



INSIDE

SECTION ALPHA

Military appreciation

Fiscal reality

1-52nd wins award

Commander's column

MEDDAC Q & A

Off-limits to Soldiers

Healthy eating

Holocaust observance

BOSS receives awards

BACH civilian top-notch

SECTION BRAVO

1-24th takes over

Alaskan experience

Community calendar

Birth announcements

CYSS offers programs

For your information

Stryker vehicle news

AT A GLANCE

1-24TH TAKES LEAD



1-24th Transfer of Authority.

More on Page 5

SPOUSE'S DAY



Spouse's participate in Great Alaskan Experience.

More on Page 5

ONLINE

FACEBOOK

FortWainwrightPao

TWITTER

twitter.com/PAOFWA

USARAK

usarak.army.mil

FLICKR

flickr.com/usarak

flickr.com/fortwainwright

ARMY NEWS

army.mil

ARMY SERVICES

myarmyonesource.com

DEFENSE VIDEO

dvidshub.net

WEEKEND WEATHER

Friday

Sunny.
Low 31 High 55

Saturday

Sunny.
Low 33 High 64

Sunday

Sunny.
Low 36 High 66

Unrestricted visibility
NE winds 5 -10 mph

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

Fairbanks celebrates military, recognizes special achievements

Allen Shaw, Fort Wainwright PAO

More than 600 Fairbanks community members gathered May 6 for the 43rd Annual Military Appreciation Banquet, honoring four Soldiers from Fort Wainwright, two from the Army National Guard and six airmen from the Air Force and Air National Guard for their military and community service at the Carlson Center.

The following Fort Wainwright Soldiers received awards: Sgt. Kenneth Greene, 1st Battalion, 52nd Aviation Regiment, 16th Combat Aviation Brigade; Sgt. Jerry King, 1st Battalion, 5th Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division; Sgt. Marty Miller, 1-5th, 1-25th SBCT; Spc. Adam Davis, 1-52, 16th CAB. (See more about these Soldiers on Page 7).

In addition to the recognition, Soldiers and airmen of all ranks were treated to an evening of fine dining and entertainment. Members of the community purchase tickets for the event, which includes sponsoring

members of the military to join them at their table.

The tradition of showing appreciation to Interior Alaska's military members began decades ago when the late Jim and Rosemary Messer invited local military couples to dinner in their home, and since then it has developed into a major event presented by the Greater Fairbanks Chamber of Commerce and sponsored by approximately 750 local organizations and businesses.

The special guest speaker for the evening, who presented the awards, was Lt. Gen. Thomas P. Bostick, the U.S. Army's 45th deputy chief of staff, responsible for developing, managing and executing manpower, personnel plans, programs and politics for the total Army. He was here for a 36-hour "whirlwind-tour" to visit local leaders and attend the banquet. "People are really the center of focus for our military. They are the Army," he said.

Please see BANQUET, Page 3



Lisa Herbert, Fairbanks Chamber of Commerce executive director, was given the Jim Messer Award for outstanding service to the military. Joining Herbert on stage (left to right) are Lt. Gen. Thomas P. Bostick, U.S. Army deputy chief of staff; Maj. Gen. Raymond P. Palumbo, U.S. Army Alaska commanding general; Brigadier Gen. Jim Post, 354th Fighter Wing commander; Col. Timothy A. Jones, Fort Wainwright garrison commander and Col. Timothy O'Brien, 168th Air Refueling Wing commander; and Mike Ferguson, banquet committee chair (left). (Photo by Allen Shaw/Fort Wainwright PAO)

1-52nd Aviation win national award for Pakistan mission

Staff report, USARAK PAO

Soldiers of Bravo Company, 1st Battalion, 52nd Aviation Regiment, 16th Combat Aviation Brigade were presented the American Helicopter Society's prestigious Capt. William J. Kossler Award at the AHS Forum in Virginia Beach, Va., May 4 for their role in Task Force Denali's operations supporting 2010 flood-relief efforts in Pakistan.

The award, established in 1951, honors the memory of a U.S. Coast Guard airman, aeronautical engineer and early advocate of helicopters in Coast Guard and Navy rescue and military operations. It is given for the greatest achievement in practical application or operation of rotary wing aircraft, the value of which has been demonstrated by actual service during the preceding year.

The 'Sugar Bears', as the Soldiers of Bravo Company are known, utilized the heavy lift and movement capabilities of 10 CH-47 Chinook helicopters in often demanding flying situations

to deliver 10 million pounds of relief supplies and provide humanitarian airlift for more than 19,000 individuals in the flood-affected regions of Pakistan's Khyber-Pakhtunkhwa province.

According to Pakistan's National Disaster Management Authority, the catastrophic floods of the 2010 monsoon season placed approximately one-fifth of the country's land area under water and exceeded the magnitude of all recent disasters there in terms of size of the affected population and widespread damage.

AHS International - The Vertical Flight Society is a professional and technical society founded in 1943 and dedicated to the advancement of a global rotorcraft industry marked by rapid technical developments, expanding military capabilities and commercial applications. The Awards Program was initiated in 1944 and over the years has paid tribute to the outstanding leaders of the vertical flight industry.



Soldiers of the 1st Battalion, 52nd Aviation Regiment, 16th Combat Aviation Brigade provide flood relief in Pakistan in 2010. (File photo)



Photo illustration by Brian Schlumbohm/Fort Wainwright PAO

New fiscal reality, same commitment to Soldiers, families

Lt. Gen. Rick Lynch,

Installation Management Command

A fundamentally different fiscal reality. We will be hearing some variation of that phrase from Army leaders for a long time to come. The Army's budget is smaller than it has been in previous years, and it will get smaller still. However, a different fiscal reality does not change the reality of what we owe to Soldiers and Families for their service and sacrifice. The Army's commitment to Soldiers and Families remains as strong as ever.

For the last 18 months, the Installation Management Community has been taking a hard look at the programs and services we provide to Soldiers and Families, with an eye not only to costs but also to effectiveness. As the inevitable belt-tightening comes, we are not trying to do more with less. We are working to make sure we can do the important things better.

One of our most important efforts has been to fully establish Survivor Outreach Services, to provide Survivors with longer-term, expanded support and care after casualty assistance ends. SOS staff have made tremendous progress in a short time, receiving more than 24,000 cases from Casualty and Mortuary Affairs, and they continue to enhance services as more Survivors provide feedback. This past year, SOS initiated a Survivor vehicle decal program to ease installation access, established a Facebook page, and held the first annual SOS summit to address challenges Survivors face.

Please see COMMITMENT, Page 2

17375774

SN/ BIRCHWOOD HOMES

Commander's column

Col. Timothy A. Jones, Garrison commander

Unwavering commitment

Continued support, services to Soldiers, families, military retirees and civilian employees



We are operating under a "fundamentally different fiscal reality." That phrase is one we're hearing from Army leaders. Our budget is smaller than in the past, and we expect it to shrink even more in the future.

We are all feeling the pinch. Hiring freezes and continuing resolutions have prevented us from hiring employees to fill vacant positions.

What does this mean to you, our customers? Our goal is that you won't notice a big change.

We remain committed to providing you - the Soldier and family - the best service we can. We will make every effort to ensure that your stay at Fort Wainwright is a good one; that we take care of you and that your needs are met.

While we do not intend to eliminate programs, there may be a change in the delivery of services from our garrison activities - and in some cases, it may mean dropping services that are not cost-effective.

We at garrison must look at all the services we provide and evaluate their usefulness. Does the service justify the time required to provide it? Is it something that works for the majority of our customers, or just a few?

We do not expect a reduction in force. However, we may not be able to fill vacant positions as employees retire or move to a new job. That may mean you will wait longer for services. It may also mean some little-used services are eliminated.

You will see changes to Army Community Service as it transforms. However, the staff at ACS will provide the same quality services and care you now receive.

