

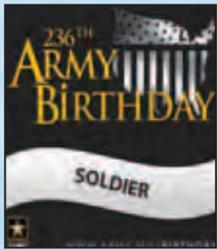
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AT A GLANCE HAPPY BIRTHDAY



WTB Soldiers celebrate
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16TH CAB



Casing of the colors
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ONLINE

- FACEBOOK
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- ARMY NEWS
army.mil
- ARMY SERVICES
myarmyonesource.com
- DEFENSE VIDEO
dvidshub.net

WEEKEND WEATHER

Friday
Mostly Sunny
Low 43 High 73

Saturday
Mostly Sunny
Low 49 High 78

Sunday
Mostly Sunny
Low 51 High 78

Unrestricted visibility
NE winds 5 -10 mph

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

Deceased Army Paratrooper Identified

Staff report, USARAK PAO



Sgt. Adrian Anthony Velasquez

JOINT BASE ELMENDORF-RICHARDSON, Alaska, June 7 – The Army paratrooper found deceased in his home in Anchorage May 31 has been identified as Sgt. Adrian Anthony Velasquez, 32, of Fresno, Calif. The Soldier was assigned to the 725th Brigade Support Battalion, 4th Airborne Brigade Combat Team, 25th Infantry Division. Velasquez joined the Army Nov. 2007, completed Basic and Advanced Individual Training at Fort Jackson, S. C.; and Airborne training at Fort Benning, Ga., before arriving at Fort Richardson in July 2008. He was deployed to Afghanistan with the 4th Airborne Brigade Combat Team from March 2009 to March 2010. The cause of death remains under investigation by the Anchorage police department. Velasquez was promoted posthumously. The next of kin have been notified.

Nation's capital celebrates Army's 236th birthday

J.D. Leipold, Army News Service

WASHINGTON (Army News Service, June 14, 2011) -- Four months older than the Navy, five months older than the Marine Corps, the nation's oldest military branch began its 236th birthday celebration with senior Army leaders presenting a wreath at the Tomb of the Unknowns in Arlington National Cemetery, Va., June 14, 2011.

Secretary of the Army John McHugh, Army Chief of Staff Gen. Martin Dempsey and Sgt. Maj. of the Army Raymond F. Chandler III presented the red, white and green wreath with blue ribbons to the tomb's Relief Commander after which Taps was sounded.

Even though the Army's birthday is June 14, festivities in the nation's capital began June 11 with the traditional black-tie ball featuring the Army Field Band and country music recording artist Phil Vassar. Aside from a cake-cutting at the birthday ball, cake-cutting ceremonies took place June 14 at the Pentagon and another with congressional leaders on Capitol Hill.

The celebration also featured precision and tradition with a twilight tattoo and performances from the 3rd Infantry Regiment, "The Old Guard" at Joint Base Myer-Henderson Hall, Va., June 15. During the tattoo, David A. Hovda was presented the Army's Strength of the Nation Award for his exceptional contributions to breakthrough research for systematic recovery from traumatic brain injury. Hovda serves as director of the UCLA Brain Injury Research Center.

The week's birthday events will end with the traditional birthday run June 17 at Joint Base Myer-Henderson Hall.

ACU changes make Velcro optional, patrol cap default headgear

C. Todd Lopez, Army News Service

WASHINGTON (Army News Service, June 11, 2011) - The voice of the Soldier has been heard: the Army announced the patrol cap will replace the black wool beret as the default headgear for the Army combat uniform.

Also changing are the options for how Soldiers can attach certain items to their ACU shirts. Army Chief of Staff Martin E. Dempsey said Soldiers will soon be able to sew on name tapes, service tapes, rank insignia and skill badges, instead of using Velcro.

The changes were made after Dempsey received input from Sergeant Major of the Army Raymond F. Chandler III, who had been tasked to gather opinions from Soldiers in the field.

"I am a scout for General Dempsey, who asked me to look into everything a Soldier wears from the top of his head to the bottom of his feet," Chandler said. "These are changes that the field said they wanted to see."

Typically, uniform changes come as a result of a board that meets twice a year. But Chandler said issues surrounding both the ACU headgear and the use of Velcro were changes the Army chief of staff wanted to bring to the Secretary of the Army immediately.

Chandler said he spoke with "several thousand" Soldiers and also received comments via social media sites, like Facebook.

"I have also discussed this with my board of directors -- the most senior sergeants major of our Army," Chandler said. Post-deployment combat uniform surveys were used as a basis for the changes.

The No. 1 and No. 2 issues, Chandler said, involve the beret and Velcro.

"The Soldiers didn't like the fact that the beret was hot -- it was not something that they wore the majority of the time," he said. "And they didn't like the fact it didn't shade the sun and it took two hands to put on. And they didn't like to carry two pieces of headgear to do different functions during the day."

The beret has been the standard headgear for the Army's ACU -- the camouflage uniform worn by most Soldiers. But

most Soldiers still needed to switch to the patrol cap based on the work they were doing -- in a motor pool or in the field, for instance.

Those Soldiers would have to carry two pieces of headgear with them, one in each pocket, and switch depending on what they was doing. In the field, they put on the patrol cap. Back on base, they'd have to switch to the beret.

The new policy will make the patrol cap the standard. But the beret isn't going anywhere. It will remain as the standard for the Army service uniform, and as an optional uniform item with the ACU -- at the discretion of commanders.

"They could choose to say for an event, like change of command, that they want them to wear the beret," Chandler said.

The change in the beret policy will save the Army about \$6.5 million over the lifecycle of the ACU. New Soldiers had been issued two berets, now they will be issued one.

Please see ACU CHANGES on Page 8

BRAC: On time and on target



Lt. Gen. Rick Lynch,
Installation Management Command

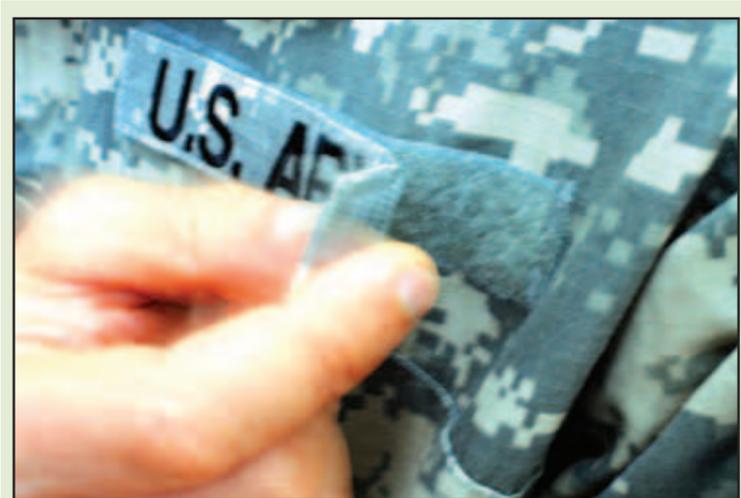
The past 10 years have brought a great deal of change to our Army. Not only do our Soldiers continue to fight in two wars, but the Army is going through the greatest organizational change since World War II. Between instituting the Army Force Generation model, reorganizing around modular brigades and the Base Realignment and Closure process, our Army looks very different than it did 10 years ago. The BRAC process is a large part of that reorganization. With its completion on time and on target in September, the Army will have reshaped its infrastructure to better support Soldiers, Civilians and Families.

