

ALASKA POST

Home of the Arctic Warriors

Vol. 2, No. 31

Fort Wainwright, Alaska

August 5, 2011

INSIDE SECTION ALPHA

Warrior welcomed home

Army Career and Alumni Program

USARAK commander message

MEDDAC column

Injury prevention

Music and Soldiers crossing barriers

SECTION BRAVO

Exercise

Community Calendar

Antiterrorism Awareness Month

Tanana State Fair

For Your Information

AT A GLANCE

WARRIOR RETURNS



Soldier welcomed home
More on page 4

EXERCISE



Operating under pressure
More on page 3

WEEKEND WEATHER



Friday

Cloudy, chance of rain

Low 40 High 60

West winds 10 to 20 mph

Saturday

Mostly cloudy

Low 45 High 60

Light winds

Sunday

Mostly cloudy

Low 45 High 65

Forecast courtesy of the National Oceanic and Atmospheric Administration

Wounded warrior receives surprising welcome home

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

FORT WAINWRIGHT, Alaska—Sgt. Anthony Knight, an infantryman with 5th Squadron, 1st Cavalry Regiment, 1st Brigade, 25th Infantry Division here boarded a plane with his wife Renee and daughter, Addison.

They were heading back to Alaska. Knight had been released from the hospital at Fort Lewis, Wash., after receiving treatment from injuries sustained during his deployment to Afghanistan.

As the Knights exited the plane just past midnight at the Fairbanks International Airport, they were greeted at the plane by a few familiar faces including his commander, first sergeant and the squadron's care team coordinator – a routine greeting party for service members returning home.

The three escorted the Knight family to the elevator and down to the terminal and baggage claim floor. When the elevator door opened to the baggage claim area, the unexpected happened. Nearly 50 people from Knight's unit and local community had taken time out of their lives to show their support, greet Knight at the airport and welcome him

home.

Capt. Roger Dallman, 5th Squadron, 1st Cavalry Regiment., rear detachment commander, gave most of the credit for this warm welcome to Lizz Beem, wife of Staff Sgt. Brian Beem and the 5-1st care team coordinator, and the rest of her team.

"At [3. p.m.] that day we found out when he was coming back," Dallman said. "Lizz and her care team did most of the work."

Beem felt it was important to show each and every Soldier, single or married, that they were part of the 5-1st family and that they were cared for.

"I knew there was a need," Beem said. "My husband is a wounded warrior, now on his third deployment and we never had a homecoming."

The unit's Family Readiness Group, care team, members of the Veterans of Foreign Wars and many others had come out to make sure that this hero had the welcome home every Soldier in the U.S. military deserves.

See HOME, on page 4

ACAP preparing the Soldier for life as a civilian

Trish Muntean, Fort Wainwright PAO

So you're thinking about hanging up your ACUs for a business suit in blue? The world outside the gates can be frightening for you and your family, but good planning and taking advantage of all the Fort Wainwright Army Career and Alumni Program has to offer can take some of the fear away.

"ACAP is here and we are here to help with the grand new adventure of civilian life," said Kalah Gilbreath, ACAP contractor installation manager.

Retiring Soldiers and their spouses can access ACAP services two years prior to separation and for the rest of their lives. Soldiers who are leaving the military for reasons other than retirement can begin using ACAP services one year before separation and 180 days after. Members of the Army Guard and Reserve and members of other military services can also use ACAP.

See ACAP, on page 3

Fort Wainwright force protection exercise

Trish Muntean, Fort Wainwright PAO

When an emergency occurs, the Fort Wainwright Directorate of Emergency Services, members of the Emergency Operations Center and numerous other garrison agencies are better prepared to respond, due to their participation in a force protection exercise here last week.

Ice Fog 07-11, a force protection exercise to test the garrison's capabilities to deal with a variety of scenarios began July 26 and continued through July 28.

The exercise was to validate portions of the installation management emergency plan,

said Felicia Jackson, director of Plans, Training, Mobilization and Security.

We are required by the headquarters of the Army and the DA to test 30 capabilities each year, but not all at the same time, said Russ Ackerman, DPTMS installation emergency manager.

Tuesday's scenario included a helicopter that made a hard landing, causing a hazardous materials incident and fire.

See EXERCISE, on page 5

Continued from page 1

Army Career and Alumni Program: Supporting Soldier career success



Lt. Gen. Rick Lynch, Commander, U.S. Army Installation Management Command

The decision to transition out of uniform is as important as the initial decision to put it on. Soldiers deserve as much support at this critical point in their service as they do with earlier parts of their career. That is why the Army provides the Army Career and Alumni Program and is working to make ACAP even more effective.

ACAP delivers transition and job assistance services to Soldiers to support them in making informed career decisions. These services include pre-separation counseling, Veteran Affairs benefits briefings, and Department of Labor Transition Assistance Program workshops, which cover career planning, job searches, resume writing and interviewing. ACAP services are available to separating and retiring Active Component Soldiers, demobilizing Reserve and National Guard Soldiers, Family members, retirees, and Civilians affected by BRAC, reduction in force or Global Realignment.

In April 2010, the Vice Chief of Staff of the Army directed a thorough review of ACAP, which included visits to ACAP centers and thousands of interviews with Soldiers and Civilians. The study found that while Soldiers are allowed to use ACAP services up to two years prior to retirement or one year prior to separation, they do not always have leadership support in doing more than the minimum required by law, which is attending the pre-separation briefing no later than 90 days prior to separation.

See CAREERS, on page 2

Soldiers break through Arabic, English barrier with music

Spc. Brittany H. Gardner, 362nd Mobile Public Affairs Detachment

BASRA, Iraq (Army News Service, Aug. 1, 2011) -- Soldiers deployed to Iraq often find difficulty in communicating with local nationals without the use of an interpreter. Even so, there are other communication tools that are easily understood worldwide, such as body language, hand gestures and music.

One group of Texas National Guardsmen with the 36th Infantry Division deployed to Contingency Operating Base Basra, Iraq, since December., learned how to break down the language barrier by speaking in the universal language of music.

"We're having classes for faculty and students from the University of Basrah from the fine arts department there," said Chief Warrant Officer Two Jeff Lightsey, 36th Inf. Div. band commander.