We expect our activities under the Directorate of Family and Morale, Welfare and Recreation to remain robust with entertainment shows, musical groups and special events. We do not see a change to the services we provide for youth and children, or at the gyms.

Our chaplains will continue to provide spiritual support and guidance.

Our support offices - housing, personnel, legal, logistics and others - will still be here to see to your needs.

The main thing that will not change is our commitment to you. The garrison has held strong to its commitment to support Soldiers and families, and to make improvements across the installation. We will continue to maintain the support we pledged to you and have consistently provided to you.

Tell us what you need. Let us know if we're doing the right things, and if we're doing them right.

You and your families are our top priority.

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: Are we going to have a sports physical day for summer sports?

Answer: This question came up during last week's Community Action Council meeting, and it is a good one. In the recent past we have done this as an extension of our usual clinic days and not as a special event. But that doesn't mean we shouldn't.

So, June 4 at Bassett Army Community Hospital, we will have a School and Summer Sports Physical Day from 10 a.m. until 2 p.m. for beneficiaries ages 2 and older.

Sports physicals will be provided on a walk-in, first-come, first-served basis during this special event - no appointment needed.

School and sports physicals are usually good for a year, so if your child has not had one in the last six months, this is a good place to get them done in preparation for summer and the next school year.

We will have immunizations available, so please bring your shot records.

Also, we will have the standard physical forms. We recommend you check with your athletic association or school to make sure there are no special forms or requirements that we need take care of.

Please note that this is not an acute-care clinic, so if your child is ill, please call the appointment line to make an appointment for your child with their primary care manager.

In addition to sports and school physicals, Army Community Service will have an information table in the hospital atrium to answer any questions.

Fairbanks-North Star Borough Parks and Recreation information will be available.

If you know of a military child-supporting organization that would like to set up an information booth, please call MEDDAC-AK public affairs at 361-5091.

MEDDAC-AK is dedicated to providing outstanding care with great service, are honored to serve this great community and stand ready to assist you with your medical needs.

OFF-LIMITS TO MILITARY PERSONNEL

At the direction of the commanders of U.S. Army Alaska, Fort Wainwright and Eielson Air Force Base, the following Fairbanks locations are declared off-limits to military personnel assigned or attached to Fort Wainwright and Eielson AFB:

Buy Our Stuff Incorporated

3550 Airport Way #201B

Mr. Rock and Roll (Cushman Street)

1452 Cushman Street

Mr. Rock and Roll II (College Road)

2016 College Road

Still Smoking Tobacco and Gifts

516 Old Steese Highway

The policy letter is available at www.wainwright.army.mil.

Go for the greens: Improve health, maintain with balanced diet

Heidi Watkins, Fort Wainwright Sports and Fitness

Like my mother always said, "Eat your fruits and veggies!" She knew that eating fruits and vegetables is a great way to keep your body healthy and to ward off certain chronic illnesses. The United States Department of Agriculture recommends five to nine servings of fruits and vegetables a day in order to maintain a healthy balanced diet. According to Centers for Disease Control and Prevention, eating the recommended daily amount of fruits and vegetables can significantly improve your health by reducing the risk of chronic disease, improve heart health and aid in weight-loss. Statistics published by the CDC in 2007 stated the average fruit and vegetable consumption nationwide consisted of only 4 percent eating less than one serving of fruit and vegetables a day, 35 percent less than one to two servings a day, 36 percent three to five servings a day and only 24 percent five or more servings a day. You don't have to be a vegetarian to eat that many fruits and veggies. Whether you find the "green stuff" inedible, find it easy to get in all of your recommended servings but are lack variety or just struggle to fit in even two servings, having a plan helps.

First, simply making fruits and vegetables accessible and working them into your daily routine is half the battle. Adding in a small salad for lunch or dinner in addition to making a vegetable the main portion of your meal is a great way to increase your serving intake. Also replacing processed snacks such as crackers or cookies with healthier choices

like apples, carrots, celery, pears and bananas will not only cut down your daily caloric intake, but adds two more servings to your total. The following is a sample menu showing easy ways in which you can get five to nine servings of fruits and vegetables a day:

Breakfast: Oatmeal topped with berries or apples.

Mid-morning snack: Apple and one serving of nuts

Lunch: One cup of frozen vegetables (peas, green beans, edamame) topped with one serving of pasta and one serving of meat or meat alternative.

Mid-afternoon snack: Carrots and hummus

Dinner: Large salad with side of vegetables and one serving of protein.

Post-dinner snack: Frozen strawberries and cottage cheese.

The second approach is to be an adventurer. While it is advantageous in the beginning to stick with fruits and vegetables you enjoy eating, it is important to branch out and add variety to your diet. Fruits and vegetables are packed with powerful vitamins and minerals that can help reduce the risk of disease. The USDA suggests that you look for items that are very colorful. Green leafy vegetables and bright red fruits are among the few that hold a high nutritional value and are the key to leading a healthy lifestyle.

Another approach to add freshness and variety to your plate is to support your local farmers. Farmers'

markets and farming co-ops are a great way to purchase fresh seasonal fruits and vegetables. So go ahead and be civic minded.

The fourth approach is to add new twists to old favorites or trying new recipes. In her book "Deceptively Delicious," Jessica Seinfeld purees different types of fruits and vegetables and adds them to a large variety of recipes. Whether she adds avocados to quick breads or cauliflower puree to scrambled eggs, the result is still the same: delicious meals that her whole family enjoys.

As soon as produce is purchased and brought home, wash and prepare fruits and vegetables for the week. Dr. Leslie Stevens, a family practice physician with Keizer Permanente in Salem, Ore., advises her patients to plan meals for the week and prepare produce accordingly. Stevens says, "If you are finding it difficult to take the time out to prepare then cook vegetables, then pre-prepare (wash, cut and store) them as soon as you buy them. In doing so you can save time and perhaps avoid spoilage issues that come up if you do not have a plan. Also, equipping your kitchen with a few standard utensils may aid in food preparation and help save time." Some standard kitchen utensils may include a vegetable peeler, good-quality knives, a food processor, a colander and some kind of storage bags or plasticware.

Please see GREENS, Page 3

Commitment: Supporting Soldiers and families remains strong as ever

Continued from Page 1

Other efforts include:

- Transforming how Army Community Service delivers services, by cross-training more generalists to handle multiple programs and moving service locations out into communities.
- Adding 44 more Systems Navigators to Exceptional Family Member Programs at 26 installations, to assist Families with special needs members in accessing educational, medical, housing and personnel services on and off post.
- Hiring more than 240 additional Army Substance Abuse Program counselors for installations worldwide.
- Launching the Confidential Alcohol Treatment and Education Pilot, a program which allows Soldiers to seek help for addiction without mandatory command involvement.
- Launching a pilot program in which Military Student Transition Consultants join School Liaison Officers in working with school districts, garrisons and Families to help students succeed at their new schools.
- Revising the Total Army Sponsorship Program that helps prepare Soldiers, Families and Civilians for their new duty station.
- Reinvigorating the Army Family Action Plan process, with an analysis and review process that has reduced the backlog of active AFAP issues from 86 in February 2010 to 51 in February 2011.

This is a snapshot of what we have been doing to enhance support for Soldiers and Families. It does not begin to convey the full scope of the programs and services installation management professionals provide every day, including housing, public works, emergency services, environmental programs, recreation, child care, single Soldier programs and Family programs.

When we look at some big indicators, we see evidence that the Army is meeting the needs of Soldiers and Families. The Army is exceeding its recruitment and retention goals, and on the most recent Survey of Army Families, the majority of spouses said they are satisfied with the Army as a way of life. This is significant after 10 years of ongoing conflict—it speaks to the dedication of Soldiers and their Families and the Army's commitment to providing a quality of life commensurate with their service.

In the new fiscal reality, it will be more of a challenge for the Installation Management Community to provide the level of support we want to for our Soldiers and Families, but we will. We are finding better and smarter ways to provide services and programs by asking ourselves the same questions Families ask when they look at their own budgets: do we really need it? Is it worth the cost? What are we willing to do without?