The Base Realignment and Closure commission made recommendations about how to make efficiencies in the Department of Defense to the president, who presented them to Congress and those recommendations became law in September 2005. Of the 182 commission recommendations, 113 affected the Army.

This BRAC is an important part of the Army's historic transformation and has affected many commands, including the Installation Management Command Headquarters in San Antonio, Texas.

BRAC 2005 enables the Army to reshape its infrastructure to support its forces. It repositions our forces, making them more relevant and combat ready for the combatant commander.

It also creates doctrinal efficiencies by consolidating schools into centers of excellence and headquarters and other activities into joint or multifunctional installations for efficiency and cost control.



Recently announced changes to the Army Combat Uniform involve allowing Soldiers to sew on certain items to their uniform in lieu of using the provided Velcro. (Photo illustration by C. Todd Lopez/ Army News Service)

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Commander's column

Col. Timothy A. Jones, Garrison commander

Smoke gets in your eyes



Summer is wildfire season in Alaska, and that means smoke and potential health hazards for you and your family. The Hastings fire, north of Fairbanks, has burned more than 17,000 acres and the Volkmar fire near Delta Junction more than 46,000 acres.

In the past, Fairbanks has been blanketed in smoke from fires as far away as the Gobi Desert in northern China and southern Mongolia and from fires in Russia.

Smoke from wildfires is a combination of gases and very fine particles from the trees and other plants that are burning. The fire needn't be in your backyard – the wind can carry it far, and it can change direction on a whim. It's possible to feel the effects of smoke from a wildfire several hundred miles away.

When smoke moves into an inhabited area and air quality worsens, even healthy people may suffer. It can cause teary eyes, scratchy throats, coughing, shortness of breath, headaches and chest pain. If you suffer from heart or respiratory disease, it can aggravate existing symptoms. Children and the elderly are especially vulnerable to high quantities of smoke and particulates in the air.

Most healthy adults will recover quickly from smoke exposure and will not suffer long-term consequences. Older adults (with respiratory conditions) and young children (because their lungs are still developing) are more likely to be affected negatively by smoke exposure. The effects of smoke can be significant to people who have pre-existing respiratory conditions such as allergies, asthma and chronic obstructive pulmonary disease.

There are ways to protect yourself and your family from the bad effects of wildfire smoke.

The first is to limit exposure to smoke. If it's thick enough that you can see it, it's a good idea to stay indoors. Keep doors and windows closed as much as possible. It may be helpful to run an air cleaner with a HEPA filter if you have one.

Don't add to the pollution by smoking or burning candles, fireplaces or gas stoves indoors.

Don't vacuum – it stirs up particles that are already inside your home.

Remember to bring your pets indoors as well. They can suffer the same problems due to smoke as their owners. Ensure they are properly cared for.

Finally, check local air-quality reports. You can hear them on local news, radio, the local newspapers and online.

Go to <http://co.fairbanks.ak.us/airquality/> to get Fairbanks air quality and to www.dec.state.ak.us/air/am/smoke.htm for statewide information. The Fairbanks air-quality hotline is 459-1325 or 459-1326.

For information on Wildfire Smoke from the Department of Health and Social Services, visit their website at www.epl.alaska.gov/eh/wildfire/default.htm.

For information on Wildfire Smoke from the Department of Environmental Conservation, Air Quality Division, visit the website at www.dec.state.ak.us/air/smokemain.htm.

Editor's note: Information for this article was pulled from fact sheets and websites, including the Alaska Department of Environmental Conservation at www.dec.state.ak.us/air/smokemain.htm and the Centers for Disease Control at www.emergency.cdc.gov/disasters/wildfires/facts.asp.

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.

A sweeter observance there never was

Trish Muntean, Fort Wainwright PAO

Since I consider candy a major food group, I was thrilled to find out that June is National Candy Month. Finally, an observance worth making note of.

I have been wild about candy since I was a young child and I never outgrew my love of a sweet treat. Jawbreakers, Smarties, black licorice and chocolate. Oh, chocolate, the love of my life. Never met a piece of chocolate I didn't like, but especially enjoy Swiss milk chocolate, German ice chocolate and when those aren't available (all too often) a Reese's Peanut Butter Cup will do. Oh wait a minute! I lied. I don't care for white chocolate, but can that really even be called chocolate?

Apparently I am not alone in this love affair. According to the National Confectioners Association, Americans consume 2.8 billion pounds of chocolate a year. About 12 pounds per person. No, that

can't be right. I eat about that much in a month. Or if it is right, maybe it explains the money I pay for dental care and new clothes to fit my ever-expanding waistline.

I don't understand why so many so called chocolate lovers complain about the chocolate being unhealthy, when all true chocoholics know that chocolate is a vegetable. It comes from the cocoa bean, beans are veggies, and therefore chocolate is a healthy food. Right?

Therefore I am obeying at least of one of the instructions of my health care provider. She said to start every day with a healthy breakfast. In my house, if it ain't chocolate it ain't breakfast!

I suppose eventually I may have to admit I have a problem. For now I have my own 12-step program, I am never more than 12 steps away from chocolate!

MEDDAC commander

Col. George Appenzeller, MEDDAC-AK commander

MEDDAC-AK Q & A



Question: Are there changes to how we do medical TDYs?

Answer: Yes, with the recent implementation of new financial and accounting systems Army-wide, all medical TDY travel orders and vouchers have to be completed using the electronic Defense Travel System. All patients, including Soldiers, family members and retirees are included in this change. While change is hard and there will be some bumps in the road, the good news is that DTS provides a more efficient and accurate manner to process travel orders and vouchers. Additionally, you are reimbursed more quickly. In general, reimbursement is made five to seven days after submission instead of an average of 21 days with the paper process.

The process starts when you are notified of a medical appointment outside of the Fairbanks area. The first step is to contact the Managed Care Department at Bassett Army Community Hospital at 361-1813 option 2, in order to complete your referral, just like the old system. Once the referral is complete you need to contact the air-evacuation office at 361-5001 or 361-5675 in order to build a profile in DTS and receive your medical travel brief.

Building the DTS profile is an important, one-time step. Most Soldiers already have a profile, but most family members do not. In order to create a profile, patients complete a registration form that captures email address, physical address, phone and banking information. This information is safeguarded and immediately entered into DTS.

The hospital does not keep this data, nor do the units, but it is critical to getting reimbursed funds direct deposited into your account. The profile is then used to create your orders. If you travel without having signed or completed orders you risk not being reimbursed.

For family members and retirees the air-evacuation office will complete the orders in DTS and email a copy to the patient. Active Duty Soldiers however, will receive a request for orders from the air-evacuation office. They will need to see their unit in order to have their orders completed in DTS.

The next step is to contact the SATO travel office at 353-1166 to book the travel. Patients do not need to pay for plane tickets, this will automatically be paid once the orders are completed.

Once you have returned from their medical TDY you will need to submit the travel voucher in DTS. If you are an active-duty Soldier, you do this through your unit. All other patients need to contact the air-evacuation office and schedule an appointment to come in and file the travel voucher. You should bring all receipts for lodging, car rental, gas and food. Once the travel voucher is complete, you should expect reimbursement in five to seven days.

We know that there is the need for a lot of travel from the Fairbanks area and we will do everything we can to ease this process. If you have any questions or need assistance, the Air Evacuation office at 361-5001 is happy to help.

