

# ALASKA POST

Home of the Arctic Warriors

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## INSIDE

### SECTION ALPHA

Tell Me a Story

Master Resilience Course

G.I. Bill

Antiterrorism Month Proclamation

Project Safe Guard

School Sports Physicals

### SECTION BRAVO

Oktoberfest

Football Picks

Community Calendar

For Your Information

## AT A GLANCE

### NET ZERO



Making a difference  
More on page 2

### OKTOBERFEST



Get your lederhosen on  
More on page 3

### WEEKEND WEATHER



Friday

Mostly sunny

Low 45 High 70

East winds 5 to 15



Saturday

Mostly cloudy

Chance of Showers

Low 50 High 65



Sunday

Mostly cloudy

Chance of Showers

Low 50 High 60

Forecast courtesy of  
the National Oceanic  
and Atmospheric  
Administration

## Tell Me a Story: A musical adventure comes to life

Allen Shaw, Fort Wainwright PAO

The conference room at the Last Frontier Community Activity Center was filled with Families, fun and music Aug. 12 as Chief Warrant Officer Jeffrey Price and the 9th Army "Arctic Warrior" Band educated and entertained an appreciative group of wide-eyed and open-eared children during the reading of "The Remarkable Farkle McBride."

See STORY, on page 5



Spc. Joel Oslund, 9th Army Band, demonstrates how a bass is played, its different parts and even gives kids a chance to play an instrument during the "Tell Me a Story" program at the Last Frontier Community Activity Center Aug. 12. (Photo by Brian Schlumbohm/Fort Wainwright PAO)

## Soldiers, airmen take Master Resilience Trainer course at JBER

Luke Waack, Joint Base Elmendorf - Richardson PAO

One of the military's leading resilience experts spoke to an audience of Soldiers, Airmen and civilians at the Joint Base Elmendorf-Richardson Education Center lecture hall Aug. 8 about how to build mentally stronger troops and families.

Brig. Gen. (Dr.) Rhonda Cornum, Comprehensive Soldier Fitness director and former prisoner of war, was a captive of Iraqi forces for eight days in 1991 after the Black Hawk helicopter she served on as a flight surgeon was shot down. Of the eight-person crew, five died in the crash.

Cornum talked to her audience about what went

through her mind while she was held prisoner and how her thought processes then apply to what troops in combat and Families at home are going through now.

Techniques she used to survive her imprisonment and thrive after her ordeal are part of the training her team will teach to selected unit representatives.

Instructors will teach a program which was developed by Cornum and others at the Walter Reed Army Institute of Research, in conjunction with the University of Pennsylvania and the Army Center for Enhanced Performance.

See RESILIENCE, on page 5



Army Brig. Gen. Rhonda Cornum, Comprehensive Soldier Fitness director and former prisoner of war, gives an introduction to the two-week Master Resilience Trainer program at the Joint Base Elmendorf-Richardson Education Center, Aug. 8. Seventy-three Soldiers, Airmen and civilians will spend 80 class hours learning how to teach resilience techniques to their respective units. (Photo by Luke Waack/JBER PAO)

## Net zero, an Army sustainability goal

Maj. Jeff Parker, 8th Theater Sustainment Command Public Affairs

SCHOFIELD BARRACKS, Hawaii - Soldiers are creative geniuses when it comes to figuring out ways to help the Army conserve its natural resources and create renewable energy.

Take the Soldier who switched hay for wood pellets to throw on the stable floors at the 3rd U.S. Infantry Regiment's "The Old Guard" Caisson Stables at Joint Base Myer-Henderson Hall, Va. What was once a waste product that had gone to the landfill is now turned into a usable product: compost for the installation.

See NET ZERO, page 4



Wheeler Army Airfield's smart-charging micro grid, or SCMG system, powers up to four electric vehicles, like the one pictured here. It also has the ability to provide instant backup power to support three buildings for 72 hours, including the U.S. Army Garrison-Hawaii headquarters. (Vickey Mouze/U.S. Army Garrison Hawaii Public Affairs)

## Free books for active duty under G.I. Bill changes

C. Todd Lopez, Army News Service

Active duty Soldiers and their spouses will soon be able to get funding for books and supplies as part of the Post-9/11 G.I. Bill.

Beginning Oct. 1, active duty members and their spouses can receive up to \$1,000 for books and supplies, per academic year, as part of the Post-9/11 G.I. Bill. Active duty members were not previously eligible for the books and supplies funding.

Additional benefits to servicemembers and veterans include reimbursement of fees for exams used for admission to colleges. Such exams include the ACT, GMAT or SAT. Changes to the bill also mean reimbursement for more than one licensing or certification examination. Additionally, there are expanded benefits for non-college degree programs, on-the-job training, apprenticeship training, flight programs and correspondence training.

"I think the great thing about these changes (is) that it brings



a lot more training options under the umbrella of this already robust program," said Keith Wilson, director of education service at the Department of Veterans Affairs.

New enrollees in the program will also find that if they are entitled to the housing allowance (active duty and their spouses are not) they can receive that benefit while enrolled in certificate or other non-college degree programs or even long-distance learning.

Those enrolled in distance learning could receive up to 50 percent of the housing allowance provided to those who enrolled in on-campus education programs. The housing allowance for those in resident training is now prorated based on a student's course load. A student taking a course load that is approximately 80 percent of what a school deems "full time," would receive 80 percent of the housing allowance.