To answer these questions, we need to keep hearing from Soldiers and

Family members— through ICE and local AFAP summits, for example—about the specifics of what is working, what needs to be improved, and what is missing. The commitment to supporting Soldiers and Families remains as strong as ever, but more than ever, we have to make sure we are on target in meeting their needs.

ALASKA POST

Home of the Arctic Warriors

EDITORIAL STAFF

Fort Wainwright Garrison Commander

Col. Timothy Jones

U.S. Army Garrison Fort Wainwright PAO

Linda Douglass

Command Information Chief

Connie Storch

Editor

Allen Shaw

Staff writers

Trish Muntean

Brian Schlumbohm

Contributor

Sheryl Nix

The ALASKA POST is authorized by Army Regulation 360-1 and is published by the Fairbanks Daily News-Miner, a private firm in no way connected with the U.S. Army, and is under exclusive written contract.

Contents of the ALASKA POST are not necessarily the official views of, or endorsed by, the Department of the Army.

The editorial content of this publication is the responsibility of the U.S. Army Garrison Ft. Wainwright Public Affairs Office.

The ALASKA POST welcomes responsible comments from its readers and will publish letters, articles or photos submitted at least one week prior to the next publication. The ALASKA POST reserves the right to edit or reject submissions. All submitted material will become official Army property unless otherwise indicated.

To advertise call (907) 459-7548

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, gender, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron.

The Editorial office is located on Ft. Wainwright in Building 1047 #1; Mailing address is Public Affairs Office, 1060 Gaffney Road, 5900, Ft. Wainwright, AK 99703. Call 353-6700 or 353-6701, or send emails to

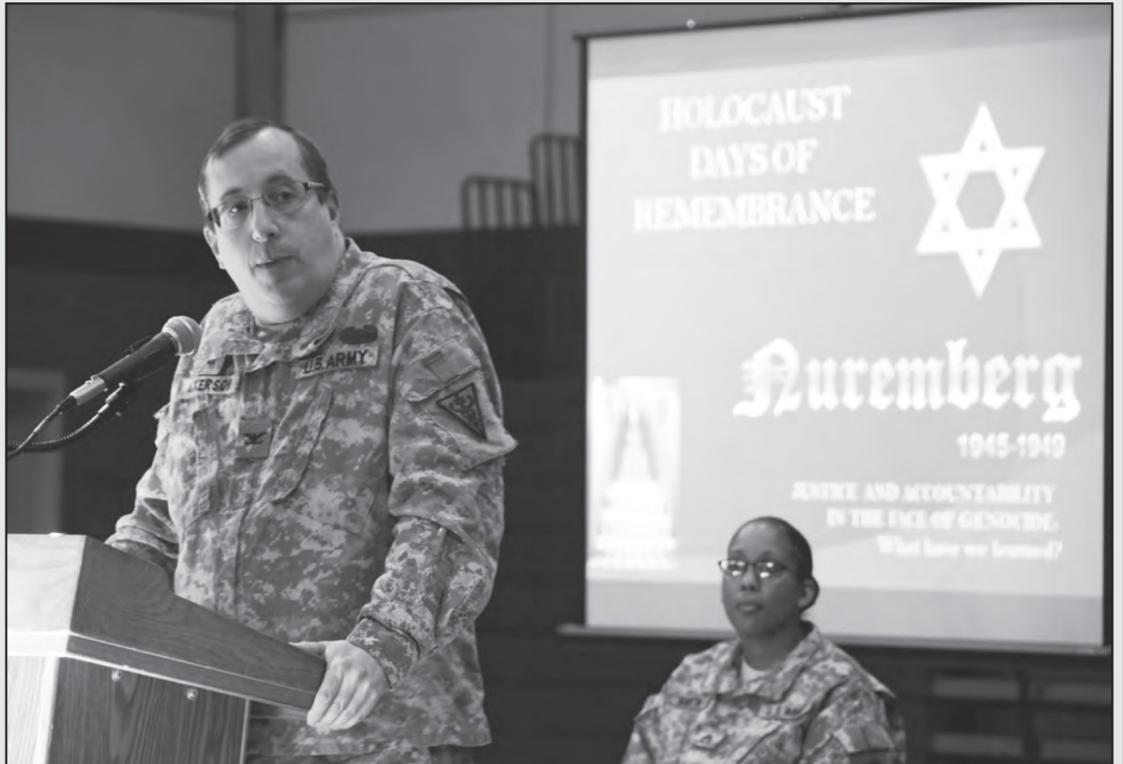
pao.fwa@us.army.mil

The ALASKA POST - Home of the Arctic Warriors

Holocaust observance: Remembering the atrocities, honoring the survivors

Week of Remembrance

Chaplain (COL) Mitchell Ackerson, a rabbi with 3rd Medical Command Deployment Support, addressed community leaders, Soldiers and civilians during the post's annual Week of Remembrance Holocaust observance, while mistress of ceremonies, Staff Sgt. Kathryn Martin looks on, May 5 at the PFC. Ackerson noted the theme for the annual observance, "Justice and Accountability in the Face of Genocide: What Have We Learned," saying we should remember that acts of political extremism, barbarism and genocide continue today as they did during the Holocaust 65 years ago when 6 million people were imprisoned in work camps and killed under Nazi oppression. During the candle-lighting ceremony in remembrance of the Holocaust, or Yom HaShoah, Ackerson said, "Those who commit evil will indeed be brought to justice, if not in this world, then in the next." Those who attended the observance were given a biography and photo of a different survivor of the Holocaust, as part of the program. Holocaust survivors were to be celebrated for their "amazing resiliency" and for forging new lives after those difficult days, Ackerson said. (Photo by Connie Storch/Fort Wainwright PAO)



BANQUET: Community honors military

Continued from Page 1

"It's important for leaders like me, the chief of staff of the Army and secretary of the Army to come out and recognize the great Soldiers that we have and the civilians that support them, the families and the community. And there's no stronger community that I've seen than the community of Fairbanks."

Bostick and local military leaders also presented the Messer Award, named after Jim Messer, its first recipient, to Lisa Herbert, Fairbanks Chamber of Commerce executive director and lead coordinator of the banquet, because of her outstanding service to military and community relations.

"It truly is an honor to be selected as this year's Jim Messer Award recipient by the senior military leadership at Fort Wainwright and Eielson Air Force Base," Herbert said. "Although I did not know Jim and Rosemary Messer personally, I truly believe in the tradition and legacy they started in 1960 and that is to make our servicemen and women stationed at our Interior military installations feel welcome and to let them know that the greater Fairbanks area truly supports them and their families. Each year, I try to improve the banquet and honor as many military service members as possible with the generous support of the business community."

GREENS: Eat right, feel good, live longer

Continued from Page 1

If cost is an issue, try using dried, canned or frozen fruits and vegetables. As indicated in a study prepared by the USDA's Economic Resource Service, consumers can eat three servings of fruit and four servings of vegetables for 64 cents a day, which represents 12 percent of daily food expenditures per person. An example from the same study shows that fresh apples cost 11 cents per serving; canned apples, 20 cents; canned applesauce, 19 cents and apple juice, 13 to 15 cents per serving. Therefore, we use the least expensive form for apples: fresh. The bottom line on cost is that fresh fruit and vegetables are not any more expensive to buy than canned, frozen or dried. However it may be more convenient to buy preserved fruits and vegetables to avoid spoilage.

To keep your body in optimal working condition, it is important to eat a healthy balanced diet rich in fruits and vegetables. Therefore, once you have committed to adding in more fruits and vegetables and devised a "how to" plan, it then comes time to implement the plan. The American Dietetic Association suggests the following process to aid in implementing your new goals towards eating 5 to 9 servings of fruits and vegetables a day: 1. Write it down. 2. Make a personal goal. 3. Be patient. 4. Monitor your progress. 5. Seek professional health and wellness advice. 6. Reward yourself. 7. Re-evaluate your progress.