Happy birthday U.S. Army



Col. Timothy A. Jones, Fort Wainwright garrison commander, reads the "Happy Birthday U.S. Army" book to more than 100 children at the School Age Services center Tuesday in celebration of the Army's 236th birthday. The SAS youth, many of whom have a parent deployed to Afghanistan or Iraq, eagerly raised hands and answered questions. Child, Youth and School Services teens, youth and staff participated in U.S. Army birthday events with their Soldiers and Families, such as the fun walk, art projects and facepainting U.S. Army camo-style, throughout the week. A special U.S. Army birthday lunch and cake was served at the dining facility, which saw about a 25 percent uptake in patronage that day. (Photo by Rusty Drexler/FMWR)

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

1452 Cushman Street

Mr. Rock and Roll II

2016 College Road

Still Smoking Tobacco and Gifts

516 Old Steese Highway

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

ALASKA POST

Home of the Arctic Warriors

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The ALASKA POST – Home of the Arctic Warriors

BRAC and ASA in Alaska: One door closes, another one opens

Allen Shaw, Fort Wainwright PAO

The United States Congress established the 2005 Defense Base Closure and Realignment Commission to ensure the integrity of the base closure and realignment process.

The process that began in 1988 recommended the closing of 33 major U.S. military bases and the enlarging or shrinking of 29 others. On September 15, 2005, President George W. Bush approved the BRAC commission's recommendations.

The idea behind BRAC was to better integrate active and reserve units, rearrange forces to be able to act around the globe, make the military more flexible and agile, improve cooperation between military service branches while training and fighting, and convert unneeded capacity into war-fighting capability.

In Alaska, Eielson Air Force Base and Fort Richardson Garrison were both slated for realignment but Eielson was eventually dropped from the list. Eielson was a front-line base until 2007, deploying fighter and bomber units around the world as well as providing for the defense of Alaska. Taken off deployment status as a result of BRAC 2005, the primary mission of the base today is to support Red Flag-Alaska, a series of commander-directed field training exercises.

The Base Realignment and Closure commission also made recommendations for the establishment of Joint Base Elmendorf-Richardson. One of 12 joint bases throughout the Department of Defense, Garrison Fort Richardson, cased its colors on Sept. 30, 2010, and with it was the establishment of Army Support Activity, Fort Richardson. Within the ASA, several functional components remained specific to the Army mission and did not transfer under the JBER Memorandum of Agreement to the Air Force. Services such as Casualty Assistance Center, Army Substance Abuse, Army Emergency Relief, Survivor Outreach Services, Army Continuing Education Services, Ammo Supply Point and Directorate of Logistics Tactical Maintenance continue to be provided, specifically by Army personnel as part of the Installation Management Command -Pacific.

"Within the Army Support Activity, we continue to provide the level of service that is commensurate to the service of our Soldiers and families," said Michael Haney, director of Army Support Activity, Fort Richardson. "Albeit in a fiscally constrained environment, ASA personnel continue to lean forward to provide services that readily prepare our Soldiers for deployment and redeployment to meet the ARFORGEN cycle at a reduced cost, but more effectively and efficiently."

The BRAC Commission calculated the overall 20-year savings to the government in carrying out its amended list of recommendations as close to \$15 billion. In the June Defender 6 column, Lt. Gen. Rick Lynch, commander, Installation Management Command said BRAC is an important part of the largest Army transformation in three generations. Consolidating and repositioning several major commands will save millions in personnel and facilities costs and is needed to put the Army on the path to future sustainability.

Haney said, "Close coordination and communication with our JBER counterparts (United States Air Force JBER command team) and United States Army Alaska commanding general, Fort Wainwright Garrison and regional leadership continue to allow the ASA to ensure all Soldiers, airmen and family members are prepared to win the wars and continue to meet future Army missions."

BRAC: On time and on target

continued from Page 1

Joint Base San Antonio is experiencing the largest economic development in its history with 10,000 Families relocating here. This BRAC move has transformed the former Fort Sam Houston into a premier medical complex and the largest medical training campus in the world. Joint installations, like JBASA, improve training capabilities and eliminate excess capacity while providing the same or better service at a reduced cost.

Fort Benning, the new home of the Maneuver Center of Excellence, is a good example of how BRAC growth has been handled in an environmentally and fiscally sustainable way. Thirty-four new projects have been built there as a result of BRAC and all of them have been designed to be LEED Silver certified. All of the new construction supports increased operational capacity and our war-fighting capability.

On installations across the Army you can see signs of success in meeting the goals of BRAC 2005. Construction alone has brought thousands of jobs to surrounding communities. Expanded installations have caused local businesses and service providers to grow. Even communities surrounding closure installations have benefitted by working with the Army to redevelop the surplus property. But with BRAC successes, there are also challenges. More people require more schools, houses and emergency services. The city of El Paso is a great example of a community that turned its challenges with BRAC into a success story.

Fort Bliss is experiencing the largest BRAC realignment in history with unparalleled growth of 29,600 Soldiers and 45,000 Family members relocating there. El Paso embraced BRAC, building new schools, while the state invested \$1 billion for transportation projects in the city and creating thousands of civilian jobs. When BRAC and Army Transformation are complete, Fort Bliss will have enough new facilities to accommodate 5 brigade combat teams, a division staff and their Families.

IMCOM plays a big part in transforming the Army's infrastructure through BRAC, supporting the movement of several organizations and welcoming thousands of Soldiers and Civilians onto our installations and into surrounding communities. This transformation has made us a stronger more efficient and agile organization, supporting a stronger, more efficient and agile Army.

BRAC is an important part of the largest Army transformation in three generations. Consolidating and repositioning several major commands will save millions in personnel and facilities costs and is needed to put the Army on the path to future sustainability.

We have no way of knowing exactly what the future will look like, but the 2005 BRAC process better positioned the Army to meet future challenges. The Army has realigned its infrastructure with the new modular structure and modernized our support facilities, all while becoming more fiscally and environmentally sustainable. When it is complete it will be a major achievement for the Army. By this September, the Army will have completed over \$13 billion in construction and renovation projects, and a reorganization that will affect one-third of the Army. This will all have been done in six years putting the Army on time and on target to meet its future missions.

Support and Defend!

Arctic Health Link, here for Soldiers and families

Trish Muntean, Fort Wainwright PAO

People who want to take an active role in maintaining the health and well being of themselves and their families may be able to do so with help from Arctic Health Link.

Arctic Health Link is part of the preventive medicine department at Bassett Army Community Hospital. Arctic Health Links mission is health promotion and prevention through education and awareness.

"Arctic Health Link does health promotion activities," said Karen Fell, a registered nurse and an educator with Arctic Health Link. That includes a take-care-of-yourself class which upon completion allows people to get over-the-counter medications from the local Medical Department Activity - Alaska pharmacies.

"That is a huge benefit to the patients," Fell said. "For example if they had a child that was running a fever and they don't have Tylenol

or Motrin, they don't have to go to the ER to be seen or make an appointment, they can just go straight to the pharmacy to get the medications that they need at no cost."

Arctic Health Link also offers an allergy and asthma class, which educates those with allergies and asthma on reducing the attacks while also reducing the need for medication and clinic visits; a cholesterol class that offers participants information on nutritional and physical fitness methods for reducing total cholesterol level/improving HDL/LDL ratio, while improving overall health; a diabetes class to provide information on nutritional and physical fitness methods for reducing blood glucose levels, while promoting overall health and a hypertension class which provides participants information on nutritional and physical fitness methods for lowering blood

pressure.

For those who want to quit using tobacco products, Arctic Health Care offers a tobacco use cessation program.