See MUSIC, on page 3



Sgt. Charles R. Fricker, 36th Infantry Division band percussion section leader, teaches Basrah University faculty and students the proper way to hold drum sticks during a class held on Contingency Operating Base Basra, Iraq. (Photo by Brittany H. Gardner, 362nd Mobile Public Affairs Detachment)

17384008

SN/ BIRCHWOOD HOMES

August is Antiterrorism Awareness Month

Message from Maj. Gen. Raymond P. Palumbo
U.S. Army Alaska commander



As of June 20, the Department of the Army has proclaimed August as the Army's Antiterrorism Awareness month. This is of special significance as we approach the tenth anniversary of the 9/11 terrorist attacks and the recent demise of Osama Bin Laden. I support this proclamation and challenge all of us to continue to educate, inform and empower our military communities to become more active team participants in defending against terrorist acts directed at our installations, facilities and communities.

In an era of persistent engagement and the near-constant threat of terrorism, we must sustain a strong defensive posture. At home and abroad, extremist ideologies and separatist movements will continue to threaten our Army and Nation. Army forces must seek to understand the threat, detect terrorist activities, warn, and defend against the full range of terrorist tactics. Our Army installations, facilities and operational forces must be capable of deterring and defending against the full range of threats including terrorist attacks.

Antiterrorism is the defensive element in our global fight against terrorism and relies upon us to deny the enemy surveillance opportunities and information needed to carry out a terrorist attack plan. A successful antiterrorism program will contain many elements including, but not limited to: risk management, planning, training, education, awareness, exercises, resource generation, comprehensive program review and an aggressive random antiterrorism measures program.

Throughout the month of August, let's strive to enhance our Soldiers, Civilians, DoD contractors, and Family members understanding of the nature of terrorism and the potential for retaliatory terrorist attacks on Army installations, stand-alone facilities and units. Antiterrorism education and awareness is critical to our defense, not only as we approach the anniversary of 9/11, but throughout the year.

I strongly believe that ensuring protection from terrorist acts is only successful by integrating antiterrorism principles and constant awareness into all of our activities and missions. I encourage all of you, including Family members and civilian employees, to be ever vigilant.



Charita Strange carrying her 16-month-old daughter, Gi'Anna, took photos during the Ground Zero Flag during the third annual National Night Out Tuesday at Birch Hill Ski and Snowboard Area. Soldiers of B Company, Warrior Transition Unit presented and stood guard over the flag. About 2,000 Soldiers and Families attended the North Haven Communities event. "It was the scariest feeling," Strange said of the 9/11 attacks and the memories invoked during the ceremony. Strange thinks of her husband, 1st Lt. Alan Strange, serving in Afghanistan with the 1st Stryker Brigade, 25th Infantry Division and the Soldiers and military members serving our country. "I'm proud of him, I love him." Strange said of her husband, "and I pray for him and all the Soldiers, that they come home safely." The Road to Ground Zero Flag Tour began New Year's Day, January 1, 2011 with the American Flag that was on site when President George W. Bush delivered his famous "Bullhorn Speech". This unique and historic tour will provide everyone in America an opportunity to honor, view and touch during its cross-country journey back to New York for the 10th anniversary of 9-11." (Connie Storch/Fort Wainwright PAO)

ALASKA POST

Home of the Arctic Warriors

EDITORIAL STAFF

Fort Wainwright Garrison Commander
Col. Ronald M. Johnson
U.S. Army Garrison Fort Wainwright PAO
Linda Douglass
Command Information Chief
Connie Storch
Editor
Brian Schlumbohm
Staff writers
Trish Muntean
Allen Shaw
Contributors
Staff Sgt. Trish McMurphy, U.S. Army Alaska PAO
Spc. Brittany Gardner, 362nd Mobile Public Affairs Detachment

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 353-6779 or 353-6701, or send emails to pao.fwa@us.army.mil
The ALASKA POST - Home of the Arctic Warriors

MEDDAC commander

Col. George Appenzeller, MEDDAC-AK commander

QUESTION:

Is the hospital going to do school and sports physicals again this year?

ANSWER:

Yes, we definitely are. Bassett is committed to providing high quality service and to meet the needs of our community. This includes physicals for our children, which are required for all school-aged children involved in youth or school sports. In general, the physicals are good for a year, so if your child has not had one in the last six months, then this is a great opportunity. Though we do this every year, there will be some changes this time.

After last year's physical day and the one for summer sports, we looked at the feedback you provided. The first major change is the date. Previously, we did school physicals the week before school, but what we have found is that many families were not back from vacation or did not know what they needed. So, after discussion with the local school nurses, we will be doing the physicals on the 27th of August. This is early enough that you will meet school requirements, but late enough for everyone to be home and know what they need.

The next change is the time. Bassett has traditionally started at 10:30 a.m., but we had many requests to shift our times in order to get them done earlier in the day. This year we will start at 8 a.m. Additionally, the majority of families did not like the first-come, first-served system or the mixed appointment/walk in system, so this year we will go to an appointment-based system. You can call 361-4000 to schedule a time for your child's physical. We are projecting between 140 and 150 available appointments.

If the 27th does not meet your needs, we have times available throughout our normal clinic days (8 a.m. to 4 p.m.) that can be booked through the standard appointment line at 361-4000. This is also a better option if your child has complicated medical problems or needs multiple medications.

In addition to sports physicals, please be aware that Alaska requires students in kindergarten through sixth grade to have had two doses of the varicella vaccination (chicken pox vaccine). Pre-school students must have had one dose. You will need your shot records to enroll or a verified medical record with a medical provider signature and date (if your child has had chicken pox). Alaska also requires a PPD within the last year. Immunizations will be available at the screening, but I encourage you to come to our immunization clinic as early as possible to make sure you can meet these requirements. We can also assist with any other specific immunization requirements your particular school may have.

We will have all of the standard forms school and sports forms available, but if your child is doing anything that requires special forms please bring those so we can make sure we cover exactly what you need. If you have any questions about physicals, please call our primary care clinic nurse at 361-4000 (option 3).

As always, the MEDDAC-AK staff and I are honored to serve this great community and are ready to assist you with your medical needs.

CAREERS: Army Career and Alumni Program Supporting Soldier success

Continued from page 1

However, just meeting the letter of the law is too little, too late. The more Soldiers are able to use ACAP services, the more successful their transition.

Based on the study results and the Vice Chief of Staff's guidance, over the next few months ACAP is implementing an enhanced 12-month transition program model focused on helping Soldiers develop an Individual Transition Plan and put it into action. Under this choice-based, results-oriented model, Soldiers will have the opportunity to spend up to 60-70 hours accessing ACAP resources, including the pre-separation briefing, the two-and-a-half day Transition Assistance Program workshop, the four-hour VA briefing, and individual counseling sessions. The TAP workshop is also being updated, to incorporate development of the Individual Transition Plan.