See G.I. BILL, on page 3

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## A Proclamation for Antiterrorism Awareness Month

Whereas, the vitality of our Army Community depends on how safe we keep our homes, neighborhoods, schools, workplaces, and communities;

Whereas, terrorist acts create fear and destroy our trust in others and in civic institutions, threatening the community's health, prosperity, and quality of life;

Whereas, people of all ages must be made aware of what they can do to protect themselves and their Families, neighbors, and co-workers from being harmed by terrorists;

Whereas, people of all ages must be made aware of the dangers of terrorist activities and how they can protect themselves from becoming victims of terrorism;

Whereas, the personal injury, financial loss, and impact to communities from terrorist attacks are intolerable and require investment from the whole community;

Whereas, preventing and defeating terrorism includes community protection and security, we must go beyond these to promote self-awareness and self-protection to make Army Communities safer for all ages and to develop positive opportunities and a bright future for young people;

Whereas, adults must invest time and resources to understand and support effective terrorism prevention, deterrence, detection, and defense; adults must also engage our youth to ensure they adopt a proactive mind set of personal protection;

Whereas, effective antiterrorism plans and programs succeed because of partnerships with law enforcement, security, other government agencies, civic groups, schools, faith communities, businesses, and individuals as they help to raise community awareness and responsibility and instill pride and sustained vigilance;

Now, therefore, I, Ronald M. Johnson, Commander, U.S. Army Garrison - Fort Wainwright, 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 our Community a safer, stronger, more caring community.



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COL, SF  
Commanding

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### Medical Department Activity - Alaska Corner

## Saturday Clinic, sports and school physicals

Sports physicals have begun at Bassett Army Community Hospital. If your child is involved in youth or school sports, physicals are required annually. Parents are encouraged to contact their child's school to determine physical requirements and obtain necessary forms. Schools often require forms to be completed for out-of-school clubs and activities and field trips, not just sports. If a physical or well child exam has not been completed in the last six months, parents are encouraged to book appointments at their earliest convenience.

If you have additional questions regarding physical exams, please contact your primary care clinic nurse at 361-4000, option 3.

The Sports and School Physical Clinic is set for Aug. 27. Exam appointments are available from 8 a.m. to 12:30 p.m. Parents desiring physical appointments for their children may call the central appointments line at 361-4000 or book an appointment on the web at [www.Tricareonline.com](http://www.Tricareonline.com).

Please complete all required forms, including shot records, and bring them to your scheduled appointment.

If for some reason you cannot make the scheduled appointment, please call the central appointments line to cancel no later than 24 hours before the appointed time.

For a list of immunizations required for school in Fairbanks and the surrounding area, visit [www.k12northstar.org](http://www.k12northstar.org).

## Diagnosed? How cancer clinical trials could help

Shari Lopatin, TriWest Healthcare Alliance

When Ellen Beare learned she had Stage 3 breast cancer, she decided not to tell people at work. "I just didn't want to be defined by cancer," Beare said.

For many, that sentiment rings very common today. Nearly 12 million Americans were diagnosed with some type of cancer in 2010, according to the National Cancer Institute.

Discovering you, or a loved one has cancer, is very difficult. Beare—who is a care coordinator in Tacoma, Wash. for TriWest Healthcare Alliance—struggled the most with telling her son.

"It was probably harder telling him than anything else," Beare said, pausing to keep from crying. "He is my only child."

For those who have received this type of news, Tricare recently expanded its coverage for cancer clinical trials. This makes it possible for cancer patients with Tricare to receive more types of treatments. Beare, who is 63 years old and cancer-free today, is a strong believer in finding a cure.

"Cancer is very real, very prevalent, but with research, there can be a cure," she said.

What does Tricare cover?

Tricare covers three types of cancer clinical trials for those who are eligible. These trials test different ways to prevent, detect

and treat various cancers. Of the three phases, Phase I trials were recently added as a Tricare benefit:

Phase I trials: determine the highest dosage of a drug the body can handle, and the effects that drug has on the body.

Phase II trials: study the safety and effectiveness of an intervention method on a certain type of cancer, and how that method affects the body.

Phase III trials: compare promising new treatments to the standard treatments.

How to sign up

To take part in a trial, pre-authorization is needed. If you're Tricare-eligible, you may be able to take advantage of the cancer clinical trials. The only exception is active duty service members, who would go through their military clinic instead.

"If clinical trials are available to someone through Tricare, I would encourage them to get information, just as they should get information on the type of cancer they have and the current treatment options," Beare said.

For more information, or to see about taking part in a trial, contact a TriWest Cancer Clinical Trial Coordinator by calling 1-866-427-6610.

## Home survey can save lives, prevent loss of property

Darren Amos, Fire Prevention Office

The Fort Wainwright Directorate of Emergency Services offers the Project Safe Guard program to help Soldiers and their Families prevent home fires by providing families residing on or off the installation with expert advice regarding fire prevention.

"We can help prevent home fires," said Chief Darren Amos, Fort Wainwright Fire Department. "When we are asked, we will go into the home and assist the resident in identifying possible fire hazards."

Deaths due to fires caused by heating a home are particularly preventable, according to a 2008 National Fire Protection Association survey. Seventy-nine percent of Americans are concerned about the rising cost of heating their homes, and 48 percent of households will use an alternative heating source to cut their heating bills this winter.

More than one-third of Americans use fireplaces, wood stoves or other fuel-burning appliances to heat their homes, the survey reported, and nearly 36,000 fires and 250 deaths occur each year from portable heaters, fireplaces and chimneys. Fireplaces and chimneys are the No. 1 source of home heating equipment fires.

The Project Safe Guard program was created in October 2008 by Maurice Fischer, Fort Wainwright Directorate of Emergency Services director.

"Project Safe Guard was created at the request of the U.S. Army Alaska commanding general to reduce the amount of home fires," Fischer said. "There is no charge for the service."

Fire inspectors will walk through the home looking for possible hazards.