Classes are not the only education tool offered. AHL has educational pamphlets and handouts about numerous subjects that can be accessed at the hospital library according to Fell.

"I think a lot of times patients feel rushed in their appointments and so it gives them time to slow down and process information at their speed," she said.

Any Tricare beneficiary is eligible to use the Arctic Health Link services; no referral is needed. It is located at and staffed by Bassett Army Community Hospital. For more information on Arctic Health Link program call 361-4148.



Deuce-Four' chaplain serves more than just his country

Maj. Joel Anderson, 1-25 SBCT PAO

FORWARD OPERATING BASE LAGMAN, Afghanistan -When a Soldier deploys to combat, maintaining his or her spiritual and emotional well being is just as important as the Meal, Ready to Eat and bullets that keep a Soldier physically in the fight. The unit's chaplain, an ordained minister who is called to serve his country as well as God, is charged with the responsibility to provide units' Soldiers spiritual comfort. Chaplain (Capt.) Drew Billingsley, the chaplain for 1st Battalion, 24th Infantry Regiment of Fort Wainwright recently shared some of his views about being a battalion chaplain serving in a deployed theater.

First of all, there are many obvious differences between the duties of any military chaplain, especially an Army chaplain, and a civilian minister. According to Billingsley, being an Army chaplain is much more about being relational than civilian ministry. In the civilian world people seek out churches and ministers based on their faith or denomination or to hear a particular minister's preaching style. In the case of the military, chaplains go to the members of their ministry, the Soldiers of their unit. In a deployed theater such as in Afghanistan, the unit chaplain, beginning at the battalion-level, is right where Soldiers live and work and most importantly, is available to speak to Soldiers and minister to them almost anytime. On the downside Soldiers have no reason to interact with the chaplain unless they have built a relationship with him or regularly attend worship services with their chaplain.

Billingsley also served as a law enforcement chaplain, which did much to prepare him to become an Army chaplain, such as experience dealing with traumatic stress and other problems similar to those experienced in military life.

Army chaplains face the same hardships all Soldiers go through during a deployment, so they must be able to cope with their own stress first in order to always be fully prepared to assist the Soldiers of their unit.

"I am very blessed in that my wife and I both prayed about this ministry and felt God calling us both. She is not just my wife back home. She also does ministry with other spouses while I am deployed," explained Billingsley. "This being a calling as opposed to just a job also makes it easier to deal with the difficult times. I know that I am where God wants me to be, so I have faith that he will lead me. I am doing this for God, not just for a paycheck. As chaplains, we also take care of each other. My fellow chaplains and I call and e-mail each other periodically to check on the stress levels of our colleagues. Everyone has stress, but the key is having an outlet. I have my wife, other chaplains and God. Not every Soldier has these options."

One of the situations that set Army chaplains apart from other religious professionals more than any other is dealing with Soldiers in combat.

Combat Soldiers are often faced with the prospect of going into harm's way on a near daily basis and they often turn to their chaplain for support and mentoring. In order to accomplish combat missions Soldiers must be able to perform at their peak. Army chaplains provide an important link to provide the much-needed edge for combat readiness.

U.S. Soldiers are currently partnered very closely with the Afghan National Army and conduct all operations together.

"I meet once a week with the ANA Mullah, who acts as the religious and cultural adviser to his brigade commander," said Billingsley. "We discuss spiritual concerns over tea and it's really a good way to spend time to get to know him and his faith. This also gives us an opportunity to address any issues of religious sensitivity, especially in the event one of our Soldiers was to accidentally offend our Muslim partners."

I have tremendous respect for our Afghan counterparts because they are risking their own lives and the lives of their family, each day that they report to work. They cannot go home in a year like we can."

"I am doing this for God, not just for a paycheck."

- Billingsley

Retired but not forgotten, our nation's warriors

Sgt. Trish McMurphy, U.S. Army Alaska PAO

With a combined total of more than 90 years of service for their country and the U.S. Army, Sgt. 1st Class Chad M. Szych, with Headquarters and Headquarters Company, 3rd Battalion, 21st Infantry Regiment; 1st Sgt. Steven R. Pritchett, Bravo Company, 1st Battalion, 52nd Aviation Regiment, 16th Combat Aviation Brigade; 1st Sgt. Russell S Hawkins, C 123rd, 16th CAB, and 1st Sgt. Karl Utter, Headquarters and Headquarters Company, 16th CAB, were honored in a retirement ceremony June 1 on Fort Wainwright.

Lt. Col. John H Knightstep, commander of the 1-52 Aviation Battalion, 16th CAB, thanked the retiring NCOs for their unwavering support, patriotism and selfless service to the nation.

"It is important that we remember every Soldier who has answered our country's call to duty," Knightstep said. "This generation of warriors volunteered to serve our Army knowing the sacrifices and the dangers."

"The best way we can honor (the retirees) your lives and traditions," Knightstep said, "is to serve and sacrifice as we have in the past."

Some of the retirees, such as Pritchett, are leaving the area, but others, like Szych, who has spent more than half of his career in Alaska, plan to retire here.



A retirement ceremony honors 1st Sgt. Russell Hawkins, 1st Sgt. Steven Pritchett and 1st Sgt. Karl Utter with the 16th Combat Aviation Brigade and Sgt. 1st Class Chad Szych with the 1st Stryker Brigade Combat Team, 25th Infantry on Fort Wainwright June 1. The retirees have served more than 90 years totaled. (Photo by Sgt. Trish McMurphy/USARAK PAO)

GI Jane transforms deployment time into achievement time

GI Jane, Alaska Post Contributor



For many of us being a military spouse was the farthest thing from our minds when we said "yes" to marriage. Maybe deployment was also not in your plan 12 months ago; not at the top of your list; not even on your list. But here you are - a true GI Jane conquering the year-long military deployment of your Soldier. As a fellow GI

Jane, I am here to tell you that the sun is coming up over the horizon and spouses of deployed Soldiers in the Stryker brigade are one-sixth of the way through this year-long deployment. Many in other units like the aviation brigade are even further along than that.

If you're like me you've set a few personal goals for yourself to accomplish during the rest of the deployment. If you haven't made a list, I encourage you to do so. Don't let your engines idle for the remainder of the year while you patiently wait for your Soldier to return.

For this deployment I plan to renew my passion for an old hobby - quilting. For the last nine years I've been devoting so much of my time and energy to my family that I haven't had the time, or rather haven't made the time, to pursue my own interests. With each new baby or work responsibility I buried my passions deeper into my basement. Each PCS move I gather a new colored and numbered sticker on my hobby storage bins and another thick layer of dust. For the last three moves I have listened to my dear Soldier ask me why I continue to move all of this "stuff" around. Well, now I have my answer - deployment.

After my first couple of weeks of adjusting to our new (but temporary) normal, I went into the basement and dusted off my sewing machine and pulled out my bin of fabric and notions. I've proudly finished one quilting project and I'm very close to finishing a second. The nights that I would have normally spent snuggling on the couch with my Soldier have turned into late nights working to the hum of my sewing machine.

Take a moment and think about your goals. Maybe you are a newlywed

without any accumulated "hobby" storage bins in your basement like mine. But what is it that you want to develop in yourself during the rest of this deployment?

Do you have a desire to learn how to cook? Are you hoping to organize and scrapbook all of those fabulous wedding and honeymoon photos? Do you have dreams of running your first 5K or completing a triathlon? Learning to ski or snowboard? Joining or leading a Bible study? Volunteering with the local food bank? Or maybe you're the girl who has always stood in the gym and watched a group fitness class through the glass doors, too nervous or busy to try the class out for yourself?