40381028
 AFC/JONES KNOWLEDGE GROUP, INC
 AK POST/-TBD-
 6 x 10.5

BOSS receives awards for volunteer service

Trish Muntean, Fort Wainwright PAO

While many Soldiers spend their free time socializing and enjoying the recreational opportunities Alaska offers, the members of the Fort Wainwright Better Opportunities for Single Soldiers program have chosen to give back to their community through public service, and recently received the Presidential Award for Volunteer Service and the Golden Heart Award for the work they have done.

"The BOSS group is always more than willing to help," said Adrian Kohrt, Fairbanks program director of Big Brothers, Big Sisters. BBBS nominated the group for the Golden Heart Award.

"Not only do they volunteer for this agency, but they have done other service projects for the Boys and Girls Club, Animal Shelter, American Legion, Red Cross, Veterans of Foreign Wars, Armed Services YMCA, and the Fairbanks Rescue Mission," she said. "Last year the BOSS group volunteered over 4,400 hours to the Fairbanks community."

BOSS started volunteering their time with BBBS in 2009, Kohrt said. "They assist BBBS in providing fun, no-cost activities for the participants in our program, raising funds at Bowl for Kids Sake and volunteering their services to assist in the summer picnic and the annual Christmas party."

BOSS has also hosted the monthly match event for BBBS during the months of January, February and March for the last two years. "The only thing BBBS staff does is coordinate with the group on the date and location, send out emails inviting Bigs and Littles and send staff members to chaperone the activities," Kohrt said. "The BOSS group does the rest."

Besides organizing the January, February, and March match activities, the BOSS group participates in other BBBS events as well. In April 2010, they volunteered to assist with the Bowl for Kids Sake event. In addition, they formed a bowling team and raised funds for BBBS. In June 2010 the BOSS group attended the annual summer picnic helping with whatever tasks needed to be done and interacting with the children as well. During the 2010 Christmas party BOSS intermingled with the Bigs, Littles and their families assisting with arts and crafts, selling raffle tickets and helping with cleanup afterwards.

"It has made it a lot of fun for everybody," said Lori Wilson, BBBS development director. "Especially our Littles, because you know the military, especially the boys, our military, they hero-



Soldiers participating in the Better Opportunities for Single Soldiers program show local kids a few break-dancing moves during a December holiday party at Pioneer Park in Fairbanks. (Photo courtesy of BOSS program)

worship a little bit. It is really a nice opportunity for them to interact with the Soldiers."

At the holiday party, BOSS volunteers taught the kids how to break-dance. "The things that they are able to get these kids to do, to participate in, it is amazing," she said.

"These guys were break-dancing and teaching the kids how to break-dance. The next thing I know I look out there and there is a circle of people. Each person is taking a turn going in the center trying a move," Wilson said. "Watching those 10-, 11-, 12-year-old boys who are usually 'don't look at me' go out there and try some break-dance move and get cheered for just trying. Some

of these kids, I know them, they are really shy. It was so cool. And that's the sort of stuff these guys and gals are able to get these kids to do while they are volunteering. It builds their confidence. It is just so fun, so cool"

"Soldiers are obviously good mentors for children," said Command Sgt. Maj. Todd Wentland, Fort Wainwright Garrison command sergeant major. "You have a little bit maturity, a little bit more discipline. Kids, when they see a person in uniform recognize that and respect that for the most part."

"They continue to be really involved with us," Wilson said. "If we need anything, they pretty much are there to help in any way."

Exceptional civilian generates energy savings

Brian Schlumbohm, Fort Wainwright PAO



Larry Kappel, chief of facilities management for Bassett Army Community hospital is making a difference in how the hospital saves energy. (Photo by Brian Schlumbohm/Fort Wainwright PAO)

Larry A. Kappel, chief of facilities management for Bassett Army Community Hospital, loves his job. After 21 years of civil service he couldn't be happier than to be doing what he does, and with a new hospital to work in there is still much to do. "Everybody thinks that moving into a new hospital you don't have anything to do, Kappel said. "You're 10 times busier moving into a new building because you're tweaking systems and trying to figure out how the systems are working." With 11 separate facilities to manage and maintain, Kappel has a full workload on both sides of his desk. "Administration is okay," said Kappel, "but I still like to get my hands dirty."

A degree in mechanical engineering is a plus and has served him well over the years, especially when it comes to evaluating facilities, Kappel

"I love someone to give me a problem and let me go solve it."

- Larry Kappel

said. "I definitely needed my degree to be able to walk into a place and make decisions on what needs to be done." Many projects require the use of existing structures and altering them towards new functions, having that engineering perspective is an advantage.

"I'm pretty aggressive," he said about dealing with facility projects. While maintaining and projecting the future of his facilities he is always looking for new ways to save energy and improve the working environment. "There are no big answers," Kappel said, when working to lower utility expenses and conserve energy in an arctic environment. "You really need to look at all the small things and add them up."

Bright ideas, paying attention to the small things and improving work conditions were just a

few of the reasons why Kappel had recently been awarded the Decoration for Exceptional Civilian Service. The highest honorary award granted by the United States Secretary of the Army to civilian personnel, he received the award March 15, during a formal ceremony at the Pentagon in Washington D.C. "What an honor," Kappel said, as he recalled the event. Though proud of his accomplishments so far, he always looks forward to work and finding solutions to the next task at hand. "I really enjoy my job," Kappel said, and it shows as he explains about his last project's findings. Whether a system is old or new, there are always areas for improvement.

Kappel uses the hospital for an example. Though BACH is a fairly new facility, the hospital's original design was set to meet 1996 energy standards. Since then, those standards have changed considerably and with mandatory reductions in energy consumption by 2012 Army-wide, Kappel has set out a course for his facilities to exceed that goal. By January of 2012 he plans to accomplish an overall 35 percent reduction in energy by adding up the "small things." So far his efforts have realized a 12 percent reduction in electricity usage by changing how the hospital's air handler systems work. Regulating how hard the electric motors work, and balancing the ventilation systems, Kappel and his staff found that they were able to run the motors at lower speeds, down to 35 percent, while still maintaining standards of air quality and flow throughout the facility.

"I love someone to give me a problem and let me go solve it," Kappel said, and he's not done yet. Beyond working with the air handlers he now plans to work on the over 6,800 light fixtures throughout the hospital. With a mixture of changing out power supplies, adding sensors and timers and installing more efficient light bulbs he plans to create an additional 10 to 12 percent in savings within the year.



Larry Kappel was presented the Decoration for Exceptional Civilian Service by the Honorable Joseph W. Westphal March 15, during the Secretary of the Army Awards ceremony at the Pentagon. This award is the highest-level award available to civilians within the Department of the Army. (Army photo)

1st Battalion, 24th Infantry Regiment's Transfer of Authority ceremony, Afghanistan

Spc. Thomas Duval, 1-25th SBCT PAO

FORWARD OPERATING BASE LAGMAN, Afghanistan – Soldiers from the 1st Battalion, 24th Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division opened a new chapter in the battalion's history during a Transfer of Authority ceremony May 8 at Forward Operating Base Apache, Zabul Province, Afghanistan.

After a brief invocation, Lt. Col. Jeff Stewart, commander of Task Force Legion, participated in the time-honored tradition of unfurling the unit's colors, signaling the formal transfer of authority for this sector of the 1-25th area of operations to 1-24th Infantry and bringing to an end the deployment of the Germany-based 2nd Squadron, 2nd Stryker Cavalry Regiment.

During the ceremony, Col. James Blackburn, the 75th commander of the 2nd Cavalry Regiment, praised the success of 2-2 SCR and expressed his appreciation and gratitude for the Cougar soldiers and their tireless efforts during the regiment's 12-month deployment.

"The full-spectrum force of the Cougars did it all ... whether it was killing and capturing the enemy or putting a pencil in a school child's hand," said Blackburn. "Thank you."