"We use an extensive checklist when we inspect for fire prevention," Amos said. "For example, we look for smoke detectors, where they are placed and whether they have fresh batteries. Boiler rooms are popular storage areas and we look to make sure storage boxes, paint, combustibles and other flammables are a safe distance from space heaters and furnaces."

Fire extinguishers are an important item to have near the kitchen.

"If there isn't a fire extinguisher near the kitchen, then we will recommend that they purchase one if they reside off post and for those families that reside on post, they can simply contact North Haven Communities to have one installed. Additionally, we indicate the optimal location to place the fire extinguisher," Amos said.

Many homes have fireplaces and wood stoves, which can be a hazard.

"We're not the experts on heating systems, but we can recommend that chimneys and wood stoves be inspected and cleaned each year by a qualified service person," Amos said. "Fireplaces and wood stoves should be installed and maintained according to the manufacturer's instructions. Only seasoned hardwood should be burned and air inlets on the stove should remain open."

Kerosene and electric space heaters are also popular.

"It's important to operate and service kerosene heaters according to the owner's manual and (to) always provide adequate ventilation for the unit," Amos said. "Space heaters should be Underwriter's Laboratory certified, have a thermostat control mechanism and automatically shut off if tipped over. Also, alternative heating sources are not allowed in garrison housing."

Families should also have an emergency plan.

"We're finding that most families don't have a written escape plan. In an emergency, everyone in the family should know how they will exit the house, where to go and whether to meet at the mailbox in warm weather or the neighbors in the cold. Family members should know who to call and what to say to a 911 operator," Amos said.

"We're in the home at the request of the owner," Amos said. "We are there to provide advice only, and the advice is friendly, confidential and private."

The survey does not end when the team leaves the home.

"We follow-up on the house call," Amos said. "Normally, about a week after the visit, we call the homeowner and ask if they would like any more assistance or for us to come by again, and the usual response is, 'Thank you for calling, but we made the changes you suggested,'" Amos said.

Home survey appointments can be made by calling the Fort Wainwright Fire Prevention office at 353-9164.

# ALASKA POST

Home of the Arctic Warriors

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The ALASKA POST - Home of the Arctic Warriors



# Auch du lieber, Aug-toberbest



Connie Storch, Fort Wainwright PAO

Bands, brats and beer, here. Fort Wainwright will embrace the spirit, community togetherness and festive atmosphere like the traditional Bavarian holiday celebration that's grown to spread over September and October in Germany, and will be celebrated in August on post thanks to Family and Morale, Welfare and Recreation.

Oktoberfest features a Volksmarch, traditional German and contemporary music, food, beer, and games for children and adults takes place at Nugget Lanes Bowling Center Aug. 26 from 4 to 10 p.m. The festival continues on Day 2, Aug. 27 from noon to 10 p.m. and concludes Sunday, Aug. 28 noon to 5 p.m. Admission is free and community members from surrounding areas are welcome to attend.

All activities are in the tent or on the green beside the bowling center at 3702 Santiago Avenue.

A kick-off event with a Bavarian-inspired, ceremonial tapping of the keg happens at 4 p.m. Aug. 26.

Fort Wainwright's Family and Morale, Welfare and Recreation special events coordinator lined up bands for all three days starting with the 9th Army Band 4 to 6 p.m. and followed by Ken Peltier's country band 8 to 10 p.m. Aug. 26.

A Volksmarch at noon marks the beginning of Day 2 of Oktoberfest. There is no advance registration and participants can choose the 3.5 or 5.5 mile route, both beginning and ending at the bowling center. Traditionally the Volksmarch is a social event. Walking may be more common, but runners are welcome to participate.

Back at the bowling center green, the musical variety continues Saturday, Aug. 27 until 10 p.m. The 9th Army band will start things off at 1 p.m. The Avery Wolves take the stage at 3 p.m. and Eating for Two continues pumping out ska jams at 5 p.m. The bands took first and second place respectively during the Battle of the Bands earlier this summer at the Birch Hill ski hill. Eating for Two ran away with the People's Choice award. Static Cycle, the band

that opened for Drowning Pool here, will liven things up Saturday, Aug. 27 starting at 8 p.m.

Day 3 of Oktoberfest will feature the Fairbanks-based band Sweating Honey, Aug. 28 from 3:30 to 5 p.m.

Fairbanks restaurateurs will be food vendors. Local businesses also provided sponsorship support.

Concert-goers do not need to stop at the visitors' center for a pass. Drivers and adult passengers should be prepared to show identification on request.

Sample music and more information:

[www.ftwainwrightfmwr.com](http://www.ftwainwrightfmwr.com)  
[www.facebook.com/theaverywolves](http://www.facebook.com/theaverywolves)  
[www.reverbnation.com/eatingfortwo](http://www.reverbnation.com/eatingfortwo)  
[www.kenpeltier.com/](http://www.kenpeltier.com/)  
[www.sweatinghoney.net/](http://www.sweatinghoney.net/)  
[www.staticcycle.com](http://www.staticcycle.com)

## G.I. Bill: Free books for active duty

Continued from page 1

Housing allowance for an in-resident student taking a full load is equivalent to the basic housing allowance for an E-5 with dependants.

Additional changes to benefits under the bill include elimination of housing payments for even short gap periods between enrollments. In the past, during

the less-than-one-month breaks between semesters, beneficiaries could continue to receive housing payments. But that is no longer the case, Wilson said.

While Wilson said VA is working to keep students informed of the changes, students will have to practice some "sound financial management" on their own to make rent payments during the short non-enrollment periods between semesters. Wilson pointed out

that under the Post-9/11 G.I. Bill, beneficiaries have never received housing allowance during the three-month summer break.