Now is the time to try something new or take time for something you've always enjoyed doing. If you have children or a busy full-time job, it is completely acceptable to spend a few hours a week on the couch because we all need to relax and vegetate at times. But don't allow your children or your careers to hold you back. If your goal is fitness, involve your children or exercise with a coworker during your lunch break. If a hobby is your goal, put down your remote in the evenings and go for it. If it's an activity that you are too nervous to attempt on your own, find another GI Jane who is willing to try it with you. You will probably surprise yourself with how much fun you will have trying something new.

Although we all want the rest of the deployment to pass by quickly we should plan for a year of personal growth and accomplishment. At the end of this deployment I don't want to say I merely survived; I want to flourish and grow. GI Jane sisters, let's not sit by and idle to the tune of "hurry up and wait." Let's rev up our engines to "hurry up and accomplish."

Editor's Note: The Alaska Post features the GI Jane column every other week. GI Jane is a composite character of many different military spouses and offers a wide variety of viewpoints and perspectives. Submit column ideas and feedback to pao.fwa@us.army.mil.

16th Combat Aviation Brigade case colors, signifying move to Joint Base Lewis-McChord, Washington

Staff Report, USARAK PAO



Capt. Travis Easterling, Bravo Company commander, 1st Battalion, 52nd Aviation Regiment, 16th Combat Aviation Brigade and Sgt. First Class Richard Davis, Bravo Company first sergeant, 1-52 Aviation, 16th CAB (above) case the company guidon in preparation for their upcoming deployment of nearly 200 Soldiers to Afghanistan for an eight-month deployment in support of Operation Enduring Freedom. The guidon will remain cased until Team Denali arrives in Afghanistan.

Col. Robert Werthman, commander, 16th Combat Aviation Brigade and Command Sgt. Maj. Lucio Vandevoorde, 16th CAB (right) case the brigade colors in preparation for brigade headquarters movement to Joint Base Lewis-McChord, Wash. Both photos were taken during rehearsals earlier this week for Thursday's ceremonies. Following the Department of Defense announcement, on March 30, of the aviation brigade's realignment, the brigade has prepared to reorganize as a split-based CAB by moving its headquarters element and to JBLM where it will stand up the rest of the CAB later this summer. Prior to the casing ceremony,

1-52 Aviation stood up a new F Company of about 50 Soldiers stationed here as part of the CAB realignment process. The 16th CAB deployed C/1-52 Aviation to Afghanistan and the 6th Squadron, 17th Cavalry Regiment to Iraq in February for year-long tours in support of Operations Enduring Freedom and New Dawn. When these two units (of about 500 Soldiers) redeploy, they will be stationed at Fort Wainwright. (Photos by Trish Muntean/Fort Wainwright PAO)



Take me out to the ball team, North Haven Communities hosts second annual "Military Appreciation Day"



Staff Sgt. Tim Dooley, 3rd Battalion, 21st Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division, Rear Detachment, his wife Kim and two daughters Kayla and Morgan, pose with the Alaska Goldpanners at Growden Memorial Park Sunday. North Haven Communities hosted the family selected to be the VIP family of the game through a random drawing as part of North Haven's second annual Military Appreciation Day. The Dooleys enjoyed third baseline seats, a Goldpanners' merchandise prize pack and Tim Dooley threw out the first pitch with over 125 fellow residents and baseball fans cheering on. The Goldpanners went on to sweep the Anchorage Bucs in a 3-game series at Growden Park raising the Goldpanners' record to 4-0. (Courtesy photo)

Warrior Transition Battalion celebrates Soldiers, Army birthday

Sheryl Nix, Alaska Post Contributor

Dozens of Soldiers, family members and staff from B Company, Warrior Transition Battalion - Alaska joined with community members at the Zone on Fort Wainwright Tuesday to honor wounded warriors and the Army.

A celebration of the Army's 236th birthday set the backdrop for the event that featured a brief lesson on Army history, birthday cake, games and activities for children, a cookout and even a visit by members of the Fairbanks Grizzlies indoor football team.

Fort Wainwright's B/WTB is a unique organization specifically tailored to wounded warriors who are either transitioning into civilian life or back into an Army unit after healing from injuries or illnesses.

"The WTB is almost like a one-stop shop for all of the Soldiers," said Sgt. 1st Class John Knott, 2nd Platoon sergeant, B/WTB. "From a personal aspect, I think this (unit) is one of the most important things available in the Army. I personally have experienced what these Soldiers go through because I was injured. I came to the WTB and it was the best place for a Soldier coming home from a war to reintegrate."

Knott, who was injured in Iraq while assigned to 1st Battalion, 5th Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division during the brigade's last deployment, is now assigned to the unit as a member of the cadre. He said B/WTB offers wounded Soldiers invaluable support and assistance when they need it most. "I don't know how to fully describe the kind of support you get here,"



Capt. Charlea Allen, B Company, Warrior Transition Battalion - Alaska commander, and Cheryl Adamson, Employee Assistance Program coordinator, display the unit blanket during the B/WTB cookout and celebration of the Army's birthday Tuesday at the Zone. (Photo by Sheryl Nix/Alaska Post contributor)



Sgt. Douglas Fisher (left), warrior in transition, B Company, Warrior Transition Battalion - Alaska, meets Fairbanks Grizzlies corner back Kenny Viser during a celebration of the Army's 236th birthday Tuesday at the Zone. (Photo by Sheryl Nix/Alaska Post contributor)

he said. "I'm getting back in the fight; not doing what I used to do, but I think this work is really rewarding."

Because of the unique needs and mission of the WTB, unit leaders strive to create events that bring their Soldiers and families together on a regular basis. Tuesday's event was a perfect example of those types of events, said Marie Schoemaker, B/WTB family readiness support assistant.

"Events like this keep the morale going for Soldiers and families," she said. "This is a different kind of unit. We have more of a family support group than a family readiness group. We just support the families and Soldiers as they go through their transition to civilian life or back to their units."

Sgt. Douglas Fisher, a warrior in transition in B/WTB, is recovering from cancer and working to reintegrate back into an Army unit. He said he has been surprised at all B/WTB has offered.

"I didn't have a clue what the WTB was before," he said. "I always thought it was for those who were getting out of the Army. I didn't know it was for those who will return to duty, too."

In addition to highlighting all that B/WTB does for wounded Soldiers and their families, Capt. Charlea Allen, B/WTB commander, said Tuesday's event was designed to honor the Army. "It's very important for us to celebrate the Army's birthday today," she said. "Patriotism shouldn't be only when you're deployed; it should be every day. This is just a wonderful day to show your patriotism and get together with the people who make this Army successful and that's the Soldiers and families."

Allen said inviting community members like players from the Fairbanks Grizzlies made the event even more special.

Kenny Viser, Reno, Nev., native and Grizzlies corner back, volunteered to spend the day with B/WTB Soldiers and families Tuesday.

"I'm here hanging out with the troops," he said. "It's my first time on an actual base. I couldn't miss this opportunity. It's very important to bring together the community. Soldiers fight for us so it's really important for us to show our support for them."

Tuesday's Army birthday celebration and other unit events build the B/WTB team, Allen said.

"Events like these bring families together; our whole team," she explained. "Our team is not just the warriors and the staff. Our team is the warriors, the staff and the families."