"What you see in front of you is the epitome of full-spectrum warriors we expect on the counterinsurgency battlefield," said Blackburn, referring to the formation of soldiers who stood with pride and with smiles emblazoned on their faces as testimonies to their accomplishments as they were recognized.

Although much of Blackburn's speech focused on the accomplishments of 2-2 SCR he admitted that a heavy presence of International Security Assistance Forces is still needed throughout Zabul Province, but said he is confident the 1-24th soldiers are up to the challenge.

Zabul Provincial Governor Mohammad Ashraf Naseri, and many other key leaders have worked side-by-side with 2/2 SCR, including Maj. Gen. Jamaludin, commander of the Afghan National Army 2nd Brigade, 205th Corps, who was in attendance for the ceremony to honor and say farewell to Lt. Col. Omar Jones, 2-2 SCR commander and his soldiers and welcome their new partners of TF Legion.

Stewart, who addressed the crowd entirely in Pashtu, the primary language of southern Afghanistan, spoke of the possible challenges ahead for him and his "Deuce-Four" soldiers. Stewart's speech was met with warm applause from the large crowd as he spoke of the future partnership between the 1-24th, the Afghan National Police, and the ANA.

Stewart said he is happy for the opportunity to work beside the ANA and ANP and he is looking forward to the continued relationship between ISAF and the Afghan forces.



Lt. Col. Omar J. Jones, 2nd Squadron, 2nd Stryker Cavalry Regiment commander, and Command Sgt. Maj. Christopher M. Martinez, 2-2 SCR senior non-commissioned officer in charge, unfurl the 2-2 SCR colors during a Transfer of Authority ceremony at Forward Operating Base Apache, in Zabul, Afghanistan, May 8. The 2-2 SCR relinquished command to Fort Wainwright's 1st Battalion, 24th Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division, Fort Wainwright. The 1-24th deployed to Afghanistan in April in support of Operation Enduring Freedom. (Photo by Spc. Thomas Duval/1-25th SBCT PAO)



Col. Todd R. Wood, commander of the 1st Stryker Brigade Combat Team, 25th Infantry Division, greets the Zabul provincial governor, Mohammad Ashraf Naseri, at a Transfer of Authority ceremony held at Forward Operating Base Apache May 8. Col. Wood will be working hand-in-hand with provincial governors throughout Afghanistan during the 1-25th SBCT deployment. (Photo by Spc. Thomas Duval/1-25th SBCT PAO)

Enjoy the Great Alaskan Experience with the Outdoor Recreation Center

Trish Muntean, Fort Wainwright PAO

Explore the natural wonders of Alaska without breaking the budget. The Outdoor Recreation Center is offering some great trips, tours and things to do this summer at reduced rates.

Start off the summer May 30 with a boat trip from Fairbanks onto the Tanana River with the crew from ORC, and back to a Fairbanks restaurant on the Chena. The brochure promises that "this trip is going to be awesome; there is no better way to start your Alaskan summer." The cost is \$25 per person and all ages are welcome as long as children are accompanied by an adult.

ORC offers multiple options for hikers. Join the ORC staff for a three-and-a-half mile loop on the Angel Rocks Trail in the Chena River State Recreation Area June 19. Afterwards, hikers age 18 or older can head up the road for a relaxing soak at Chena Hot Springs outdoor rock lake. ORC offers the opportunity to enjoy Interior Alaska's summer on Table Top Mountain Trail July 3. If hiking glaciers appeals, ORC offers multiple trips for that purpose. There is an overnight camping trip to College Glacier July 1 to 2 and you can hike to the Gulkana Glacier July 31. Costs,

minimum age and other requirements vary for each trip. Check with ORC for details.

Denali National Park is the destination for the ORC trip May 26. The trip is for ages 12 and older and anyone younger than 18 must be accompanied by an adult. The cost is \$5. Bring a lunch and a camera.

The Outdoor Recreation Center will offer two Arctic Circle tours this summer, June 3 and July 4. After a ride 115 miles up the Dalton Highway (also known as "Haul Road") to the Arctic Circle wayside and sign. At Latitude 66 degrees, participants will get a certificate showing that they have journeyed above the Arctic Circle. The cost for adults is \$25 and for youth 12 and younger the cost is \$15. Lunch is included.

Alaska is known for its fishing and ORC has several fishing events planned for the summer. The first is May 27 to 29 with a camping trip and the chance to catch halibut off a charter boat and view wildlife in the Gulf of Alaska.

Next is the Chena River King Quest, several days in July, right here in Fairbanks.

The chance to enjoy a fishing trip to the Dall River drainage, a remote tributary of the Yukon River, where the tenacious Northern pike lurks in its murky water is Aug. 12 to 14.

In September the Clearwater Silvers will be the catch of the day on the 23rd, 24th, 25th and 26th. Trip requirements vary depending on destination and fishing licenses with appropriate stamps are also required. Equipment can be rented from the ORC.

If you want some family friendly fun without leaving the local area, ORC has frisbee golf July 25, summer evening boat rides June 9, July 14 and Aug. 25 and an evening bike ride May 20.



Mynoir Benson, Quality Assurance of Family and MWR, struts the runway during the Great Alaskan Military Spouse Appreciation on May 6, at the Last Frontier Community Activity Center. Benson and several Family and MWR staff provided visual assistance by modeling clothing used for outdoor adventures. (Photo by Shawn Johnson/LFCAC Manager)

If you will be exploring the great outdoors and don't want to buy all that expensive equipment, much of what you need can be rented at ORC. Boats, sporting equipment, camping gear and bikes are just some what is available. Safety classes may be required before renting some equipment. Information can be found at the Outdoor Recreation webpage at www.ftwainwrightfmwr.com.

For information on tours and trips call 361-6349 or check out the Outdoor Recreation Center page on the Family and Morale, Welfare and Recreation website at www.ftwainwrightfmwr.com/outdoorrec.html



Most visitors to the Arctic Circle pose by the sign to prove they were there. This couple was new to Alaska in 2008, and they made the Arctic Circle trip their first one with Outdoor Rec. (Photo by Linda Douglass/Fort Wainwright PAO)

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

find it here!

CYSS offers something for everyone this summer

Trish Muntean, Fort Wainwright PAO



Elysa, daughter of Kyleigh and Anthony Mayner, practiced with her dad before the opening day of 2010 Little League season on Fort Wainwright. Elysa played for the Angels. (Photo by Trish Muntean/Fort Wainwright PAO)

Summer is just weeks away and the Child, Youth and School Services Sports Fitness staff will offer something for children and youth of all ages to keep boredom away this summer.

"The Fort Wainwright Youth Sports and Fitness Program is dedicated to being our patrons' first choice by providing quality sports and fitness activities for children, ages 3 to 18," said Matthew Sagartz CYSS Youth Sports and Fitness director.

CYSS Youth and Sports Fitness will offer four sports during the summer sports season: soccer, flag football, cheerleading and developmental soccer. The developmental soccer program is for children ages 3 and 4 and the other programs are open to those ages 5 to 15.

"We provide our youth with an environment that is appropriate and consistent with basic growth and development characteristics of youth," said Sagartz. "The program emphasizes fun, maximum participation, rules knowledge, and physical

conditioning."

To do this CYSS Youth and Sports Fitness will also offer four camps, soccer, flag football, cheerleading and fishing. Soccer, flag football and cheerleading camps are for youth ages 5 to 15. The fishing camp is open to those ages 7 to 15.

Fishing camp is a new program for Fort Wainwright CYSS Youth and Sports Fitness. Sagartz said he would like to share his enthusiasm of fishing and other outdoor activities with patrons of the Youth Services program.

"My goal is to provide variety in our programming and introduce the military youth to unique sports experiences that are specific to Alaska," he said.

The cost to participate in summer sports is \$20 for six weeks of instruction for developmental soccer and \$45 for the season for cheerleading, soccer and flag football. Soccer, flag football and cheerleading camps cost \$20 and fishing camp cost \$30.

