the process taken to make sure all Soldiers have the correct inventory for deployment. 1-5th Infantry Soldiers bring their gear to have it checked against an inspection sheet. "All this fits in that bag and my ruck," Wade said, pointing to a black bag and camouflaged backpack. "The socks are the most important things, that and the shirts." He says as he goes over the inventory list matching it against the stacks of gear. He and his fellow Soldiers help each other throughout as items are called out and must be shown to the task leader who goes down the list one item at a time. (Photo by Brian Schlumbohm /Fort Wainwright PAO)

Arctic Wolves make it official, case colors for deployment

Sheryl Nix, Alaska Post contributor

Fort Wainwright's Hangar 6, typically home to aviation assets from the 16th Combat Aviation Brigade, provided the venue for Soldiers, leaders, family members and community members to celebrate the accomplishments of the more than 4000 Soldiers of the 1st Stryker Brigade Combat Team, 25th Infantry Division and officially send them off to Afghanistan during an April 6 deployment ceremony.

While the day's focus was entirely on the current deployment, the brigade's redeployment from Iraq in September 2009 and subsequent reset, training and preparation to deploy to Afghanistan this spring paved the way for the festivities.

The high-profile event drew distinguished visitors like Sean Parnell, Alaska's governor, area mayors, and leadership from U.S. Army Alaska, but for commanders and dignitaries, the focus was on Soldiers and their families.

Describing family members as "home-front heroes," Col. Todd R. Wood, 1-25th SBCT commander, said they often carry the weight of combat deployments. "The wives and husbands and children from across this brigade, ... like their Soldiers, represent what is best about our Army and our nation," he said. "Our family members of the Arctic Wolves do the tough business of balancing mothering, fathering, working and providing Soldier and family support day-in and day-out."

Deployment ceremonies highlight the transition from training and preparation of Soldiers in Garrison to fully-trained combat units prepared to fulfill the call of their nation in deployed locations. The brigade formation officially marked the beginning of their 12-month deployment and

symbolically demonstrated this transformation by casing battalion and brigade guidons or "colors" during the ceremony. The unit flags will be uncased and displayed when they arrive and complete their transitions in Afghanistan.

"The casing of the colors symbolizes the unit's departure for deployment," the event narrator said. "The colors serve as the rallying point for Soldiers on the battlefield. It was from this point that commanders directed the fight and massed their foot Soldiers and cavalry. Today the unit colors represent the heritage and (esprit de corps) of the organization."

The deployment ceremony also allowed family members an opportunity to share in the tradition and hear from their Soldiers' commanders that they are ready for the task ahead.

"My job is to get our units ready to go and get our families ready to stay," said Maj. Gen. Raymond Palumbo, USARAK commanding general. "It is with great pride and optimism ... and with my head held high that I report to you today that the Stryker Brigade Combat Team is ready to go. The Arctic Wolves are superbly led; they're well-equipped and they're fully trained."

New to the Army, Erin Reece, wife of 2nd Lt. Luke Reece, 3rd Battalion, 21st Infantry Regiment, 1-25th SBCT, said witnessing the ceremony was an important part of the deployment preparation process for her.

"I'm really glad I came to this," she said. "It brought all of us together and helped us feel pride in what our Soldiers do. It was a wonderful event."

Reinforcing unity throughout the battalions and brigade was an important part of the event,

Luke Reece said.