The team drives the mission and according to Allen, no mission in the Army is greater than that of B/WTB.

"There is no better (priority) than to take care of the most important factor in the military and that's the Soldiers," she said.

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

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Trainor Gate closure



Trainor Gate will be closed next week to all traffic for crews to perform maintenance at the gate. The gate will close at its regular time of 8:30 p.m. Friday, and remain closed through June 26. It will reopen at 5:30 a.m. June 27. Anyone who regularly uses Trainor Gate should use either the Main Gate or Badger Gate. (Photo by Connie Storch/Fort Wainwright PAO)

Friday - 17th

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

FREE MAKE AND TAKE - FUN WITH FIBER, 6 to 7 p.m., Arts and Crafts Center, Building 3727. Open to participants 16 and older. Call 353-7520.

SLEEPLESS IN FAIRBANKS WORKSHOP, 10 to 11:30 a.m., Northern Lights Inn conference room, Building 3402. Call 353-4248.

Saturday - 18th

EMOTION COACHING, 10 a.m. to noon, School Age Services, Building 4391. Call 361-7713.

WOODSHOP 101, 10 a.m. to 3 p.m., Arts and Crafts Center, Building 3727. Cost is \$35 and open to participants 18 and older. Call 353-7520.

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

ZUMBA FITNESS, 1 to 2 p.m., Physical Fitness Center, Building 3709. Cost is \$7 per class. Call 353-7223.

BOATER SAFETY PROGRAM, 1 to 5 p.m., Outdoor Recreation Center, Building 4050. Open to participants 18 and older. A safety card is issued at the completion of the course and is valid for four years. Everyone renting a watercraft from the Outdoor Recreation Center is required to have a Fort Wainwright ORC boater safety card. Call 361-4089.

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

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

QUARTZ CREEK ALL-TERRAIN VEHICLE RIDE, Outdoor Recreation Center, Building 4050. Open to participants 18 and older. Cost is \$50 per person. ATV safety course is required prior to the departure date. Please call ahead to ensure availability. Call 361-4089.

Sunday - 19th

ANGEL ROCKS HIKE AND SOAK, 9 a.m. to 5 p.m., Outdoor Recreation Center, Building 4050. Open to participants 7 and older. Must be 18 and older to participate at the outdoor rock lake area. Cost is \$10 per person. Please call ahead to ensure a reservation. Call 361-6349.

CATHOLIC EDUCATION CLASSES, 9:30 a.m., Southern Lights Chapel

SUNDAY SCHOOL, 10 a.m., Northern Lights Chapel

ROMAN CATHOLIC MASS, 11 a.m., Southern Lights Chapel

PROTESTANT WORSHIP, 11 a.m., Northern Lights Chapel

GOSPEL BIBLE STUDY, 11 a.m., Bassett Army Community Hospital Chapel

BOATER SAFETY PROGRAM, 1 to 5 p.m., Outdoor Recreation Center, Building 4050. Open to participants 18 and older. A safety card is issued at the completion of the course and is valid for four years. Everyone renting a watercraft from the Outdoor Recreation Center is required to have a Fort Wainwright ORC boater safety card. Call 361-4089.

PROTESTANT YOUTH OF THE CHAPEL, 5 p.m., Northern Lights Chapel

FAMILY NIGHT, 5 p.m., Chena Bend Golf Course, Building 2092. Call 353-6223.

Monday - 20th

GROUP CYCLING, noon to 1 p.m., Physical Fitness Center, Building 3709. Call 353-7223.

ROMP AND STOMP PLAYGROUP, 9:30 to 11 a.m., Youth Center, Building 4109. Transportation for families to and from Romp and Stomp is available at the Northern Lights Inn at 9 a.m. Call 361-7713 or 361-7372.

THE LIBRARY AND THE DRAGON, 1 to 3 p.m., Last Frontier Community Activity Center, Building 1044. Call 353-4137.

NATIONAL TRAILS MONTH SPEAKER SERIES, 6 to 7 p.m., Last Frontier Community Activity Center, Building 1044. Call 353-7755.

TEEN DATING SAFETY, 11 a.m. to 12:30 p.m., Northern Lights Inn Conference Room, Building 3402. Call 353-4248.

SAFETY CLASS, 6 p.m., Auto Skills Center, Building 3730. Call 353-7436.

ZUMBA FITNESS, 6 to 7 p.m., Physical Fitness Center, Building 3709. Cost is \$7 per class. Call 353-7223.

Tuesday - 21st

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

GROUP CYCLING, 6:30 to 7:30 a.m. or 5 to 6 p.m., Physical Fitness Center, Building 3709. Call 353-7223.

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

ROMAN CATHOLIC MASS, Noon, Bassett Army Community Hospital Chapel, Call 353-9825.

Wednesday - 22nd

CARDIO SCULPT: STRENGTH AND CARDIO, 5 to 6 p.m., Physical Fitness Center, Building 3709. Call 353-7223.

HOOR OF POWER: GROUP STRENGTH, Noon to 1 p.m., Physical Fitness Center, Building 3709. Call 353-7223.

NONDENOMINATIONAL PRAYER SERVICE, Noon, Bassett Army Community Hospital Chapel, Call 353-9825.

ANGER MANAGEMENT, 3 to 4:30 p.m., Behavioral Health conference room, Call 353-4248.

CONCEPTS BLOCKS OF AFTB LEVEL 2, 8 a.m. to 3:30 p.m., Last Frontier Community Activity Center, Building 1044. Call 353-2382.

OUR HEROES' TREE-HUSBAND AND FATHER APPRECIATION DAY, 3 to 6 p.m., Post Library, Building 3700. Call 353-2642.

Thursday - 23rd

GROUP CYCLING, 6:30 to 7:30 a.m., Physical Fitness Center, Building 3709. Call 353-7223.

CONCEPTS BLOCKS OF AFTB LEVEL 1, 8 a.m. to 3:30 p.m., Last Frontier Community Activity Center, Building 1044. Call 353-2382.

ROMP AND STOMP PLAYGROUP, 9:30 to 11 a.m., Youth Center, Building 4109. Transportation for families to and from Romp and Stomp is available at the Northern Lights Inn at 9 a.m. Call 361-7713 or 361-7372.

PROTESTANT WOMEN OF THE CHAPEL, 9:30 a.m., Northern Lights Chapel, Call 353-9825.

ROMAN CATHOLIC MASS, Noon, Bassett Army Community Hospital Chapel, Call 353-9825.

SCREAM-FREE PARENTING, noon to 1 p.m., Northern Lights Inn conference room, Building 3402. Call 353-4248.

THE LIBRARY AND THE DRAGON, 1 to 3 p.m., Last Frontier Community Activity Center, Building 1044. Call 353-4137.

THOR ART THURSDAYS, 4 to 6 p.m., Post Library, Building 3700. Call 353-4137.

CUSTOM PICTURE FRAMING CLASS, 5:30 to 8 p.m., Arts and Crafts Center, Building 3727. Cost is \$35 and includes all materials. Participants should bring a 5-by-7 inch picture to frame. Open to DoD cardholders 16 and older. For more information, call 353-7520.

ZUMBA FITNESS, 6 to 7 p.m., Physical Fitness Center, Building 3709. Cost is \$7 per class. Call 353-7223.

SPRING INTO SUMMER, 6 to 8 p.m., Building 3439. Call 353-4227.