Families of deployed Soldiers may have out-of-pocket costs reduced or eliminated with assistance from Army Family Covenant Funds.

Families of deployed Soldiers receive \$100 per child from AFC that can be used towards any CYSS Youth Sports and Fitness activity. Participants must be registered with CYSS in order to participate in CYSS Youth Sports and Fitness programs, Sagartz said.

Families can also reduce their costs by volunteering with the program. "We always need volunteers. If a parent volunteers, all of his or her children participate in that sports season for free, Sagartz said. "By volunteering for a sports season it gives you an opportunity to contribute to the community and make a difference in the lives of the youth who live there."

For more information on CYSS Youth Sports and Fitness Programs call Sagartz at 361-7482.

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.

Email news to: pao.fwa@us.army.mil

Friday - 13th

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

ADULT SWIM CLINIC, 11:30 a.m. to 1 p.m., Melaven Physical Fitness Center. Call 353-1995.

EFMP ARTS AND CRAFTS NIGHT, 6 to 7 p.m., Arts and Crafts Center, Building 3727. Open to participants in the Exceptional Family Member Program. Crafts range from \$3 to \$5 per project and are payable at the time of activity. Call 353-4243.

Saturday - 14th

ENCORE STORY HOUR AND CRAFTS, 10:30 to 11:30 a.m., Post Library, Building 3700. Call 353-2642.

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

QUARTZ LAKE FISHING, 9 a.m. to 5 p.m., Outdoor Recreation Center, Building 4050. Open to all DoD cardholders 8 and older (under 18 must be accompanied by an adult). Cost is \$5 per person. Call 361-6349.

CRAZY QUILT CLASS, 11 a.m. to 2 p.m., Arts and Crafts Center, Building 3727. Open to DoD cardholders 16 and older. Cost is \$35 and covers all materials. Call 353-7520.

COMMUNITY GAME DAY, 1 to 6 p.m., Post Library, Building 3700. Call 353-4137.

YOUTH SERVICES SUMMER BASH, 7 to 10 p.m., Youth Center, Building 4109. Open to participants in the middle and high school grades. Call 361-5437.

Sunday - 15th

ATV SAFETY COURSE, 1 to 5 p.m., Outdoor Recreation Center, Building 4050. Must be 18 and older to participate. Currently only offered to participants signed up for ORC all-terrain-vehicle trips. Call 361-4089.

QUILTING BASICS-SPRING CHICKENS, Arts and Crafts Center, Building 3727. Open to DoD cardholders 16 and older. Cost is \$65 and covers all materials. Call 353-7520.

Monday - 16th

SAFETY CLASS, 6 p.m., Auto Skills, Building 3730. This class is required before using the shop. Call 353-7436.

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

ROMP AND STOMP PLAYGROUP, 9:30 to 11 a.m., Youth Center, Building 4109. Call 361-7713 or 361-7372.

DUAL MILITARY FAMILIES, 10:30 a.m. to noon., Northern Lights Inn Conference Room, Building 3402. Call 353-4248.

Tuesday - 17th

GROUP CYCLING, 6:30 a.m. and 5 p.m., Physical Fitness Center, Building 3709. Call 353-7223.

AFTB LEVEL 1, 9 a.m. to 3:30 p.m., Last Frontier Community Activity Center, Building 1044. Call 353-2382.

EMOTIONAL CYCLES OF DEPLOYMENT, 10 to 11:30 a.m., Last Frontier Community Activity Center Quiet Room, Building 1044. Call 388-2553.

STRESS MANAGEMENT, 3 to 4:30 p.m., Northern Lights Inn Conference Room, Building 3402. Call 353-4248.

Wednesday - 18th

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

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

NATIONAL WELLNESS DAY EVENTS, 8 a.m. to 2 p.m., Physical Fitness Center, Building 3709. Call 353-7274.

FINANCIAL READINESS, 8:30 to 10 a.m., Soldier and Family Assistance Center, Building 4056. Call 353-7322.

AFTB LEVEL 1, 9 a.m. to 3:30 p.m., Last Frontier Community Activity Center, Building 1044. Call 353-2382.

Thursday - 19th

AURORA SPOUSES, noon to 1 p.m., Northern Lights Inn conference room, Building 3402. Call 353-4333.

ROMP AND STOMP PLAYGROUP, 9:30 to 11 a.m., Youth Center, Building 4109. Call 361-7713/7372.

CHILD YOUTH AND SCHOOL SERVICES BABYSITTER'S COURSE, 2 to 6 p.m., Youth Center, Building 4109. Call 361-5437.

SINGLE PARENTING, 2:30 to 4 p.m., Northern Lights Inn Conference Room, Building 3402. Call 353-6286.

THOR ART THURSDAY, 1 to 6 p.m., Post Library, Building 3700. Call 353-4137.

OPEN ROCK WALL CLIMB, 5 to 7 p.m., Melaven Physical Fitness Center, Building 3452. Must be 15 and older for belay training. Call 353-1994.

Late ad
WAYLAND
AK POST/AK POST
2 x 2.0

16382433
GREAT NORTHERN SHEDS
AK POST/AK POST
2 x 4.0

10382611
INTERIOR ALASKA GREENSTAR
AK POST/RECYCLE ROUN
2 x 4.0

18380159
MIDNIGHT SUN CATER-
ING
AK POST/CATERING/AK
1 x 4.0

2011 Military Award Winners - United States Army Alaska


Sgt. Kenneth Greene

1st Battalion, 52nd Aviation Regiment, 16th Combat Aviation Brigade

Sgt. Kenneth Greene works as a chemical warfare advisor and is assigned to Headquarters and Headquarters Company. One of Greene's additional duties when deployed is to act as a battalion movement officer, for which he received an Army Commendation Medal for his efforts deploying and redeploying Task Force Denali to Pakistan in 2010. Greene was responsible for the movement of approximately 350 personnel, 18 airframes, support and ground equipment, life support equipment and maintenance packages valued at more than \$60 million. Greene is an avid volunteer for youth organizations, such as the Boys and Girls Clubs of America and Big Brothers Big Sisters and is married to Dioselina Greene.


Spc. Adam Davis

1st Battalion, 52nd Aviation Regiment, 16th Combat Aviation Brigade

Spc. Adam Davis works as an aviation operations specialist and is assigned to Headquarters and Headquarters Company. Davis deployed with the 3rd Combat Aviation Brigade in support of Operation Iraqi Freedom, for which he was recognized with an Army Commendation Medal for his work in the tactical operations center. Over the course of 15 months, Davis provided exemplary service by tracking all 3rd CAB flights and maintaining the brigade mission logs. He is currently pursuing a degree in Information technology through Central Texas College. Davis is married to Amanda Davis, and has two sons, Evan, 5, and Zane, 1.


Sgt. Jerry King

1st Battalion, 5th Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division

Sgt. King was deployed to Afghanistan from July 2008 to July 2009 and was awarded the Purple Heart for wounds received in the line of duty in March 2009. During a night convoy in the Pesh Valley his vehicle was completely destroyed as a result of an enemy attack. King was in the gunner position when the attack happened and received shrapnel to his face which caused second degree burns to his face. As an Army noncommissioned officer, he feels his primary goal is to do everything possible to keep the Soldiers he leads safe and alive, understanding that the better trained they are, the better prepared they are. King is taking college courses and military courses while in the military to prepare him for when he finishes his enlistment in the military.


Sgt. Marty Miller

1st Battalion, 5th Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division

Sgt. Miller has been deployed twice to Iraq and was awarded the Purple Heart for wounds received in the line of duty on September 11, 2007 during a night convoy on Route Tampa when his vehicle was completely destroyed as a result of an enemy attack. Miller was knocked unconscious for more than ten minutes also receiving shrapnel to his head and body and receiving slight burns to his face and lower abdomen. As an Army noncommissioned officer, he feels training Soldiers is his number one priority and he is focused on the proficiency and safety of his Soldiers. Miller is taking classes to earn his electrical engineering license for when he finishes his enlistment in the military.