The 12-month timeframe is designed to minimize conflict with unit mission requirements and enable Soldiers to take full advantage of ACAP resources. About four out of 10 eligible Soldiers who start ACAP decide to reenlist or join the National Guard or Reserves, while others need to get a solid start preparing for the next phase of their careers, whether it is going to school, starting a new job or starting a business. New policy and guidance on the transition program will be

issued in the first quarter of FY12.

The key to making ACAP as effective as possible is leader commitment. ACAP is a commander's program. Soldiers will take off the uniform at some point, whether through separation or retirement, and it is up to leaders to take care of them until the very last day. Taking care of Soldiers includes supporting their active participation in ACAP, and if a Soldier decides to separate, making sure no stigma is attached to their decision.

It is smart business to support Soldiers' use of ACAP. In FY10 the Army spent more than \$500 million in unemployment compensation for veterans, a number expected to rise even higher in FY11. The Army is looking to reduce that amount by better preparing Soldiers to enter the civilian workforce.

More to the point, it is the right thing to do to support Soldiers' transition planning. Transition is stressful under the best of circumstances, and right now Soldiers are facing a tough job market. We have to equip our Soldiers to take the skills and values they learned in the Army and translate them into success in the next phase of their career. When Soldiers take off the uniform, we want them to know they made the right choice for themselves, their careers, and their families when they put it on in the first place. It's the least we can do for their service and sacrifices.

Injury prevention is everyone's responsibility

Allen Shaw, Fort Wainwright PAO

The Fort Wainwright Safety Office circulates an electronic newsletter each week to remind Soldiers, Families, Department of Defense employees and contractors help reduce risks and prevent injuries. These reminders are designed to provide a common-sense approach to everything people do whether on the job or off.

The use of proper personal protective equipment is always

recommended to prevent mayhem. Safety glasses or other eye protection is used to protect sight. According to the Center for Disease Control and Prevention, more than 2,000 U.S. workers have a job-related eye injury each day that requires medical treatment. It is reported that one-third of those are treated in the emergency room and many result in one or more days of lost work. These injuries are not just restricted to the workplace.

Eye injuries happen all the time and can often be prevented by proper protection.

Other common injuries that can easily be prevented by good safe practices and proper equipment are falls from elevations. Statistics from the National Traumatic Occupational Fatalities Surveillance System shows that falls from elevations were the fourth leading cause of workplace death from 1980 to 1994. The 8,102

deaths due to falls from elevations accounted for 10 percent of all occupational fatalities during this period and an average of 540 deaths per year. This does not account for those who fell off a ladder at home while trying to change a light bulb or clean a gutter.

Injury prevention is the responsibility of any safety conscious individual.

See INJURY, on page 6

ACAP: Preparing the Soldier for life as a civilian

Continued from page 1

"Every individual who is separating must have a pre-separation brief to include a one-on-one individual counseling session," Gilbreath said.

"This is congressionally mandated whether the separation is voluntary or involuntary (Chapter/Med Board)," she said. "Those who are separating cannot clear the installation without having come through ACAP."

Even Soldiers who are deployed can take advantage of what ACAP has to offer through ACAP express. ACAP Express provides immediate access to some services via a high-speed portal for those considering transition and those in the process of transition. Soldiers and family members can use ACAP Express anywhere they have Internet access at www.acapcenters.army.mil/ACAP_WEB/expressWelcomePage.do

The first step in the process is attendance at a pre-separation briefing where Soldiers can find out about ACAP's services. They can also learn about education benefits, life insurance, home loan benefits, disability compensation and pension benefits. In addition, Soldiers can get information on vocational rehabilitation, employment benefits, health-care benefits, family and survivor benefits, burial benefits and other federal and state benefits.

Gilbreath says this briefing lets Soldiers know what's out there in the civilian world.

"ACAP is preparation," she said. "It gives Soldiers an opportunity to make plans for when they get out. Getting out without a plan is disastrous. If a Soldier starts ACAP early, goes through the program, their chances for success are increased."

For most Soldiers transitioning into civilian life the first thing needed is a job and it is not always easy to find one. ACAP can help with the job search. It offers and hosts a variety of classes to teach Soldiers job hunting skills.

The Transition Assistance Workshop is a two-and-a half-day class presented by the Alaska State Department of Labor. Attendees learn how to search for jobs, develop

a resume, interview techniques and how to negotiate salary and benefits. ACAP also offers two other classes to assist with the job hunt: Apply for Federal Jobs and Advance Resume Writing. Both of these classes require that the Transition Assistance Workshop be completed before enrolling.

For Soldiers who want to start their own businesses, the Fort Wainwright ACAP sponsors a monthly class presented by the Alaska Small Business Development Center called "Starting a Small Business."

A Soldier will need more than a job to take care of himself and his family after leaving the Army. ACAP clients should prepare a timeline and begin to make plans for the future approximately two years out.

ACAP sponsors a monthly Veterans Administration briefing by a representative of the Anchorage regional office. Anyone with questions about benefits and entitlements is welcome to attend.

"If a Soldier is having problems finding a job, or having problems putting a resume together, our counselors will sit down with that Soldier and give him a little one on one care," Gilbreath said.

ACAP "saved my life" said Tom McDaniel, a packing inspector with the transportation office and an ACAP success story. He joined the Army right after high school and when he retired after 23 years he had no idea how to go about getting a civilian job.

"ACAP took me by my hand and step-by-step walked me through the process of getting a job," he said. "I had no idea how to begin to write a resume. ACAP did not do my resume, but showed me how to and stood by me through the process of submitting and even prepared me for the actual job interview."

Gilbreath says that if a soldier takes advantage of all that ACAP has to offer, Soldiers will have the skills to get the job over their civilian counterparts.

"To be successful on the outside take preparation, the Army is giving Soldiers the opportunity to get those skills before they get out," he said.

MUSIC: Soldiers break through Arabic, English barrier

Continued from page 1

"We've had classes our entire deployment here. It's basically music classes, music enrichment classes, on Western music. They performed for us on their native instruments. But they are seeking information, background and education on Western music and Western history."

Lightsey, and the two Soldiers who have been teaching these classes since they arrived, serve their country in more ways than one. Back home, both teach music at the high school level. Lightsey said it's been almost impossible to compare the University of Basrah students to his students in Texas.

"It's a very different background and of course, they're used to some different sounds," said Lightsey. "And they use some different instruments as well. They're string oriented. They don't have any brass instruments and very little percussion except for their native percussion. Their skill level is actually very low just because they haven't had the training."

Although the language barrier is apparent during each class, Lightsey said the students and the instructors have accomplished a lot.

"The music is the same. We say that music is an international language, and I think that this has been a real education and a confirmation of that," he said.