Wilson added that, when beneficiaries did receive housing payment between enrollments, they were actually burning up part of their benefits. The bill provides for 36 months of benefits. If a student was getting just housing benefits for the nearly one-month period between the fall and spring

semesters, for instance, that would burn up a month of benefits.

The new change in law also affects payment eligibility, and now accounts for active duty service performed by National Guard members under Title 32.

A summary of recent changes to the Post-9/11 G.I. Bill can be found at [http://gibill.va.gov/benefits/post\\_911\\_gibill/Post911\\_changes.html](http://gibill.va.gov/benefits/post_911_gibill/Post911_changes.html).



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# NET ZERO: An Army sustainability goal

Continued from page 1

"One thing that I admire about the Army is that we are full of extremely creative individuals," said Katherine Hammack, assistant secretary of the Army for installations, energy and environment, here, July 21.

She visited U.S. Army Garrison-Hawaii, July 19-21, to gain a better understanding of its sustainability and renewable energy strategies.

The Army will depend on its Soldiers' creative solutions for energy consumption as it moves to net zero.

Net zero's goal is to ensure that the Army consumes only as much



Katherine Hammack, assistant secretary of the Army for installations, energy and environment, has lunch with Soldiers at the K Quad Dining Facility, Schofield Barracks, July 21. The Soldiers are assigned to the 25th Infantry Division and the 8th Theater Sustainment Command. (Vickey Mouze/U.S. Army Garrison Hawaii Public Affairs)

energy or water as it produces and eliminates solid waste to landfills. By attaining net zero, the Army improves its sustainability and energy security challenges.

Hammack's goal is "to put the Army on a net zero path," she said.

The Army has identified six net zero pilot installations in each of its energy, water and waste categories and two integrated installations striving toward net zero by 2020. In fiscal year 2014, another 25 installations in each category will be asked to self-nominate to achieve net zero.

To attain net zero energy, "we need to first reduce the amount of energy used in a building (through) better lighting, better air conditioning, better controls, more insulation, better windows and reducing the amount of energy a building needs, then making that energy from a renewable source," Hammack said.

Net zero water means limiting the consumption of freshwater resources and returning water back to the same watershed, so ground water and surface water aren't depleted.

"The Army, as a whole, is ahead of the other military services and the federal government in our water use reduction," Hammack said. "We've got a lot of old facilities, and one of the first things that is being done is looking at leak detection. Just make sure that your pipes are actually delivering the water."

"One installation saw an 85,000 gallon-a-day savings just by putting in portable leak detectors that identify where leaks are you identify it and can fix it or replace the section of pipe," Hammack explained.

Since Hawaii has to depend on getting its water from the sky, rainwater can be collected in barrels and used to water the lawn.

"Brown" water from the washing machine can also be collected and used in the same way," Hammack added.

Net zero waste means reducing the amount of waste as much as possible through reusing and recycling.

"Everything is recycled or reused, or composted, or some way not put into a landfill," Hammack said.

She added, if installations can get to 90-percent waste efficiency, the remaining 10 percent could be covered with a waste energy plant. One installation's pilot waste energy plant, for example, creates gravel that could be used on Stryker or tank trails.

Hammack's message to the USAG-HI community is to think about energy, water and waste as mission enablers.

"Without appropriately stewarding energy, water and waste, (the Army is) not able to function. If waste piles up, you can't do your mission, you can't travel to the range or have comfortable housing or a headquarters building," she said. "You'll be stuck with what you've got."

## A Football challenge: Can you pick the winners, that's what I'm talking about.

Allen Shaw, Fort Wainwright PAO

The clock is ticking and it is twenty days until the regular National Football League season begins. After a 132-day lockout the NFL and the NFL Players' Association came to terms on a new collective bargaining agreement and got back to work.

After what some have referred to as months of court filings and rulings, public nastiness and private negotiations of players and owners battling over more than \$49 billion a year, NFL fans saw the handshake and heard the words on July 25: "Football is back."

Fanatics across the nation were glued to the tube as the NFL Network aired game after game after game. And even though it was preseason, it was football and for many it was a beautiful thing.

Last season the Alaska Post had a small group of prognosticators who went head to head each week to determine who was the post-wide pigskin guru. It is now your turn to show your stuff - it's time to represent, so here is the challenge. Find someone in your office or unit who can pick winners each week, talk some smack and have some fun with it. Come on Stryker Brigade, 9th Army Band, Cavalry or Signal. Is it somebody in garrison, MEDDAC or the Aviation Regiment? Perhaps it is the 3rd ASOS group, Military Police, Engineer Company, WTB or Finance.

Step up, sit down on the couch, get

involved in the games and play. Represent. We'll put your picture in the paper each week along with your favorite teams, some smack talk and maybe even a semi-witty commentary to spice things up.

We've got a newspaper, football is back and the regular season starts Sept. 8. The only thing missing is you.

Here is an example of how this will look and of course here are my wags and the Brain's for preseason week 2. The highlighted team is who we think will win.

If you are interested in participating, contact, [allen.shaw@us.army.mil](mailto:allen.shaw@us.army.mil) or call 353-6700.



Allen Shaw, PAO

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## STORY: Sights and sounds of storytelling

Continued from page 1

Price read the book written by John Lithgow as members of the band chimed in with instrument accompaniment. Before the reading, members of the band set up an instrument petting zoo around the room giving participants an opportunity to get to know the individual musical tools.



Spc. Justin Smith, 9th Army Band, plays electric guitar as Eric Smith, son of Maj. Neil and Annette Smith, gets hands-on experience changing the sound of the guitar as it's played. Kids and Families got a chance to see many different instruments up-close before being treated to a reading of John Lithgow's book "The Remarkable Farkle McBride". (Photo by Brian Schlumbohm/Fort Wainwright PAO)

"Tell Me a Story, which is designed to make connections and find support through literature, is an initiative created to empower military children through reading.