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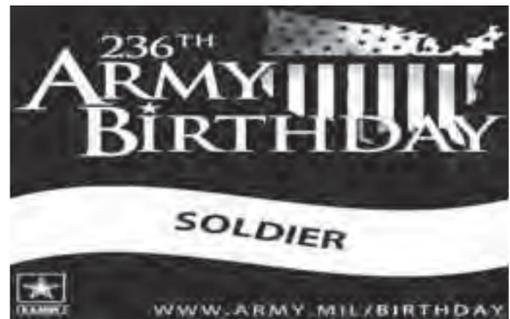


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TRAINOR GATE CLOSURE

Trainor Gate will be closed next week to all traffic for crews to perform maintenance at the gate. The gate will close at its regular time of 8:30 p.m. Friday, and remain closed through June 26. It will reopen at 5:30 a.m. June 27. Anyone who regularly uses Trainor Gate should use either the main gate or Badger Gate.

MIDNIGHT SUN RUN

June 18, the Midnight Sun Run starts at 10 p.m. at the University of Alaska, Fairbanks and ends at Pioneer Park. Parking and shuttles provided from the Patty Center to UAF campus. There is a \$15 entry fee. For more information go online to, www.midnightsunrun.org.

BECOME A WARRANT OFFICER

A warrant officer recruiting team from the Special Operations Recruiting Battalion will brief on qualifications and application procedures, June 23 and 24 from 10 a.m. to 2 p.m. at the Education Center Annex, Building 2107, room 106.

For more information contact Master Sgt. Phillips at (312) 536-0458 or shawn.phillips@usarec.army.mil

POST-WIDE YARD SALE

The next post-wide yard sale is scheduled for June 25 from 8 a.m. to 4 p.m. For more information, about yard sales in housing, call 356-7000. For information about unit and organization sales and selling at the Lemon Lot on post, call 353-6612.

OPERATION: MILITARY KIDS

Operation: Military Kids is the U.S. Army's collaborative effort with America's communities to support children and youth of military families impacted by the Global War on Terrorism. State 4-H military liaisons lead OMK State Teams in 49 states in partnership with Military Child and Youth Programs, the Military Child Education Coalition, Boys and Girls Clubs of America, the National Association of Child Care Resource and Referral Agencies, the American Legion, schools and churches. These and other community organizations are joining Army Child, Youth and School Services to support military youth before, during and after the deployment of a parent or loved one. Visit www.operationmilitarykids.org for more information or call 474-1909.

BICYCLE SAFETY REMINDER

Fort Wainwright friends and neighbors need to watch for bicycle riders: Please drive slowly and be extra-cautious and observant.

Cyclists should ensure they are wearing the proper equipment (helmets, reflective clothing, etc.) and are following the rules and laws for riding in traffic.

Garrison Commander's policy #9 states:

- The wearing of helmets that have been approved by the Department of Transportation, Snell Memorial Foundation or the American National Standard Institute is required when operating a bicycle on the installation.
- During the hours of darkness and restricted visibility, bicycle riders will wear reflective vest or band. It must be worn on the upper body and be visible from the front and rear. They must also be equipped with headlights and taillights that are visible for 300 feet.
- The use of headphones or earphones is prohibited while riding on roads and streets.
- Riding on handlebars, carrying racks and center bars is prohibited.
- Bicyclists must comply with all state traffic laws while operating on an Army Installation.

LODGING RATES CHANGE

Lodging rates on Fort Wainwright have changed for the summer season. A family suite is \$141.50 per night and an extended stay guest room is \$131.50.

For more information, call 353-3895.

YARD OF THE MONTH

Each month the North Haven Community staff will be looking for yards that are above community standards and residents who show outstanding care for their individual area. One overall winner and two honorable mentions will be selected from North Post and South Post. Each winner will display a "Yard of the Month" sign, photos in the newsletter, a signed certificate by the garrison commander and a gift card.



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NUGGET LANES BOWLING CENTER OPENING

Save the date -

The ribbon cutting and celebration of the renovated Nugget Lanes Bowling Center is set for July 1 at 1 p.m. The ribbon cutting will include a 'thunderous' activity with key personnel and music by the 9th Army "Arctic Warrior" Band. Bowling will be free, there will be youth activities and door prizes will be given.

The celebration of the bowling center's reopening continues with a concert. Grammy nominated children's singer and songwriter, Red Grammer will take the stage and perform a show for children and parents alike under the tent at Nugget Lanes Bowling Center on opening day. The performance is slated to begin at 5:30 p.m. If you haven't heard of the award-winning musician, sample music and more online at www.redgrammer.com. For more information, call 353-6043.

BIRTH ANNOUNCEMENTS

June 4

A son, Dominick Donald, was born to Stefani and Staff Sgt. Dustin Skidgel, 184th MICO, BTB, 1st Stryker Brigade Combat Team, 25th Infantry Division.

June 7

A son, Jaiden Davon, was born to Sgt. Lashaunda Davis, Northern Warfare Training Center.

A son, Ryan Nikolas, was born to Misty and Spc. Travis Holt, Headquarters and Headquarters Company, 1st Battalion, 5th Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division.



Utilidor construction is ongoing and will block various streets between 601st, 602nd and 9th streets. Road closures and detours may change as work progresses. Please be aware of trucks, equipment and construction workers. All work in the area will be accomplished within 30 days. (Photo by Brian Schlumbohm/Fort Wainwright PAO)

Hooked on fishing, latest news bites

Staff Report, Fort Wainwright PAO

The first opener for the Copper River Chitina Subdistrict was reported to be good for dipnetters. Dipnetting will be open again beginning Monday and continuing through June 26 according to the emergency order posted on the Alaska Department of Fish and Game website. To view current openings of the Chitina Subdistrict, as well as projected, tentative openings, please visit the Chitina Subdistrict schedule page at www.adfg.alaska.gov Sockeye salmon are in the Klutina River.

The counting tower is now operational above the West Fork of the Gulkana River, though no King salmon have been counted yet.

Lake trout are in larger lakes which include Lake Louise, Susitna, Tyone, Paxson, and Crosswind Lakes. Lake trout

fishing should be at its best as the last of the ice melts. Grayling fishing around Glennallen and Sourdough has slowed as they move into smaller tributaries to spawn. Small flies either wet or dry are worth a try. Many of the small lakes on the Lake Louise and Nabesna roads contain grayling populations. Long Lake and Jack Lake are good bets for grayling. Tolsona Lake would be a good bet for some family fishing for grayling. Also, grayling should be in Mendeltna creek. Larger rivers like the Gulkana and Little Nelchina also contain grayling. Lakes stocked in 2007 with fingerling rainbow trout should contain catchable fish. These lakes are Ryan, Buffalo and Tex Smith Lakes on the Glenn Highway also Old Road and Round Lakes, off the Lake Louise Road,

and Two Mile Lake along the Edgerton Highway. For the best rainbow trout fishing head out the McCarthy Road to Strelina, Silver, and Sculpin lakes which offer the best opportunity to catch more and a possibility to catch larger fish. Silver Lake was stocked with catchable rainbow trout in 2009 and again in 2010. These rainbows are transferred from Summit Lake in the Wrangell Mountains. Silver Lake has walk in access only and fishing has been great. Peanut and Tolsona Mountain Lakes are also excellent lakes for rainbow trout, but an ATV is helpful to access them. These two lakes are not readily accessible to the road system and have been stocked in past years and receive little pressure.