Staff Sgt. Maurice E. Kelly, 36th Inf. Div. band member, also knows the frustrations of communication when it comes to teaching the Iraqi students. During one session, Kelley taught a lesson on string instruments with no interpreter and no instruments for the students.

Regardless of the lack of oral communication or equipment, Kelley said this instance still stands out as one of the best classes he's taught while deployed

here.

"We had some words that we all knew," Kelley said, "so we were able to talk about some of the things that were specific to playing those instruments. But everybody was laughing and having a good time."

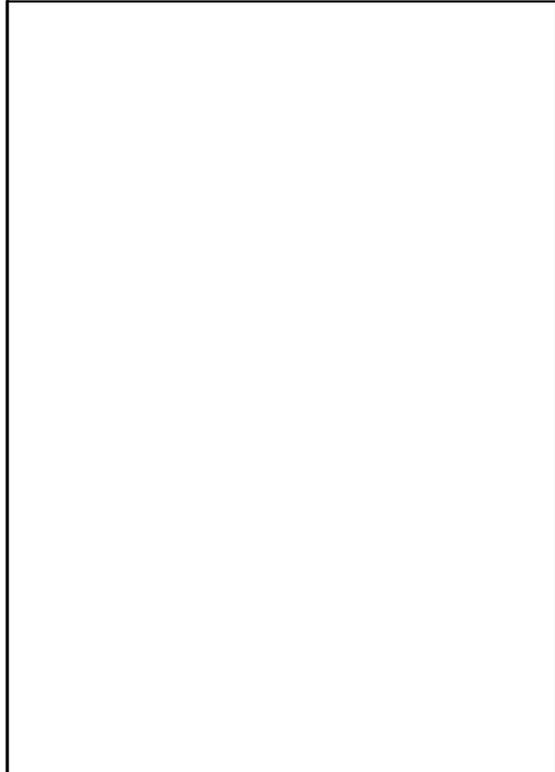
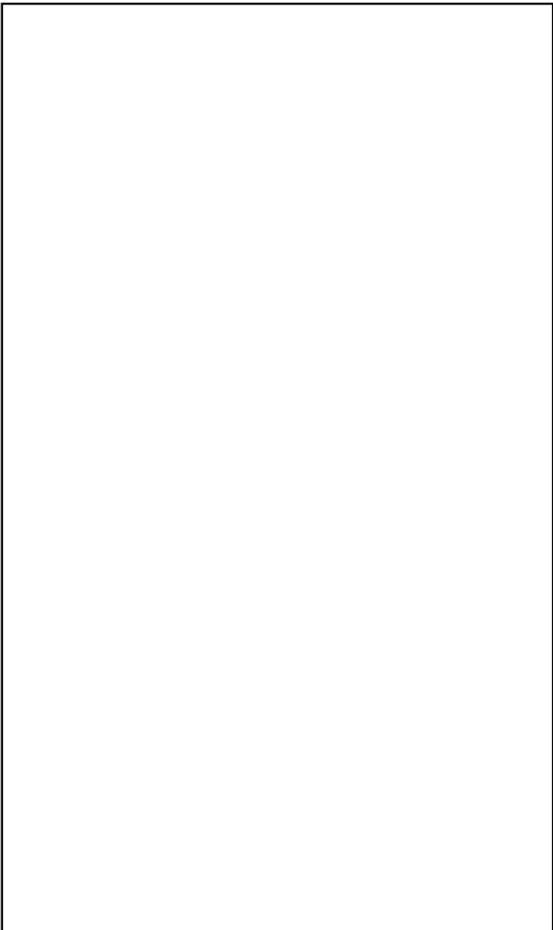
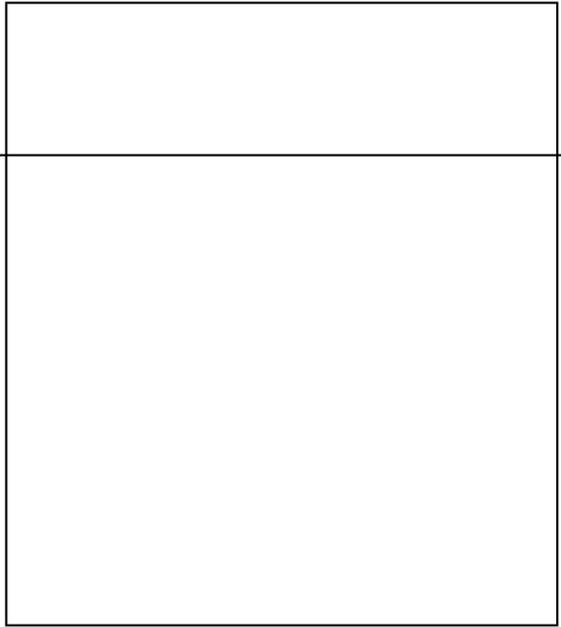
Communication hasn't been the only thing standing between these students and learning. The small budget for the university's music program has also made it difficult. Having seen this first hand during a visit to the university, Kelley, a public school teacher in Kansas City, Kan., said it has changed his mind set about his job as a teacher when he returns to the U.S.

"I mean, they've got standing water in the hallway," said Kelley. "And, their annual budget for the department includes office supplies and anything like that; from what they're telling me is less than what I make as a teacher in a month. Being able to work with what I have will certainly be much easier for me to do and not even think about."

Sgt. Charles R. Fricker, 36th Inf. Div. band percussion section leader said he also has learned a new appreciation for his teaching job back home.

"You know, being here in Iraq, seeing a different culture that is very much struggling after many years of war, you realize that we take so many things for granted, especially in the public education sector in the United States. I'm just thankful for every resource that I have," he said.

"For the Iraqis, the big take away is music is a universal language," Fricker said. "So that's a really cool take away. No matter where you go in the world, music is like a constant."



12382237
UNIVERSITY OF ALASKA
AK POST/AK P/ANIMAL
2 x 6.0

HOME: Wounded warrior receives surprise welcome

Continued from page 1

They came out to show support for Knight, his wife and daughter, for their own loved ones currently deployed and those who had served in the past.

The 5-1st has a saying they have adopted and made into their unit logo as well as their way of life: "M.S.H.," which stands for "Make Stuff Happen" and they did just that.

When the members of the FRG and care team

learned that one of their own was coming back from deployment early due to an injury, they jumped into action. With fewer than eight hours to prepare, they contacted friends, family and other members of the local community they knew would like to help give their Soldier, their "Family member," a hero's welcome.

"I would say there were 50 people there - at least," said Cyndi Raugh, wife of Lt. Col. David Raugh

and the 5-1st FRG senior advisor. "It was amazing."