This particular program was directed by the Fort Wainwright Post Library and supported by the Military Family Life consultants, Army Community Service, and Child, Youth and School Services. It was orchestrated by the 9th Army Band.

"(Chief Warrant Officer Jeff) Price and the band did an excellent rendition of the story about a child who mastered many musical instruments," said Betty Luebke, program manager at the library. "This story is a great way to introduce musical instruments to children through literature. The band jazzed up the story with accompaniment."

In addition to an introduction to the instruments in the musical petting zoo, after the story children received a copy of the book and discussed the story in groups to reinforce the main points and moral. They also made a drum craft.

Luebke said, "It was a very entertaining and rewarding event for all who participated."



Chief Warrant Officer Jeffrey Price, 9th Army Band, reads from John Lithgow's book "The Remarkable Farkle McBride" as the band brings storytelling to life with music and sound. "It's really nice to be involved with the community, it's incredible to be involved with all the kids," said Price. (Photo by Brian Schlumbohm/Fort Wainwright PAO)



Each Family attending received a copy of the book, "The Remarkable Farkle McBride" by John Lithgow and followed along on page and screen as Chief Warrant Officer Jeffrey Price read to the crowd. The 9th Army Band accompanied Price's reading with sounds from instruments as the character in the book played them. (Photo by Brian Schlumbohm/Fort Wainwright PAO)

## RESILIENCE: Wainwright Soldiers take trainer course

Continued from page 1

"Academically, I believe that this is really important," Cornum said. "There have been 17 published studies that show that this program works, in terms of improving peoples' outcomes. Personally, I know it works because I apply those skills to my life."

Cornum survived being shot down, breaking both arms and being threatened with death by Iraqi forces.

"I got shot down, broke a bunch of bones, got shot," Cornum said. "I had the mock execution with the Iraqi guy with the gun to the back of my head - you don't know it's a mock execution, of course, until you're still alive at the end of it."

Cornum said she has always tried to turn a disadvantage into an advantage, even when she was faced point-blank with the end of her life.

"I was racking my brain looking for an advantage to this," Cornum said. "The only thing I could come up with at the time was 'At least it won't hurt.'"

This technique is called cognitive reframing, she said, and MRT class members will learn to teach this method and others to members of their units and organizations.

Cornum said after she got back and continued her career people often asked her how she handled being a POW.

These questions led her to conduct research in the methods with which people overcome adversity, she said.

The MRT course draws on scientifically-proven research to identify techniques for overcoming stress and strain, according to the course's primary civilian instructor.

"The last 20 years of research, of studying this has enabled a lot of answers to those questions so now we have a pretty good sense of what the component parts are to resilience," said Bob Szybist, Master Resilient Trainer Course, primary instructor. "We're going to define that, we're going to break it down and then we're going to learn

the skills that enable those things to happen."

Szybist, Cornum and Maj. Gen. Raymond Palumbo, U.S. Army Alaska commanding general, gave opening remarks to kick off the two weeks of resilience training.

Approximately 73 unit representatives from JBER, Fort Wainwright, Fort Greely, Fort Shafter and Schofield Barracks, Hawaii, including airmen, as well as Army and Air Force civilians were present on day one.

Class instructors teach five modules: defining resilience, mental toughness, character strengths, building strong relationships and sustainment.

Palumbo encouraged the students to take the training seriously, so they could learn and pass the benefits along to others.

"Every one of you is so important to Comprehensive Soldier Fitness," Palumbo said. "Here in USARAK, I call it Comprehensive Soldier and Family Fitness because you can't have a strong, ready soldier without a strong, ready Family. The tools you're going to learn here in this next 10 days in the curriculum are going to be so important."

The key to training is sharing and teaching once class is done, Palumbo said.

"You're not learning just for you - although I think it's going to help you and your Families, no doubt about it," Palumbo said. "You are going to get better - but it's about the team."

Palumbo challenged the group to spread the training once they finish.

After completing the course, trainers will be able to provide small-group, pre- and post-deployment resilience education to their units, with a quarterly requirement of two hours minimum.

In USARAK, each Soldier will receive 20 hours of resilience training, Palumbo said.

The program started out as a resource for Soldiers, but the rest of the military and families can now access the Global Assessment Tool, which can help identify

potential problems.

Online resilience training is also available to promote resilience awareness, education and improvement.

"For families, we've made it much easier now to access the GAT and the online training," Cornum said. Families can use a Common Access Card or register once online to gain access to resilience resources.

Soldiers and families can visit [www.us.army.mil](http://www.us.army.mil) and look for the

Self Service and My Medical pages for access to the GAT and online resilience training.

At [www.my.af.mil](http://www.my.af.mil), on the Life and Career and Health pages, Airmen can complete pre- and post-deployment resilience training, as well as the post-deployment health reassessment.

Visit [www.resilience.army.mil](http://www.resilience.army.mil) for more information about the MRT program.



Army Brig. Gen. Rhonda Cornum, Comprehensive Soldier Fitness director and former prisoner of war, speaks at a two-week Master Resilience Trainer program at the Joint Base Elmendorf-Richardson Education Center, Aug. 8. (Photo by Luke Waack/JBER PAO)



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## Bus services of School Age Services



Due to rezoning by the Fairbanks North Star Borough School District, transportation to the School Age Services center is limited. Currently bus service will only be available for students attending Ladd Elementary School at a cost of \$20 per child per month. For kindergarten students and anyone needing only one-way transportation to Ladd Elementary School, the cost will be \$10 per child per month. For more information call 361-7394.