For your information

CAR WASH TODAY

A car wash and bake sale takes place today from 10:30 a.m. to 3 p.m. at Hangar 3 on Montgomery Road today. Donations will be accepted by AAAA Car Wash and C Company 123rd Aviation Intermediate Maintenance Family Readiness Group.

RETIREE APPRECIATION DAY

The annual Retiree Appreciation Day will be held Saturday at the Last Frontier Community Activity Center. All military retirees and their families, regardless of branch of service, are invited to attend.

Retirees may update ID cards, renew post vehicle registrations and gather information from a number of post agencies at the Information Bazaar and Health Fair, with representatives from the exchange, the commissary, Army Community Service, Army Career and Alumni Program, Airman and Family Readiness Center from Eielson Air Force Base and the Red Cross, among others.

The activities begin at 8 a.m. at the LFCAC.

Col. Timothy A. Jones, Fort Wainwright garrison commander, will address the group.

Visitors can get a tour of the Battle Command Training Center or do some skeet-shooting at Fischer Range.

For more information, call Carlos Garcia at 353-2099.

ARMY TEN-MILER QUALIFIER

The Army Ten-Miler race is scheduled for May 20. Signup on site from 5 to 5:45 a.m. and the race begins at 6 a.m.

The race begins and ends at Chena Bend Golf Course and there is no fee. There is also no advance registration for this event.

Ten U.S. Army Alaska Soldiers will be selected to represent USARAK at the annual Army Ten-Miler in Washington, D.C., on October 9. Soldiers will travel to Washington, D.C., October 7 to 10 in support of this event. Team members will be selected based on the fastest times of all runners participating at the Fort Wainwright and JBER qualifiers. USARAK will be represented with a mixed and a men's team, each of which will be comprised of five Soldiers. For more information call 353-7275.

PANTRY FOOD DRIVE

The ASYMCA is restocking their food pantry shelves for military families. Any nonperishable boxed or canned food is welcome. Formula, baby food and diapers are also appreciated. Volunteers are welcome to call for information or to assist with a food drive. The phone number is 353-5962.

ROAD CLOSURE FOR CONSTRUCTION

North Haven Communities-Actus Design Build will close a small section of 602nd Street at Neely Road beginning Saturday and continuing through August 21, 2012.

Closing the road will enable separation of traffic and pedestrians from construction and utility work.

Residents and their guests will still be able to access Bear Paw neighborhood.

The MEDDAC facility on 602nd will be accessible from the north at Gaffney Street.

EXCEPTIONAL FAMILY MEMBER PROGRAM

There is an appointment log for the Exceptional Family Member Program at Bassett Army Community Hospital. Soldiers and family members can sign-up for appointments at the front desk Monday through Friday from 7:30 a.m. to 4:30 p.m. The appointment log is for one month out for the convenience of Soldier and family members schedules.

If there are questions, you may contact Trisch McMurray, EFMP RN and Special Needs Advisor; or Sandra Howard, EFMP Medical Assistant, 361-5959 or 361-5825.

HEIGHTENED SECURITY MEASURES

All vehicles entering the post must have either a DoD decal from an Alaskan installation or a visitor pass due to heightened security measures.

Change in security levels also means more frequent vehicle searches and longer times getting through gates.

Until further notice, the pedestrian gate at Siku Basin will be manned by a law enforcement officer and open for use from 7 to 9:30 a.m. and 3:15 to 4:30 p.m. daily.

Parents accompanying children to and from school will need to carry their DOD ID cards.

ASIAN-PACIFIC AMERICAN CELEBRATION

May is Asian Americans Pacific Islanders Heritage Month, a time to honor citizens of our country whose families came to America from half-way around the world and became integral members of American society. The origins of this month's commemoration began in 1978 when former President Jimmy Carter proclaimed the first 10 days of May as Asian Heritage Week. In May 1990, President George H.W. Bush expanded it to a month-long commemoration and renamed it Asian Americans Pacific Islanders Heritage Month.

"This year's theme, Diversity, Leadership, Empowerment and Beyond acknowledges that today, the Asian American and Pacific Islanders and their family members have reached heights their family members before them might only have imagined, said Sgt First Class Elliot Hardee, Fort Wainwright Equal Opportunity Advisor. "The Asian American and Pacific American Islanders have scaled the skies as astronauts, expand our economy as entrepreneurs and business leaders, and serve our country at the highest levels of government and our Armed Forces."

The Fort Wainwright DENTAC and the Fort Wainwright Equal Opportunity Office will be hosting the 2011 Fort Wainwright Asian Pacific American Heritage Month Observance Tues. at 1 p.m. at Fort Wainwright's Physical Fitness Center.

The guest speaker will be Mrs. Ulanda E. Ganacias, Mission Installation Contracting Command. The 9th Army Band will perform at the observance.

Civilian patrons entering Fort Wainwright that do not have access are required to obtain a post pass from the information center (located just before the front gate) prior to entering the post. Drivers of vehicles must present their Drivers licenses, proof of vehicle insurance, and the vehicle registration. Due to current security conditions, it may take longer than normal to get a visitors pass and gain access to the installation.

For more information call Hardee at 353-9264.

18381486
ALASKA DOLLAR PLUS
FF/AK POST/AK POST
1 x 1.0

YOUTH OF THE CHAPEL

Fort Wainwright's youth of the chapel will wrap up the season with a "Minute To Win It" competition and barbecue Sunday from 5 to 7 p.m. at Northern Lights Chapel. Teams of two will compete in exciting games to win great prizes.

For more information, call 361-4463.

POST-WIDE YARD SALE

The first post-wide yard sale of the season is May 21st from 8 a.m. to 4 p.m. Fort Wainwright families sell from their homes on post and units and organizations may host sales at the vehicle resale lot. For more information, call 353-6612.

COMMISSARY CASE LOT SALE

The case lot sale begins today and continues through Sunday from 10 a.m. to 7 p.m. at Fort Wainwright's commissary. For more information, call 353-7802.

ARCTIC HEALTH LINK

Bassett Army Community Hospital Arctic Health Link hosts a class on Tuesday from 2 to 4 p.m. to provide participants information on nutritional and physical fitness methods for reducing total cholesterol level while improving overall health.

On Thursday there will be a Tobacco Use Cessation Program from 12:30 p.m. to 4:30 p.m. The class is designed to educate and support those desiring to quit tobacco use.

For more information on these or any Arctic Health Link Class or to sign up call 361-4148.

BIRTH ANNOUNCEMENTS

April 22

A daughter, Isabella Mia, was born to Micalisha and Sgt. Michael Delano, 3rd Battalion, 21st Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division.

May 3

A daughter, Opal Mae, was born to Melonie and 1st Lt. Jess Rich, Medical Department Activity-Alaska.

May 4

A son, Ryan Edward, was born to Justine and Staff Sgt. Kyle Kaneris, Medical Department Activity-Alaska.

May 6

A daughter, Allysabeth Bernice, was born to Kiley and Staff Sgt. Mike Trado, 1st Battalion, 24th Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division.

11382634
PERFECT PARTY, THE
AK POST/AK POST
1 x 2.0

18380254
MACS IN ALASKA
AK POST/MAC SUPPORT
2 x 1.5

11382657
IMAGE OPTICAL
AK POST/AK POST
2 x 3.0

12381903
UNIVERSITY OF ALASKA
AK POST/AK P/IDIDADE
4 x 3.5

Army producing enhanced Stryker with double-V hull

Compiled from staff reports

By this summer, Soldiers in Afghanistan, including members of the 1st Stryker Brigade Combat Team, 25th Infantry Division will be riding in new Stryker armored combat vehicles that have an improved double V hull (DVH) design to protect them from improvised explosive devices and roadside mines.

The 150 new Stryker DVHs, with enhanced armor, wider tires and blast-attenuating seats, went from conception to production in less than one year.