"These guys are going over there, and whenever they get hurt, they're not going to be able to have the big moment at the AHA [alert holding area] or at the gym that most have gone through [when they return home]," Raugh said.

"This is an opportunity to change something that really affected Lizz and her family," Raugh said. "This is a great opportunity to let them know that they are part of the 5-1, that we are Family and that we care about them."

"I feel that this is more than just a unit," said Raugh, "it's like a family."

Maria Sutherland, a Gold Star wife and care team member said she agreed with Raugh.

"We were never part of 5-1; my husband died when it was still [4th Squadron, 14th Cavalry Regiment]."

She said she and her son love how the 5-1st has incorporated them into their Family.

"(My son) knows he has this great support system, and knows he doesn't have to worry about me," she said.

And even though the Knights had only been a part of the 5-1st Family a short while, Mrs. Knight



Sgt. Anthony Knight, with the 5th Squadron, 1st Cavalry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division, his wife Renee and daughter Addison said they were surprised to see all the people who came to the airport to welcome Knight home and escort him to Fort Wainwright. (Photo courtesy 5-1st FRG)



Members of the 5th Squadron, 1st Cavalry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division, the unit's Family Readiness Group, its care team, friends and Family wait for Sgt. Anthony Knight's arrival at the Fairbanks International Airport just before midnight, July 12. Knight was wounded during the unit's deployment and was returning to a surprise welcome home celebration. The 5-1st wanted to make sure every one of their Soldiers got the welcome home they deserved. (Photo courtesy 5-1st FRG)

said, "It was really cool to see everyone there."

The Knights said they were grateful for the support and that this unit and FRG was one they felt really cared for the Soldiers.

Mrs. Knight said they also have an effective Facebook page that helps bring them closer together.

"If someone is going to the movies, they invite others; they have softball games, and potlucks on Fridays," said Mrs. Knight. "This FRG has their stuff together."

Knight said she would like to show the same kind of support to other returning Soldiers.

"We will definitely be there for anybody else that

comes home, to return the favor," she said.

After all was said and done and after everyone had gone home, with the satisfaction of the Knight's knowing they were cared for and a part of the Family, Beem settled down to write to her husband who is still deployed with the unit in Afghanistan.

Beem said she wrote "to thank him for making her a better person and tell him it was because of him she knew this had to be done."

"Thank you Brian for your service," she wrote. "Because of you, I was able to touch hearts tonight."

40383524
AFC/ASHFORD UNIVERSITY
AK POST/AK POST
3 x 11.5
Full / olor /

18385471
FAIRBANKS TAE KWON DO
AK POST/INTRODUCTORY
3 x 3.0

50385841
ALASKA FUN CENTER SALES
AK POST/STV 7/31/11
3 x 3.0
RED

12384947
SILVER GULCH BREWING
AK POST/AUGUST BEER
3 x 5.5

EXERCISE: Force protection Fort Wainwright

This caused an evacuation of Building 4391, the School Age Services building, adjacent to the exercise site.

On Wednesday, there was a report of an overturned boat at Engineer Pond. Upon arrival the Fort Wainwright Fire Department dive team found two persons on top of the boat with one person still under the water. A search and rescue operation was performed.

On Thursday, those "playing" in the exercise were pushed to the limit with two incidents. The first was explosives found at the main gate. Explosive Ordnance Disposal was called out to secure and dispose of the explosives. In the afternoon, a report of an "active shooter" at Building 1562 was received. Hostages were taken and the Fort Wainwright Special Reaction Team was activated.

Jackson said that the garrison did very well with the exercise.

"We not only validated the two plans we had in mind, we also validated several other areas based off the decisions that were made during the validation of those plans," she said.

Two of the plans validated were the Crisis Action Center standing operating procedure and several portions of the anti-terrorism plan.

Jackson and Ackerman with both pleased with the interaction of the on-post agencies and those outside the gate.

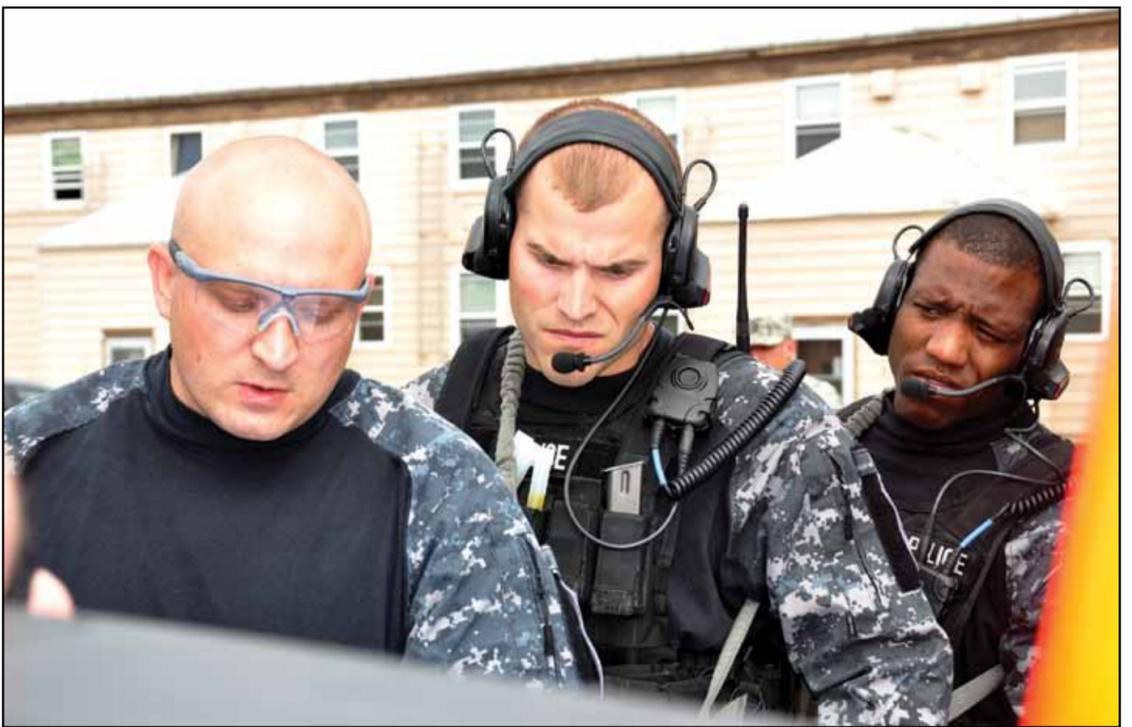
"We have a great relationship with the community," Jackson said. "I think the publicity that we did informed the community that we were going to do this, that there would be delays."