### Friday – 19th

**KOOL-AID STORY HOUR and CRAFT**, 4 to 5 p.m., Post Library, Building 3700. Call 353-4137.

**TEENS 'TILL TEN**, 5 to 10 p.m., Nugget Lanes Bowling Center, Building 3702. For youth ages 13-17 with ID only. Call 353-2654.

**MAKE and TAKE FUN WITH FIBER**, 6 to 7 p.m., Arts and Crafts Center, Building 3727. Call 353-7520.

### Saturday – 20th

**POSTWIDE YARD SALE**, 8 a.m. to 4 p.m. Family sales in housing areas and unit sales in the Lemon Lot at corner of Neely and Meridian roads. Call 353-6612.

**LINEN AND BACK-TO-SCHOOL SALE**, 8 a.m. to 3 p.m., ASYMCA Thrift Store, Building 1031. Gently used, queen size linen sets for \$8; individual items \$1 to \$2; children's clothes, shoes and backpacks for \$1. Call 353-5962.

**WOODSHOP 101**, 10 a.m. to 3 p.m., Arts and Crafts Center, Building 3727. Call 353-7520. Open to participants 18 and older. Cost is \$40 and includes all materials. Call 353-7520.

**HOMEMADE BABY FOOD CLASS**, 10 a.m. to noon, Child Development Center I, Building 4024. Call 361-7713.

**COMMUNITY GAME DAY**, 1 to 6 p.m., Post Library, Building 3700. Call 361-4137.

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

**TEENS 'TILL TEN**, 5 to 10 p.m., Nugget Lanes Bowling Center, Building 3702. For youth ages 13-17 with ID only. Call 353-2654

**KOOL-AID STORY HOUR and CRAFT**, 10:30 to 11:30 a.m., Post Library, Building 3700. Call 353-4137.

### Sunday – 21st

**PROTESTANT WORSHIP**, 11 a.m., Northern Lights Chapel. Call 353-9825.

**ROMAN CATHOLIC MASS**, 11 a.m., Southern Lights Chapel. Call 353-9825.

**FORT WAINWRIGHT GOSPEL SERVICE**, 11 a.m., Bassett Army Community Hospital, 3rd floor conference room Call 353-9825.

### Monday – 22nd

**ROMP AND STOMP PLAY MORNING**, 9:30 to 11 a.m., Youth Center, Building 4109. Call 361-7713.

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

**ZUMBA FITNESS CLASS**, 6 p.m., Physical Fitness Center, Building 3709. Class is \$7. Call 353-7223.

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

### Tuesday – 23rd

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

**PREGNANCY AND POST PARTUM ANXIETY**, 10 to 11:30 a.m., Army Community Service, Building 3451, Call 353-4248.

**STRESS MANAGEMENT**, 3 to 4:30 p.m., Army Community Service, Building 3451, Call 353-4248.

**RELAXATION TECHNIQUES**, 6:30 to 8 p.m., Last Frontier Community Activity Center Quiet Room, Building 1044, Call 388-2553.

### Wednesday – 24th

**COPING WITH GRIEF**, 10:30 a.m. to noon, Army Community Service, Building 3451. Call 353-6286.

**GROUP STRENGTH FITNESS CLASS**, 12 to 1 p.m., Physical Fitness Center, Building 3709. Call 353-7223.

**ANGER MANAGEMENT**, 3 to 4:30 p.m., Behavioral Health Conference Room, Building 4066. Call 353-4248.

**BOUNCY HUT NIGHT**, 5:30 to 7 p.m., Last Frontier Community Activity Center, Building 1044. For children 4-12. Call 353-7755.

### Thursday – 25th

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

**ROMP AND STOMP PLAY MORNING**, 9:30 to 11 a.m., Youth Center, Building 4109. Call 361-7713.

**CHENA RIVER BOAT RIDE**, 5:30 to 7:30 p.m., Outdoor Recreation Center, Building 4050. Call 361-6349.

**ZUMBA FITNESS CLASS**, 6 p.m., Physical Fitness Center, Building 3709. Class is \$7. Call 353-7223.

**PWOC FALL KICKOFF**, Protestant Women of the Chapel, 9:30 a.m. at the Northern Lights Chapel. Contact PWOC at [wainwright@pwoc.org](mailto:wainwright@pwoc.org).

#### TERRORISM AWARENESS TIPS

##### Tips for the Family at Home

- Restrict the possession of house keys. Change locks if keys are lost or stolen and when moving into a previously occupied residence.
- Lock all entrances at night, including the garage.
- Shred all envelopes or other items that indicate your name and rank.
- Know your neighbors.
- Do not draw attention to yourself.
- Be aware of the current threat level – listen to the local news reports.

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## For your information

### MILITARY POLICE ON THE MOVE

Fort Wainwright's police are moving operations to the temporary buildings on South Gate Road. RHQ 7 will be open Thursday, Aug. 25 for vehicle decals, weapon registration and other police matters. The administrative office will open Monday, Aug. 22 in RHQ 6. Emergency services will not be interrupted. For more information, call 353-7710.

### WOMEN'S EQUALITY DAY

Soldiers - Active, Guard and Reserve members - Families, civilian employees and military retirees of all branches are welcome to attend the Women's Equality Day observance, August 26 from 1:30 to 3 p.m. in the Last Frontier Community Activity Center. The theme is "Celebrating Women's Right to Vote."

### ARMY SURVEY: WHAT'S IMPORTANT TO YOU?

The Army Family Covenant represents the Army's commitment to provide standardized programs and services to Army Families. This promise will be sustained through continuous review and measurement of existing programs and services. Please look through the list of Army Programs and Services and rank the 10 services you find of least value, using the tenth as the least valuable. Survey link: <https://www.surveymonkey.com/s/L2YHWPL>

Top 10 services and programs of greatest value - survey link: <https://www.surveymonkey.com/s/ZKXRJP5>

### GOOD GRIEF DINNER

People with military ties who have suffered pain and loss of a loved one are invited to attend a Good Grief seminar and dinner hosted by Fort Wainwright chaplains in Fairbanks, Aug. 26. Sign up by today. Call 353-4004 for reservations or questions about the Good Grief Seminar and dinner.