ARCTIC HEALTH LINK

Arctic Health Link is staffed by Bassett Army Community Hospital and offers a wide variety of programs to promote healthy lifestyles such as: Asthma and Allergy Awareness, Cholesterol Education Class, Diabetes Awareness Class, Hypertension Management Class, Tobacco Use Cessation Class and the Take Care of Yourself Class. All Tri-care beneficiaries are eligible to utilize the services provided by Arctic Health Link. Eligible beneficiaries can call Arctic Health Link directly to take advantage of the services offered and no referral is needed. The Arctic Health Link office is located in the medical library at Bassett Army Community Hospital is open Monday through Friday from 7:30 a.m. to 4:30 p.m. The office is closed for lunch from noon to 1 p.m. For more information, call 361-4148.

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Picnic pavilion completion, milestone in 50 year partnership

Deb Ward, Fort Greely PAO

Delta Junction, Alaska - A milestone of the U.S. Department of Defense privatized housing program was celebrated Monday in the Fort Greely picnic pavilion as a red ribbon was cut to commemorate its completion. To honor the occasion, the colors were posted by the 49th Missile Defense Brigade and an invocation was given by Chaplain Earl Vanderhoff.

The event was marked by speakers Lt. Col. Chris Chronis, Fort Greely garrison commander, and John Bittner, North Haven deputy director.

"Thank you, North Haven for this beautiful picnic pavilion," Chronis said. "It will improve the quality of life for Soldiers and their Families on Fort Greely. It is already being used and has been since the day it was finished."

The pavilion itself was finished last year and has been used frequently by residents for picnics and social gatherings. The concrete paths and landscaping were completed last week. "This is just the first of many successes over the next 7 years," Bittner said in his address.

Chronis; Command Sgt. Maj. Carolyn Reynolds, garrison command sergeant major; Cyndi Larson, Residential Communities Initiative (RCI) director; Bittner; Joyce Bendell, Fort Greely RCI and Housing manager, and Kathy

Rogers, North Haven Community manager, cut the ribbon.

To meet the challenges of providing a better quality of life and to provide for the well-being of Soldiers and their Families, the U.S. Army formed a partnership with Actus-Lend Lease called North Haven Communities. The partnership will finance, develop, build, renovate and maintain on post homes for a period of 50 years, including 126 homes on Fort Greely. The completion of the Fort Greely picnic pavilion marks the beginning of this process including the creation of additional amenities including playgrounds and a community center.

The pavilion was constructed with native spruce, grown no more than 50 miles from Fort Greely. The roof was built using a majestic open beam ceiling and the rock work on the fireplace is round river stone. Picnic tables made of recycled materials and barbeque grills ring the pavilion and are available for resident use year round. The grounds surrounding the picnic pavilion include an extensive playground and a wide open, grassy play area. In an interview the following day, Chuck Downham, project director for North Haven, said, "As stunning as the finished picnic pavilion is, the best is yet to come."



John Bittner, North Haven deputy director; Lt. Col. Chris Chronis, Fort Greely garrison commander; Cyndi Larson, Residential Communities Initiative (RCI) director; Command Sgt. Maj. Carolyn Reynolds, garrison command sergeant major; Joyce Bendell, Fort Greely RCI and Housing manager, and Kathy Rogers, North Haven Communities manager. (Photo by Deb Ward/Fort Greely PAO)

ACU changes make Velcro optional, patrol cap default headgear

Continued from Page 1



Chandler pointed out that Soldiers didn't ask to eliminate the beret -- just to change when it's worn.

"Soldiers said we don't want to wear it with this uniform, but they do feel they look very professional wearing it with the Army service uniform," Chandler said.

The Army implemented a mandatory wear date for the ACU in April 2008. The ACU, a replacement for the Battle Dress Uniform, featured many design changes. Included among those were a different cut for the fabric, new placement for pockets and a new "digital" color pattern.

Also included were Velcro fasteners that allowed pockets to be sealed shut, sleeves to be cinched down, and rank insignia, name tapes, service tapes, patches and skill badges to be added and removed at will -- without time-consuming and sometimes costly trips to clothing alterations.

Still, some Soldiers were displeased with Velcro on the uniform, Chandler said.

The Army's new policy on attaching accouterments to the ACU will allow Soldiers to sew on rank insignia, the name tape and the service tape. Additionally, skill badges such as the Airborne, pathfinder, combat action, combat infantryman's, and expert infantryman's badge will also be authorized for sewing.

Currently, those badges are provided in painted metal and have to be pinned to the uniform. Pinning badges to the uniform can be a lengthy process because they have to be aligned using a ruler. The new policy will allow Soldiers to sew those badges to the uniform.

Combat and unit patches on the left and right sleeve and the U.S. flag will remain Velcro-only, the SMA said. Additionally, the ACU will continue to come with Velcro in the same locations it is now. Where a Soldier is authorized to sew something on, they will sew it on top of the Velcro.

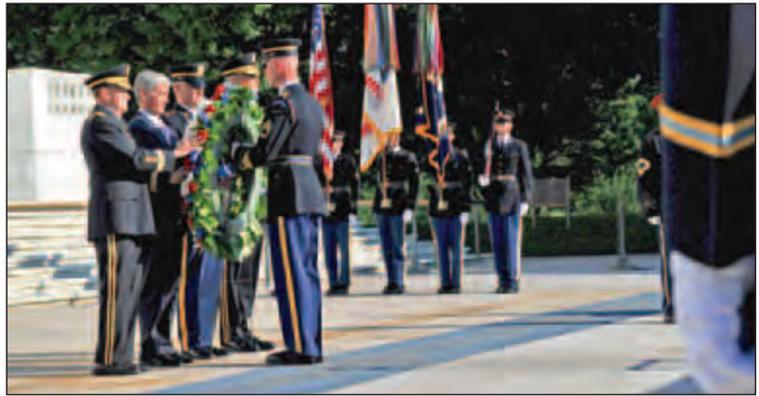
Chandler also said Soldiers had asked for changes to how cargo pockets are fastened. Velcro had been used -- now, ACUs are available with buttons used to keep the pockets closed. A similar change is being discussed for how sleeve cuffs are fastened, but Chandler said that decision will be made by the July uniform board.

A more localized uniform decision will affect Soldiers assigned to the Army's headquarters at the Pentagon in Washington, D.C. There, Soldiers had been wearing the ACU as their daily uniform. By as early as October, those Soldiers will show up to work in the Army service uniform, Chandler said.

"Our perspective is that this is the corporate part of the Army," he said. "The business-part of the Army is done in the Pentagon, and as a professional there are certain standards of attire associated with certain activities. For the business aspect of the Army, it is the Army service uniform."

The announced changes take place June 14. Soldiers should read Army Directive 2011-11 for full details.

Honoring those who came before, Army's 236th birthday



In honor of the Army's 236th birthday, Army Chief of Staff Gen. Martin Dempsey, Secretary of the Army John McHugh and Sgt. Maj. of the Army Raymond F. Chandler III present a wreath to the Relief Commander of the Tomb of the Unknowns in Arlington National Cemetery, Va., June 14, 2011. (Photo by J.D. Leipold/Army News Service)

LEGAL NOTICE

Anyone having claims against or who is indebted to the estate of Sgt. Jeffrey Chul Soon Sherer of B Company, 1st Battalion, 24th Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division, may contact Capt. Richard Fowle, 1-24th Rear Detachment at 353-2211. Send correspondence to: Capt. Richard T. Fowle, 3214 E. Santiago Ave, Fort Wainwright, AK 99703.



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