"The community was aware. We tried to advertise it well in advance. We had alternate plans and routes in place so nothing was stalled or delayed for a long period of time," she said. There were a lot of prevention measures in place to have as little impact as possible.

"The biggest lesson learned was the need to have good contact information. Because that changes continuously," she said.

This is a good time for families to plan for a disaster as well: get a kit, make a plan and be informed, so your family will be ready, Ackerman said. For more information on that subject go to: www.acsim.army.mil/readyarmy/

"It was a great event. It was exciting. We have not done this in a very long time and it was great to see the community come together to perform," Jackson said.



Sgt. First Class Richard Healy, Staff Sgt. Jacob Miller and Spc. Reno Sullivan, all members of the Directorate of Emergency Services Special Response Team, plan their strategy July 28 to deal with a crisis scenario during Ice Fog 07-11. The force protection exercise tested the garrison's capabilities to deal with a variety of situations. It began July 26 and continued through July 28. (Photo by Trish Muntean, Fort Wainwright PAO)



During force protection exercise Ice Fog 07-11, Firefighters, police and the dive team responded to a rescue call from the Old Badger Road gravel pit Wednesday. "What we're evaluating is search and rescue, or search and recovery," said Maurice Fischer, director of Emergency Services. The dive team, made up of mostly firefighters, went into murky, chilly water to search for a "missing person" at the bottom of the gravel pit. In addition to participating in garrison training exercises, the dive team also conducts specialized-equipment training and search-and-recovery training to maintain readiness. Fort Wainwright's dive team is sometimes called upon to render assistance with search-and-recovery efforts in surrounding communities and outlying areas in Alaska. (Photo by Connie Storch/Fort Wainwright PAO)



Fort Wainwright Fire Department arrived at the scene of an exercise near Building 4391 July 26 during Ice Fog 07-11, a force protection exercise. The scenario was a UH-60 helicopter that made a hard landing, causing a fire and hazmat incident. ICE FOG 07-11 tested the capability of Fort Wainwright garrison employees to prevent and recover from events and assess the capabilities of response personnel. (Photo by Trish Muntean/Fort Wainwright PAO)



With the dive team searching for "victims" during the installation's exercise last week, Chuck Brown, firefighter and hazmat technician, consults with Michael Bryant, firefighter and fire inspector, during force protection exercise Ice Fog 07-11. Brown wears a special suit insulated against the cold water and containing a special tool for breaking out of the ice, which was not needed. Brown was dressed to assist in the recovery on the surface of the water, near the shore. A former U.S. Marine, Brown said the frequency of training here was the most he'd experienced in his career. "I learned a lot," Brown said. "High speed. We're highly proficient, professional. We're good to go." (Photo by Connie Storch/Fort Wainwright PAO)



Sgt. Gregory Dutson, 65th Explosive Ordnance Disposal Company, 17th Combat Sustainment Support Battalion (Provisional), worked to remove the counterfeit explosives from Scott Lane, a member of the Volunteers in Policing training support team, July 28 during Ice Fog 07-11. (Photo by Trish Muntean/Fort Wainwright PAO)

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

find it here!

Friday – 5th

THE 5 LANGUAGES OF LOVE, 2:30 to 4 p.m., Army Community Service, Building 3451. Call 353-4248.

INVENTING AN INVENTION, 4 to 5 p.m., Post Library, Building 3700. Call 361-7713.

EVENING CANOE/KAYAK FLOAT, 6 to 9 p.m., Outdoor Recreation Center, Building 4050. Cost is \$5 for 14+ w/ adult. Call 361-2652.

FIRST FRIDAY ART BASH, 6:30 to 7:30 p.m., Arts and Crafts Center, Building 3727. Call 353-7520.

Saturday – 6th

COORS LIGHT 2 BALL, All day, Chena Bend Golf Course, Building 2092. Call 353-6223.

AGES AND STAGES CHILD ASSESSMENTS, 9 a.m. to 1 p.m., Last Frontier Community Activity Center, Building 1044. Call 353-7755.

INVENTING AN INVENTION, 10:30 to 11:30 a.m., Post Library, Building 3700. Call 361-7713.

BOATER SAFETY COURSE, 1 to 5 p.m., Outdoor Recreation Center, Building 4050.

A Boater Safety Card is issued at the completion of the course and is valid for four years. A Boater Safety Card from the ORC is required on Ft. Wainwright prior to boat reservation. Open to participants 18 and older. Call 361-2652.

COMMUNITY GAME DAY, 1 to 6 p.m., Post Library, Building 3700. Call 361-7713.

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

Sunday – 7th

CROCHET, KNITTING AND FELTING WORKSHOP, 2 to 5 p.m., Arts and Crafts Center, Building 3727. Cost is \$65, includes all materials. Call 353-7520.

Monday – 8th

SCREAM FREE PARENTING, 2:30 to 4:30 p.m., Army Community Service, Building 3451. Call 353-6286.

Tuesday – 9th

POSITIVELY PREGNANT, 10:30 to 11:30 a.m., Army Community Service, Building 3451. Call 353-6286.

COPING WITH TRANSITIONS, 6:30 to 8 p.m. Last Frontier Community Activity Center Quiet Room, Building 1044. Call 388-2553.

CUDDLE CURE CLASS, 6:30 to 8:30 p.m., Child Development Center 1, Building 4024. Call 361-7713

Wednesday – 10th

ANGER MANAGEMENT, 3 to 4:30 p.m., Behavioral Health conference room, Building 4066. Call 353-4248.

THE 5 LANGUAGES OF LOVE, 2:30 to 4 p.m., Army Community Service, Building 3451. Call 353-4248.

BABY AND ME, 2 to 3:30 p.m., Post Library, Building 3700. Call 353-7438.

Thursday – 11th

HOME SCHOOL SUPPURT MEETING, 11:30 a.m. to 12:30 p.m., School Age Services, Building 4391. Call 361-7713.

RESILIENCY SKILLS, 2:30 to 4 p.m., Army Community Services, Building 3451. Call 361-6286.

I'M ALONE CLASS, 4 to 6 p.m., School Age Services, Building 4391. 2 - part class. Call 361-7713.

THOR ART THURSDAYS, 4 to 6 p.m., Post Library, Building 3700. Call 353-2642.

WOOD SHOP SAFETY QUALIFICATION CLASS FOR EXPERIENCED WOODWORKERS, 6 to 7 p.m., Arts and Crafts Center, Building 3727. Call 353-7520.