### INAUGURAL MOTHER-SON OUTDOOR ADVENTURE

Armed Services YMCA presents, "Good Ol' Fashioned American Picnic," A fun-filled day with a BBQ, scavenger hunt, relay races, fly-tying lessons, plus more hands-on mother-son activities noon to 4 p.m. Aug. 20 at Pioneer Park.

Tickets are \$5 for the mother and son plus \$2 for each additional son and may be purchased at three locations: ASYMCA Welcome Center on Fort Wainwright; the Family Readiness Center at Eielson Air Force Base and 168th Wing Family Readiness Office. For information call the ASYMCA at 353-5962 or visit [Facebook.com/asmcaofalaska](http://Facebook.com/asmcaofalaska).

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### ARMY WIVES NETWORK

Army Wives Network will present a seminar for Fort Wainwright spouses in September. The seminar will focus on various aspects of military life and will include some fun activities as well as sessions on coping with deployments and other facets of being a military spouse. The sessions are Sept. 15 from 5 to 9 p.m. with dinner provided, and Sept. 16 from 10 a.m. to 2 p.m. with lunch provided. Child care is also available at no cost to participants. Registration opens Monday at [www.armywivesnetwork.com](http://www.armywivesnetwork.com). Space is limited, so register early. For more information, call Megan Brown at 353-6043.

### HOUSING SERVICE OFFICE CLOSURE

The Housing Service Office will be closed during regular duty hours for training Aug. 23 through 25. Staff will be available at 5 p.m. each day for one hour to assist people who are in-processing, out-processing and filing TLA claims, etc.

### VETERANS STAND DOWN

The annual Stand Down for veterans is set for 8 a.m. to 3 p.m. Saturday at the Pioneer Park Civic Center. Various services and information, door prizes, meals, massages and entertainment will be provided. Dental, optical and medical screenings will be available, with funding for follow-up care. Everything offered at the Stand Down is free to those with veteran IDs. Organizers encourage Iraq and Afghanistan veterans no longer on active duty to attend. The event is an all-volunteer effort. Call Access Alaska at 479-7940 or the Vet Center at 456-4238 for information.

### APPLY TO WEST POINT

Soldiers and Family members interested in applying to West Point Military Academy are invited to meet Far West Regional Commander, West Point Admissions, Maj. Andy Dermanoski Aug. 29 from 10 a.m. to noon. Open to Soldiers and high school students and meet the following criteria: U.S. citizen; unmarried; not pregnant nor with legal obligation to care for a child; demonstrated strong leadership potential; physically fit; strong academic performance in high school. The meeting takes place at the Education Center Annex, Building 2107, room 106. For more information, call Maj. David Mattox at 947-1489.

### POTENTIAL SCOUTS WELCOME

A Cub Scouts Pack 6 meeting will take place Aug. 30 at 6 p.m. at Birch Hill Ski lodge. Boys in 1st through 5th grades are welcome to attend. For more information, call William Romanoff at 378-9567.

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### BIRTH ANNOUNCEMENTS

June 23  
A son, Samuel Robert, was born to Tonya and 1st Lt. Kevin Wood 1st Battalion, 52nd Aviation Regiment, 16th Combat Aviation Brigade (Alaska).

June 27  
A son, Bennett Myles Wardwell, was born to Shannon and 1st Lt. Greg Wardwell, 25th Brigade Support Battalion, 1st Stryker Brigade Combat Team, 25th Infantry Division.

### MILITARY APPRECIATION DAY

Military Appreciation Day at Pioneer Park Aug. 27, noon to 5 p.m.

Free food for the first 2,000 people, free carousel, train rides, mini-golf, kids activities, art galleries, museums and shops will be open. For more information visit, [www.fairbankschamber.org](http://www.fairbankschamber.org).

### HUNTING SEASON

All users of Army lands are required to register for a Recreational Access Pass. Individuals will use their RAP number to call into the U. S. Army Alaska Recreation Tracking System for updates regarding the opening and closing of training areas for recreational use. The automated, USARTRAK RAP number is 353-3181 at Fort Wainwright; 873-3181 at Fort Greely; and 384-3181 at Joint Base Elmendorf-Richardson.

Hunters at Joint Base Elmendorf-Richardson must use the 384 prefix. Fort Wainwright and Fort Greely RAP holders who have problems checking in may call the Environmental Office at 361-9686 for assistance.

Find maps at: [www.usarak.army.mil/conservation/MooseHunting2011](http://www.usarak.army.mil/conservation/MooseHunting2011).