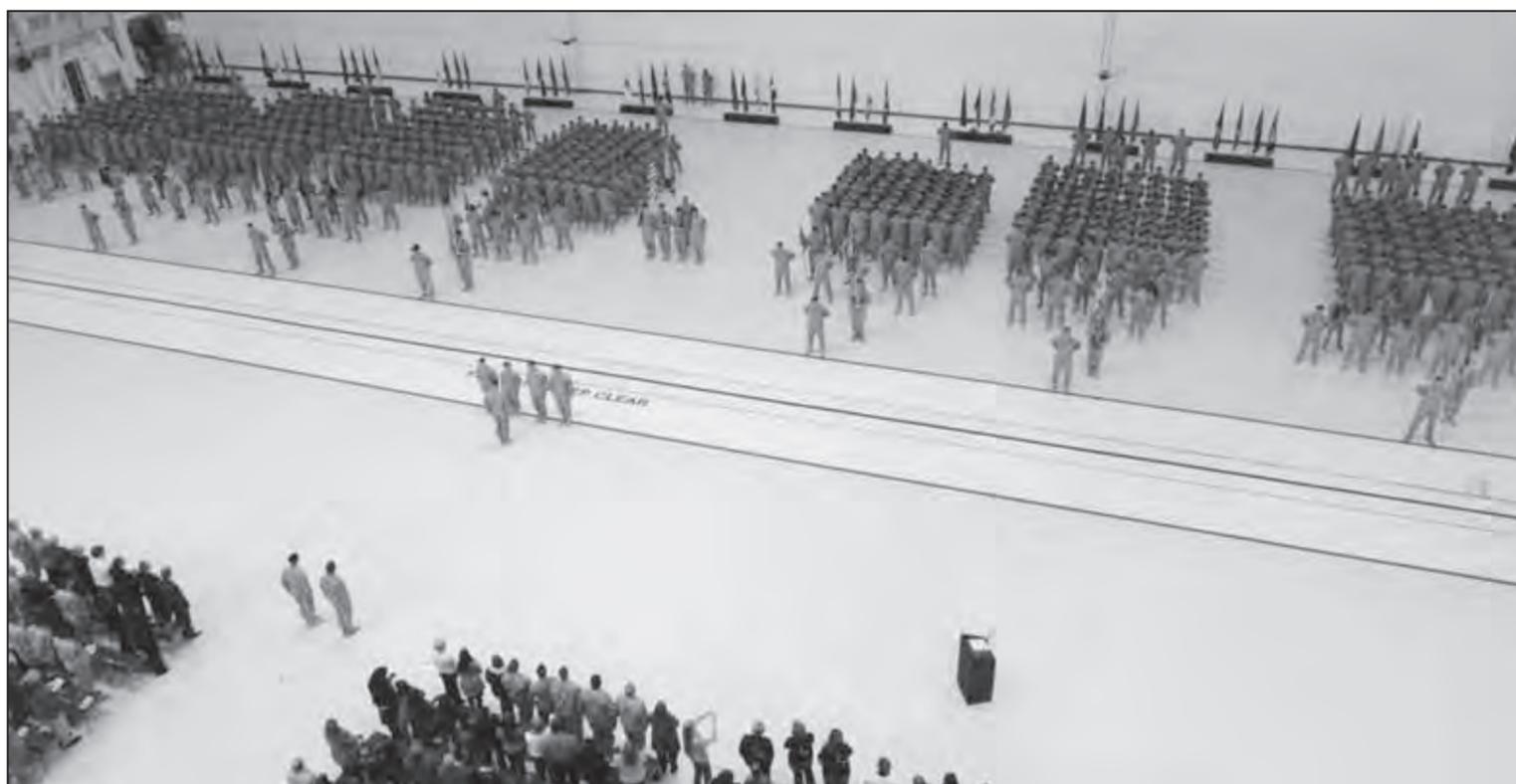
"It shows that no one will go through the deployment alone," he said. "Soldiers will have each other, but our families will also have a support system. You need to have that to succeed in this deployment."

Parnell, the ceremony's keynote speaker, emphasized strong community support for Soldiers and families in his remarks.

"Thank you for allowing me a moment to relay the strong support of Alaska for you, as well as for your families," he said. "Families, we are glad your home is Alaska and we will do everything within our power to ensure you have the support and the strength you need from the local community, as well as the statewide community. We know you will feel the strain of deployment and we want to do right by you."

He described the Arctic Wolves as fierce, tough and capable and guaranteed they will handle whatever challenges they face in the future.

"I know for many of you - family members and warriors - this is not your first tour. From the moment your boots touch foreign soil, you'll be asked to solve problems that you did not create," he said. "With imperfect solutions under pressure, your challenge is to solve some vexing problems without creating new ones. That is the challenge of leadership and that strengthens our character. You'll handle whatever gets thrown at you, all in the name of helping an impoverished nation secure freedom, while securing our borders, as well, for freedom. ... You are the pride of Alaska. Who you are and what you do are both of great value and purpose. We'll be here for you when you return. God bless you and keep you."



Soldiers of the 1st Stryker Brigade Combat Team, 25th Infantry Division stand ready to deploy to Afghanistan in support of Operation Enduring Freedom. Friends and family attended a deployment ceremony in their honor to wish them well and show their support. (Photo by Sgt. Michael Blalack/1-25 SBCT PAO)

1-25th commander thanks Fairbanks community for continued support

Citizens of Fairbanks and North Star Borough, I am Colonel Todd R. Wood, commander of the 1st Stryker Brigade Combat Team, 25th Infantry Division, located here on Fort Wainwright.

This truly is an amazing relationship that the community has with our Soldiers of the Stryker Brigade, which has grown stronger over what will, now, be our third deployment. Since my arrival to Alaska over a year ago, we have seen a community that continually demonstrates its outstanding reputation for support and commitment to the men and women of our military. Soldiers who serve at Ft. Wainwright arrive here having been told how great a community this is, what outstanding support is given to our military members and their families, and the incredible relationship that allows us to live, train and deploy with a very high level of confidence. This, combined with all the

wonders of living in Alaska, has made the Soldiers of this brigade, our families, and me, always feel right at home.

Military appreciation is a concept not easily grasped by some communities found outside the gates of our military installations today. However, you, our friends and neighbors throughout the "Golden Heart City" and across the entire North Star Borough, truly understand how to show your appreciation, concern, and compassion for local members of the military, especially the Soldiers of our brigade and their loved ones. At this time of deployment we have no doubt that you, our friends and neighbors, will support those we must leave behind, so that we may concentrate on our mission ahead.