Find us online

Facebook
FortWainwrightPao
Twitter
twitter.com/PAOFWA
USARAK
usarak.army.mil
Flickr
flickr.com/fortwainwright
flickr.com/usarak
Army news
army.mil
Army services
myarmyonesource.com
Defense Video
dvidshub.net

August is Antiterrorism Awareness Month: Always ready, always alert

Allen Shaw, Fort Wainwright PAO

Terrorism has become a word used nearly every day in the news. Americans know all too well after the 9-11 attacks on the World Trade Center and Pentagon how real it is. The images of that day remain fresh, like other terrorist attacks before that. The recollection of hooded fanatics at the Munich Olympics and the wanton destruction in Oklahoma City has forced the world to become vigilant and guarded.

August is Antiterrorism Awareness Month and is a reminder that although these attacks may seem inescapable, the Army does not believe that is the case. Many of the foiled attempts aren't reported, because a "non-event" does not carry the same emotional impact of the others, but the unsuccessful attempts represent important lessons.

The Army Antiterrorism Branch believes we can build protection from terrorist attacks just as we defend against any enemy. It is called antiterrorism awareness.

"Just like any tactical operations, terrorists have vulnerabilities too," said Alex Mascelli, the Army's

antiterrorism chief. "Taking advantage of them is our challenge." We know terrorists live in fear of discovery. Their worst nightmare is arrest. "In a sense, the Army community represents the most formidable obstacle to terrorism," Mascelli said.

In an article written by Craig Benedict, Antiterrorism Branch, Office of the Provost Marshal General, he stated that the building blocks for preventing future attacks is knowing how to act and what to look for. Besides knowing the things to do to protect ourselves as individuals we can also find terrorists when they are most vulnerable. There are two principles that provide the most certain protection for the Army community from attacks.

One is to protect ourselves by executing precautions when circumstances dictate. Easy things, like protecting personal information and occasionally changing usual routines like routes to school or work can go a long way.

The second part of the equation is finding terrorists before they strike - being aware of surroundings and remaining vigilant. "We know

they look before they act. Past history indicates they do very little without checking out the target first," Mascelli said. We can find them if we know what we are looking for. Suspicions should be taken seriously and reported to a security person. This guarded behavior has already thwarted other attempts. Benedict stated that by including personal protective measures in our daily routine we defend and by actively looking, we become offensive in preventing attacks on Army communities. "We are Army Strong and we are strongest when we depend on each other," he said.

Col. Ronald M. Johnson, Fort Wainwright garrison commander, said in a proclamation, "I do hereby proclaim August 2011 as Antiterrorism Awareness Month in Fort Wainwright and urge all citizens, government agencies, public and private institutions, and businesses to invest in the power of prevention and work together to make out Army community a safer, stronger and more caring community."

INJURY: prevention is everyone's responsibility

Continued from page 2

It is an effort to prevent or reduce the severity of bodily injuries caused by external mechanisms, such as accidents, before they occur.

A component of injury protection is safety, public health and risk assessment and the goal is to improve the health of the population by preventing injuries and improve the quality of life. The CDC says that unintentional injuries are the leading cause of death from early childhood until middle adult. During these years, unintentional injuries account for more deaths than the next nine leading causes of death combined and many can be prevented.

"The primary purpose of the newsletter is awareness and information," said Robert Tanner, garrison safety office, "we try to

accomplish this by keeping it simple and show that safety is something we do all the time." Unintentional injuries are prevented through common sense, "buckling seatbelts in the car, not putting hands under the lawnmower and looking both ways before crossing the street." "All of these precautions should be "part of our normal survival instinct," he said.

"The most important thing about injury prevention," Tanner said, "is to just slow down and pay attention. Ask questions, check it out. Safety is everyone's responsibility. Your unsafe act may not hurt you, but it may hurt me. It (prevention) also saves lives, money, time, pain and suffering."

For more information on injury prevention contact the garrison Safety Office at 353-7085 or learn more at www.cdc.gov.

The Tanana Valley State Fair has something for everyone

Allen Shaw, Fort Wainwright PAO

The Tanana Valley State Fair starts at 10 a.m. today at the fairgrounds on College Road. The Tanana Valley State Fair is touted as the largest annual event in the Interior and one of the two state fairs in Alaska. "It's a nine-day event featuring agricultural and livestock displays, shows, 27 different competitive exhibits, over 300 vendors, a full carnival and midway, and over 90 acts entertaining on three different stages," said Randi Carnahan, general manager, Tanana Valley State Fair Association.

North Haven Communities Military Appreciation Day is Sunday. "There will be \$1 off adult admission with a military ID for active, retired and Family members," Carnahan said.

Carnahan said the fair features 45 different food vendors with everything from barbecue to Cajun, "deep fried everything you can imagine," elephant ears, Navajo tacos, Mexican food and giant meatballs on a stick, jumbo turkey legs, gourmet ice cream, Alaskan seafood, and "great Alaskan beer."

There is an admission fee, but once inside there are free family activities and contests daily. "The best thing to do is check the daily event schedule on our website.

"The same goes for the single Soldiers. We even have a Backhoe Rodeo and the 2011 state mud bog championships happening all day on August 13," she said.

The Tanana Valley State Fair is the oldest fair in the state and is celebrating its 80th anniversary this year. It is also known as the farthest north fair in the United States.

"We are known for our wacky themes and great food," Carnahan said. "It is the last celebration of summer every year and attracts over 120,000 visitors." She also said they are looking forward to a great Military Appreciation Day this year in support of our troops and their families.

"I want to invite everyone to come out, enjoy free entertainment and see the giant cabbages. The Kenai Peninsula Racing Pugs will also be here," she said.

The 9th Army Band will perform during the fair Sunday at 5:30 p.m. on the Usibelli Stage.

The Tanana Valley State Fair is open daily from noon to 10 p.m. Sunday through Thursday and 11 p.m. Friday and Saturday. For more information call 451-5555 or visit www.tananavalleystatefair.org. Please direct all comments or inquiries to Randi@tananavalleyfair.org.

For your information

HUNTING SEASON

It will soon be hunting season. All recreational users of Army lands – moose hunters too - are required to register for a Recreational Access Pass (RAP) and are urged to call into the U. S. Army Alaska Recreation Tracking System (USARTRAK) system for updates regarding the opening or closing of training areas for recreational use. The number is 353-3181 at Fort Wainwright; 873-3181 at Fort Greely; and 384-3181 at Joint Base Elmendorf-Richardson. Registration for RAP cards can be done at the Main Gate Visitors Centers at Fort Wainwright, Fort Greely and Joint Base Elmendorf-Richardson. A call to any one of the three telephone numbers will be able to provide training area accessibility at all three posts. The maps are available at the visitors' centers near the main gates of Fort Wainwright and Fort Greely. By Aug. 15, the Army will also publish the maps on the web at: www.usarak.army.mil/conservation/FWA_DTA_Maps.htm.