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5th & 6th Grade (Majors).....11:00 a.m.  
7th & 8th Grade (Jr.).....Noon  
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Tryouts & Registration  
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Boys: 7:30 p.m. • Girls: 8:30 p.m.  
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\*BILL CREDIT/PROGRAMMING OFFER: IF BY THE END OF PROMOTIONAL PRICE PERIOD(S) CUSTOMER DOES NOT CONTACT DIRECTV TO CHANGE SERVICE THEN ALL SERVICES WILL AUTOMATICALLY CONTINUE AT THE THEN-PREVAILING RATES. LIMIT ONE PROGRAMMING OFFER PER ACCOUNT. Free SHOWTIME for 3 months, a value of \$38.97. Free HBO, Starz, SHOWTIME and Cinemax for 3 months, a value of \$135. LIMIT ONE PROGRAMMING OFFER PER ACCOUNT. Featured package names and prices: CHOICE \$60.99/mo., CHOICE XTRA \$65.99/mo., CHOICE ULTIMATE \$70.99/mo. Prices include a \$26 rebate for the CHOICE Package and above for 12 months, plus an additional \$5 with valid email address. Eligibility based on ZIP code. Upon DIRECTV System activation, customer will receive rebate redemption instructions (included in customer's first DIRECTV bill, a separate mailing, or, in the state of New York, from retailer) and must comply with the terms of the instructions. In order to receive \$31 monthly credits, customer must submit rebate online (valid email address required) and consent to email alerts prior to rebate redemption. Rebate begins up to 8 weeks after receipt of rebate submission online or by phone. Duration of promotional price varies based on redemption date. †FREE HD OFFER: Includes access to HD channels associated with your programming package. To be eligible for Free HD you must activate and maintain the CHOICE XTRA Package or higher and enroll in Auto Bill Pay. Also requires at least one (1) HD Receiver and activation of HD Access.

\*\*2011 NFL SUNDAY TICKET AND NFL SUNDAY TICKET TO-GO OFFER: NFL SUNDAY TICKET and NFL SUNDAY TICKET To-Go consist of all out-of-market NFL games (based on customer's service address) broadcast on FOX and CBS. Local broadcasts are subject to blackout rules and are not included in these packages. Other conditions apply. 2011 NFL SUNDAY TICKET regular full-season retail price is \$334.95; 2011 NFL SUNDAY TICKET To-Go regular retail price is \$49.95. NFL SUNDAY TICKET and NFL SUNDAY TICKET To-Go will automatically continue each season at special renewal rates unless customer calls to cancel prior to start of season. In the event the 2011 NFL season is delayed, there will not be a substitute offer or credit for missed games. In the event the entire 2011 NFL season is cancelled, the customer will receive 2012 NFL SUNDAY TICKET and NFL SUNDAY TICKET To-Go at no additional charge and the automatic renewals will begin with the 2013 season. Subscriptions cannot be cancelled (in part or in whole) after the start of the season and subscription fees cannot be refunded. NFL SUNDAY TICKET subscription is required to order NFL SUNDAY TICKET To-Go. Only one game may be accessed from any device at any given time. Online application is only available on certain operating systems. Computer hardware, software, and Internet connection not included. Mobile phone application only available on certain providers. Additional data charges may apply. Please check with your service provider. Visit directv.com/NFL for a list of system requirements and compatible mobile devices. Account must be in "good standing" as determined by DIRECTV in its sole discretion to remain eligible for all offers. In certain markets, programming/pricing may vary.

\*\*2-YR. LEASE AGREEMENT: EARLY CANCELLATION WILL RESULT IN A FEE OF \$20/MONTH FOR EACH REMAINING MONTH. Must maintain 24 consecutive months of your DIRECTV programming package. DVR service \$7/mo. required for DVR and HD DVR lease. HD Access fee \$10/mo. required for HD Receiver and HD DVR. No lease fee for only 1 receiver. Lease fee for first 2 receivers \$6/mo.; additional receiver leases \$6/mo. each. NON-ACTIVATION CHARGE OF \$150 PER RECEIVER MAY APPLY. ALL EQUIPMENT IS LEASED AND MUST BE RETURNED TO DIRECTV UPON CANCELLATION, OR UNRETURNED EQUIPMENT FEES APPLY. VISIT directv.com OR CALL 1-800-DIRECTV FOR DETAILS. Advanced receiver instant rebate requires activation of the CHOICE XTRA Package or above; MAS ULTRA or above (for DVR Receiver, OPTIMO MAS Package or above); Jadeworld; or any qualifying international service bundle, which shall include the PREFERRED CHOICE programming package (valued at \$39.99/mo.). Second advanced receiver offer requires activation of an HD DVR as the first free receiver upgrade and subscription to Whole-Home DVR service (\$3/mo.). Additional advanced receiver upgrades available for a charge. †INSTALLATION: Standard professional installation in up to 4 rooms only. Custom installation extra.

DIRECTV CINEMA/ON DEMAND: Access to available DIRECTV CINEMA programming is based on package selection. Actual number of TV shows and movies will vary. Some DIRECTV CINEMA content requires an HD DVR (HR20 or later) or DVR (R22 or later), DIRECTV CINEMA Connection Kit (\$25) and broadband Internet service with speeds of 750 kbps or higher and a network router with an available Ethernet port are required. DVR service required for DVR and HD DVR Receivers. HD Access required for HD DVR. Visit directv.com/cinema for details.

HBO GO and MAX GO: HBO GO and MAX GO included with your HBO and/or Cinemax subscriptions at no additional cost. HBO, Cinemax and related channels and service marks are the property of Home Box Office, Inc. HBO GO and MAX GO are only accessible in the U.S. where a high-speed broadband connection is available. Minimum connection of 3 Mbps required for HD viewing. Select titles not available in HD. Customer Satisfaction based on 2011 American Customer Satisfaction Index. Local channels eligibility based on service address. Not all networks available in all markets. Programming, pricing, terms and conditions subject to change at any time. Pricing residential. Taxes not included. Receipt of DIRECTV programming subject to DIRECTV Customer Agreement, copy provided at directv.com/legal and in order confirmation. NFL, the NFL Shield design and the NFL SUNDAY TICKET name and logo are registered trademarks of the NFL and its affiliates. NFL team names and uniform designs are registered trademarks of the teams indicated. ©2011 DIRECTV, Inc. DIRECTV and the Cyclone Design logo, DIRECTV CINEMA, CHOICE, CHOICE XTRA and CHOICE ULTIMATE are trademarks of DIRECTV, Inc. All other trademarks and service marks are the property of their respective owners.