As most of you know, our Soldiers and I will soon deploy to Afghanistan for approximately one

year. Our recent deployment ceremony once again demonstrated the goodwill of the Fairbanks-Fort Wainwright Community. It will forever live in our hearts and minds as a striking example of the warmth and generosity of area residents, and well represents the greater covenant of the American People to support our Army.

Your support is truly appreciated and it makes it my job easier knowing our families will be in good hands while we are executing our mission. Help keep the home fires burning in the hearts and spirits of our loved ones as the "Arctic Wolves" soon bid you farewell to answer our nations call. Godspeed, Fairbanks and Thank you, again!

Very respectfully,
Col. Todd R. Wood
Commander, 1st Stryker Brigade Combat Team,
25th Infantry Division, Fort Wainwright

Quick Reference Numbers

Health Care	Emergency	Abuse/Neglect	Legal / Financial	Education	Marital, Parenting, Family & Childcare	Personal Factors
Bassett Army Community Hospital 361-5172	Police and Fire 911	Sexual Harassment 353-3136	Legal Assistance PGA's Will's 353-6500	ACS Family Advocacy FAP 353-7317	Exceptional Family Member Program 353-4243	Army Emergency Relief 353-7453/4237
Tricare 1-888-874-9378	Military Police 353-7535	Army Substance Abuse Program 353-1370	ACS Financial Job & Community info 353-7438/4369	ACS Deployment Readiness 353-4332/4458	Family Life Center Counseling 353-6112	ALANON 456-7501
Community Mental Health 361-6059	Fairbanks Police Department 459-6500	Child Protective Services 451-2616	DEERS 353-2195	ACS Life Skills Classes Employment Readiness 353-4327/7322	Fairbanks Women's Shelter 452-5343	ACS Family Center 353-4227
Bassett Emergency Room 361-5491	National Suicide Hotline 1-800-273-8255	Sexual Violence Services Family Advocacy Report Abuse 361-6284	ID Cards 353-2243	Education Center 353-7486	Child Development Center (CDC) 356-1550	Caroline Crisis Intervention 452-4357
Prescription Refills 361-5109	American Red Cross 353-7234 1-877-272-7337	Domestic Violence & Victim Advocate 353-4202	Finance 353-7438	Library 353-2642	Child & Youth Services Central Registration 353-7713	Fairbanks Food Bank 456-2337

Suicide Prevention Resources

Fairbanks Caroline Crisis Intervention..... 452-HELP
After Duty Hours Chaplain 353-4182/4180
MP Desk..... 353-7535
National Suicide Hotline 1-800-273-8255
Military One Source 1-800-342-9547
Crisis Website: www.usarak.army.mil/crisisassistance/FWA

PX
Main Store: 356-1357
Flower Shop: 356-3141
Optical Shop: 356-1227

Commissary
353-7806

Useful Websites

www.armyFRG.com
www.usarak.army.mil
www.MWR.com
www.tricareonline.com
www.mytricare.com
www.MilitaryOneSource.com
www.MvArmvLIFEToo.com

Family, community, state and Soldier, Army strong

Photos by Brian Schlumbohm, Fort Wainwright PAO



After the 1st Stryker Brigade Combat Team, 25th Infantry Division's deployment ceremony took place in Fort Wainwright's Hangar 6, April 6, Command Sgt. Maj., Joseph McFarlane, 5th Squadron, 1st Cavalry Regiment, 1-25th SBC, and other Soldiers shared their deep appreciation and gratitude towards all those who attended. The deployment ceremony represented over 4,000 members of the Arctic Wolves and with the casing of colors, symbolized the beginning of their deployment to Afghanistan.



The casing of a unit's flag symbolizes that unit's departure for deployment. The 25th Brigade Support Battalion's Commander, Lt. Col. John McMurray and Command Sgt. Maj. Alton Haney case the battalion colors during ceremonies at Fort Wainwright's Hangar 6, April 6.



The Honorable Sean Parnell, governor of Alaska, shakes hands with Maj. Gen. Raymond Palumbo, commanding general, United States Army Alaska, before speaking to the Soldiers, families and other distinguished guests of the Arctic Wolves deployment ceremony.



The 3rd Battalion, 21st Infantry Regiment (Gimlets), after mingling with friends, guests and family begin to form back up before being dismissed from the day's ceremony.



Col. Lynn Scheel, vice commander, 354th Fighter Wing, Eielson Air Force Base, speaks with Col. Mark Lowe, U.S. Army Alaska deputy commander, after the 1st Stryker Brigade Combat Team, 25th Infantry Division's deployment ceremony took place in Fort Wainwright's Hangar 6, April 6.



Capt. Gregg Johnson (left) of the 5th Squadron, 1st Cavalry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry and Lt. Col. David Rough, 5-1st commander, greet fellow Soldiers, family and friends after participating in the 1-25th SBC's deployment ceremony in Fort Wainwright's Hangar 6, April 6.