GOOD GRIEF DINNER

People with military ties who have suffered pain and loss of a loved are invited to attend a Good Grief seminar and dinner hosted by Fort Wainwright chaplains in Fairbanks, Aug. 26.

The seminar provides a road map through painful loss -- any type of loss -- a loved one, an unborn child, a pet, a home. Anyone who is dealing with grief and loss may attend. Call Survivor Outreach Support program manager, Michelle Benjamin to sign up or for more information. There will be activities for youth and teens and childcare will be provided for younger children.

Sign up by August 19.

Call 353-4004 for reservations or questions about the Good Grief Seminar and dinner.

RED CROSS EMERGENCY CALLS

No matter where military members and their families are stationed, they can rest assured the Red Cross will deliver their notifications in times of crisis.

To contact the Red Cross for emergency assistance, call (877) 272-7337. The number is toll-free within the continental United States.

For the Fort Wainwright Red Cross station office, call 353-7234.

CONSTRUCTION VIBRATIONS

A new hangar construction project will be underway shortly. Ground compaction is required and will likely cause vibrations that may be felt in surrounding areas. Compaction is done to stabilize the soil and involves releasing a weight from a predetermined elevation using a crane. Compaction activities are expected to last for approximately 30 days. Compaction may take place 24-hours a day although most days it will be less.

For questions and comments about construction, call the garrison public affairs office at 353-6780.

LEGAL NOTICE

Anyone having claims against, or who is indebted to, the estate of Chief Warrant Officer 2 Eric C. Corl, D Company 123rd Aviation Intermediate Maintenance, 16th Combat Aviation Brigade, may contact Capt. Matthew Ardaiz, Headquarters and Headquarters Company, 1st Battalion, 52nd Aviation Regiment, 16th CAB, 3010 Montgomery Road, Fort Wainwright, Alaska 99703, or call 353-0151.

BIRTH ANNOUNCEMENTS

June 29

A son, Aiden Dieu, was born to Ha Dieu Ward and Staff Sgt. Darren Ward, 539th Transportation Company, 1st Stryker Brigade Combat Team, 25th Infantry Division.

July 11

A son, Michael James, was born to Melissa and Spc. Adam Robinson, 1st Battalion, 52nd Aviation Regiment, 16th Combat Aviation Brigade (Alaska).

July 14

A daughter, Skylar Amelia Sugg, was born to Amber Wilson and Spc. Andrew Sugg, 65th Explosive Ordnance Disposal Company, 1st Stryker Brigade Combat Team, 25th Infantry Division.

July 18

A daughter, Rachel Lynn, was born to Cassie and Pfc. Kindall Paul Simmons, 5th Squadron, 1st Cavalry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division.

July 22

A daughter, Emersyn Consuelo, was born to Jileen and Spc. Isaac Hunter, 1st Battalion, 5th Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division.

July 23

A son, Samuel Robert, was born to Tonya and 1st Lt. Kevin Wood, 1st Battalion, 52nd Aviation Regiment, 16th Combat Aviation Brigade(Alaska)

PWOC FALL KICKOFF

PWOC Fall Kickoff Aug. 25, 9:30 a.m. at the Northern Lights Chapel. Don't miss the beginning of the fall semester with food, fellowship, Bible study signups and free childcare. For more information, contact PWOC at wainwright@pwoc.org.

CHENA BEND GOLF COURSE

Chena Bend Golf Course will host several tournaments the weekend of Aug. 13-14, golfers not participating in the tournaments may find it difficult to get tee times.

Chena Bend will be hosting the State Senior Amateur tournament both Aug. 13 and 14. The course will also host the Senior Men and Women Alaska State Qualifier Aug. 13.

Open play will be available for the public starting at 2:30 p.m. both days.

For more information, call the golf course at 353-6223.

BLOOD DRIVE

Give the gift of life. Donate blood Wednesday during the 25th Brigade Support Battalion's blood drive Wednesday from 10 a.m. to 4 p.m. at 3424 Luzon Avenue. The Blood Bank of Alaska provides these tips: drink plenty of fluids, eat a good meal and don't forget to bring a photo ID. Walk-ins are welcome, or make an appointment by calling 353-2878 or 353-1854.

Find more information about the importance of giving at www.bloodbankofalaska.org.

MURPHY HALL PARKING LOT REPAIR

Patrons of Family and Morale, Welfare and Recreation (FMWR), Equal Employment Opportunity and Equal Opportunity (EEO/EO) who visit offices in Murphy Hall (Gaffney Road, Building 1045) will need to park in surrounding areas next week while the Murphy Hall parking lot is repaired and repainted.

Murphy Hall will remain open during business hours but some entrances will be closed due to interior maintenance.

Please use side entrances if the main doors are blocked.



The Armed Services YMCA hosted a golf tournament at Chena Bend Golf Course July 29. The top military team (pictured above) also placed third overall. Jason Noren and Nicholas Small represented the U.S. Army and Jason Roden and Colt Messer represented the U.S. Air Force. The winner of the women's longest drive was Teri Suis of Fort Wainwright. There was a shotgun start with a total of 27 teams, 10 which were completely comprised of military players. "Out of the 108 players overall, 54 were active duty," said Katrina Sczesny, program coordinator, ASYMCA of Alaska. "The ASYMCA lives to serve those who serve America, so we are thrilled the military teams did so well and were able to take home some prizes," she said. (Photo courtesy ASYMCA)

18386667
ALASKA DOLLAR PLUS
AK POST/NEW AD
1 x 1.0

52372837
ALASKA JOB CORPS.
AK POST/AK JOB CORPS
1 x 2.0

11385643
PERFECT PARTY, THE
AK POST/AK POST
1 x 2.0

18385461
CUTCO CUTLERY
AK POST/CUTCO
2 x 2.5

52385573
INVERNESS
AK POST/AK POST
2 x 2.0

11383493
YUKON-KOYUKUK SCHOOL DIST
AK POST/AK POST
2 x 3.0

11385640
IMAGE OPTICAL
AK POST/AK POST
2 x 3.0

17385907
INTERIOR YOUTH BASKETBALL
AK POST/REG.
2 x 3.5

40383526
LE/DTV-AK CELLULAR & SATELLITE
AK POST/PO#10742-DTV
6 x 21.0
Full / olor /