The double-V hull design on the new Stryker is a proven technology similar to that found on mine-resistant, ambush-protected, or MRAP, vehicles currently being used in Afghanistan.

"The rapid turnaround of the DVH is responsiveness at its best," Col. Robert Schumitz, Stryker Brigade Combat Team Project Management Office, project manager, said. "Soldier survivability is the Army's

number-one priority. Once we determined that the DVH effort was an achievable and acceptable risk, we swiftly engaged in executing the robust program."

Engineers at General Dynamics Land Systems conceived of the double-V-hull design and tested it at Yuma Proving Ground, Ariz., Aberdeen Proving Ground, Md., and the Army's National Training Center at Fort Irwin, Calif.

"We wanted to take advantage of the V shape and get the center of the vehicle farther away from the ground to aid survivability," said Mike Cannon, senior vice president of General Dynamics Land Systems.

Vehicles went through live-fire, developmental and operational testing that concentrated on force protection, safety, performance, reliability and durability.

1-25th SBCT Soldiers will be involved with the

exchange. "They will be tasked with transferring certain equipment, before turning in the old and accepting the new vehicles," said Anthony Richie, Army Force Generation, United States Army Alaska. "Another thing the Soldiers will have to do is conduct inventories on the old and new vehicles. This way the old Strykers get dropped off their property books and the new ones added."

There are 140 Stryker DVH's already in the Army supply chain and plans are to field a total of 450 vehicles.

"The Stryker program has been continually responsive to evolutionary threats," Schumitz said. "The Stryker DVH is a robust program that has enjoyed the Army's full support to increase Soldier survivability in Operation Enduring Freedom."

Kris Osborn, Assistant Secretary of the Army, Acquisitions, Logistics and Technology contributed to this story.



A Stryker vehicle crew belonging to the 4th Brigade, 2nd Infantry Division, fires a TOW missile during the brigade's rotation through the Joint Readiness Training Center at Fort Polk, La. (Army file photo)

Army marks 10-year anniversary of Stryker vehicle

Kris Osborn, Assistant Secretary of the Army, Acquisitions, Logistics and Technology

WARREN, Mich. (Army News Service, May 6, 2011) - What began as an ambitious vision in the minds of Army leaders in 1999 - to build a medium-class armored vehicle able to deploy quickly, transport troops safely, and bring agility and lethality across multiple platforms - has evolved into the battle-tested Stryker vehicle now celebrating its 10-year anniversary.

"Stryker really filled an interesting niche because the heavy forces were too difficult to deploy in certain austere environments," Scott Davis, program executive officer, Ground Combat Systems, said. "But it wasn't just the vehicles. The Army benefited greatly from the concept of putting multiple mission packages on a common platform."

Praising the Stryker platform's numerous technologies and the Soldiers who put them to use, current and former Army leaders, officers, Soldiers and industry partners from General Dynamics Land Systems gathered May 5, in Sterling Heights, Mich., to attend a program management review and commemorate the anniversary of the Stryker program.

The Stryker vehicle, combat proven in Iraq and Afghanistan, has now logged more than 27 million combat miles with operational readiness rates greater than 96 percent, said Col. Robert Schumitz, Stryker project manager.

"Now, seven combat-ready Stryker Brigades exist with all 10 platforms [variants] in their inventory and the eighth brigade is forming," Schumitz said. "Those seven brigades have completed 14 rotations in Iraq and Afghanistan in support of Operation Iraqi Freedom and Operation Enduring Freedom."

Davis, who previously served as a deputy project manager with the Stryker program, said the Stryker's mobility gives the warfighter an advantage.

"The wheeled system is cheaper to operate and its sheer speed down the main supply routes has allowed it to perform escort roles and some patrolling roles that would have been very difficult to do with a tracked ground vehicle," Davis said.

Formerly called the Interim Armored Vehicle, the Stryker came to be named after two Medal of Honor winners - Pvt. 1st Class Stuart S. Stryker, who served in World War II; and Spc. 4 Robert F. Stryker, who served in Vietnam.

"Though we are here to celebrate the Stryker, it is important to remember that the Stryker was designed for those who fight battles and win wars. It was to give them greater capabilities. People are the most important because they alone deliver on our nation's non-negotiable contract to fight our

nation's wars," said keynote speaker retired Gen. Eric Shinseki, current secretary of Veterans Affairs and former chief of staff of the Army.

Shinseki, who completed two combat tours in Vietnam during his 38-year Army career, oversaw the creation and delivery of the first Stryker vehicle, which rolled off the production line at Anniston Army Depot, Ala., in April 2002.

"We wanted to make our formations more responsive, more deployable, more versatile, more agile, more lethal, more survivable and more sustainable," Shinseki said. "We were merging the extraordinary capabilities of the best light infantry units in the world with the decisive qualities of the best heavy forces in the Army."

Shinseki is credited with successfully speeding up the time frame for Stryker deliveries and shepherding the platform through to its combat debut in Iraq during 2003.

"Modularity was really the Army's vision that Secretary Shinseki championed," said Maj. Gen. Robert Brown, commanding general, Maneuver Center of Excellence, Fort Benning, Ga.

"The Army needed a force that was versatile, flexible, digitally capable and networked. The force needed to be packaged on a platform that increased mobility and could be rapidly deployed. The end result of this vision was the Army's Stryker Brigade Combat Team," Brown told an enthusiastic crowd.

"This vision saved hundreds of my Soldiers' lives in combat," Brown added, referring to his years as a Stryker Brigade Combat Team commander. Brown said the Stryker vehicles under his command withstood a full range of enemy attacks to include rockets, small arms fire and improvised explosive devices.

Schumitz told the crowd that 10 years of continuous evolution and improvement within the Stryker program has resulted in the successful manifestation of the original vision for the vehicle.

"In October 1999, a challenge was laid out to the Army which stated, 'We must provide early-entry forces that can operate jointly without access to fixed forward bases, but we still need the power to slug it out and win decisively. Today, our heavy forces are too heavy and our light forces lack staying power,'" Schumitz said. "The Stryker Brigade, a dynamic, agile, lethal force structure, proved to be the solution to those mismatches."

Throughout its years in service, the Stryker has undergone various survivability upgrades and received "kit" applications designed to improve the vehicle's ability to withstand attacks.

"There has been a constant evolution of survivability kits applied to the platform either in anticipation of a threat

or in response to a threat," Schumitz said.

In total, 40,000 kits have been applied during the last eight years of combat operations, he added. The various survivability enhancement kits include blast-attenuated seats, additional underbelly armor, slat armor, improved suspension and electronics and extra ballistic shields for gunner protection, among other things.

Maj. Michael Zaharanic, assistant program manager, Stryker modernization, provided an example of the effectiveness of the Driver's Enhancement Kits in Afghanistan.

"The kits included add-on armor and beefed-up metal on the outside of where the driver sits. Right after we put those kits on, a Stryker was hit with an IED on the driver's side. The driver walked away. It was a great day for that driver, for GD [General Dynamics] and the PM [Project Management Office] who put that kit together," he said.

Lt. Col. Joseph Davidson, deputy commanding officer for the 2nd Brigade, 2nd Infantry Division, has deployed three times with Stryker units.

"The Stryker is unique. It is a great vehicle that gives us the operational freedom to move time and time again. Certainly in Iraq and now in Afghanistan, a unit can be re-tasked virtually on the go and support a different mission. When you get down to it, it is about the Soldiers," he said.



Retired Gen. Eric K. Shinseki sits inside a Stryker vehicle and talks with Col. Robert Schumitz, Stryker project manager, about how the vehicle was first fielded 10 years ago as the Interim Armored Vehicle. (Photo courtesy Detroit Arsenal Media Service)

50380888

ALASKA FUN CENTER SALES
AK POST/YAMAHA STAR
3 x 3.0
RED

12381938

ALASKAN PROSPECTORS
AK POST/MINERAL SHOP
3 x 2.25