

ALASKA POST

Home of the Arctic Warriors

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Mr Thompson's 42 years of service.
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WEEKEND WEATHER

Friday

Partly sunny

Low 45 High 65

East winds 10 mph



Saturday

Cloudy

Low 45 High 60

South winds around 10 mph



Sunday

Mostly cloudy

Low 45 High 60



Labor Day

Partly sunny

Low 45 High 60



Forecast courtesy of the National Oceanic and Atmospheric Administration



Spc. Douglas Jay Green

Deceased Stryker Soldier identified

Staff Report, U.S. Army Alaska PAO

A Soldier assigned to the 1st Stryker Brigade Combat Team, 25th Infantry Division at Fort Wainwright died Aug. 28 in Kandahar Province, Afghanistan, of injuries sustained when insurgents attacked his unit using an improvised explosive device and small arms fire while on a dismounted patrol.

Two other Soldiers from the brigade were wounded in the same incident.

Spc. Douglas Jay Green, 23, of Sterling, Va., was assigned to the 3rd Battalion, 21st Infantry Regiment, 1st Stryker Brigade Combat Team,

25th Infantry Division at Fort Wainwright where he served as an infantryman.

Spc. Green joined the Army in September 2007 and graduated from Basic Training and Advanced Individual Training at Fort Benning, Ga. He arrived in Alaska in March 2008. He had one previous deployment to Iraq from September 2008 to September 2009. His 4,000-Soldier brigade deployed to Afghanistan in mid April 2011 for a one-year tour in support of Operation Enduring Freedom. The next of kin have been notified.

16th Combat Aviation Brigade, Joint Base Lewis-McChord:

New commander's focus on the future

Laura M. Levering, Northwest Guardian

When Col. Robert Dickerson took command of 16th Combat Aviation Brigade earlier this month, he was joined by several longtime friends who said they never expected Dickerson would be in the position he is today.

"They didn't think maybe with my sports background or how I was at school that I'd still be in," Dickerson said.

During high school, the Wilmington, Del., native attended a military college preparatory academy to improve his chances with schools that might offer him football scholarships. A skilled athlete, Dickerson ultimately turned down opportunities to play college football because he was so impressed by the military environment of the prep school.

"I liked the structure, the discipline and the organization that this military academy provided me," he said.

See 16TH CAB, on page 5

Resilience and suicide prevention during adolescence

Nancy Nolin, Clinical Supervisor, Adolescent Substance Abuse Counseling Services Program

Professional literature clearly points to the fact that there are certain factors that protect youth or build resilience in youth against suicide. According to Fuller, McGraw and Goodyear (cited in Rowling, Martin and Walker, 2001, 85-86): The factors that protect young people against suicidal behavior include social support and their relationships with family and peers, as well as a broad repertoire of coping, help-seeking and problem-solving skills. Social connectedness is the strongest antidote to suicide that we know. Young people who are resilient have stronger connections to school, family and peers, and young people with those links are less likely to develop suicidal thoughts or behaviors (Resnick, Harris and Blum 1993; Fuller, Wilkins and Wilson 1998).

It is interesting to note that these same resilience factors are also positively associated with reducing the level of problematic substance abuse in young people and reducing the incidence of depression and delinquent behaviors (Fuller, McGraw and Goodyear, 2001, 88). Furthermore, a 2009 State of Alaska Plan, addressing the reduction and prevention of underage drinking, sites similar protective factors for youth in regards to what can lessen the risks of underage drinking. These protective factors included: connection to family; positive connections to other adults; social, emotional/employability skills; connection to school; engagement in meaningful activities and sense of cultural identity.

See RESILIENCE, page 3

"Good Grief" seminar offers hope, healing to Wainwright community

Sheryl Nix, Alaska Post Contributor

Seventy members of the Fort Wainwright community, including Soldiers, Family members and civilian employees, attended the "Good Grief" dinner and seminar Aug. 26 at the Westmark Hotel in Fairbanks to learn about the grieving process. Fort Wainwright chaplains and Survivor Outreach Services hosted the event designed to provide a roadmap through grieving for those who have suffered losses ranging from the death of a loved one to divorce and even the loss of a pet, said Chaplain (Maj.) Dwight Broedel, Fort Wainwright's Family Life chaplain.

Broken into two parts, the seminar addressed the question "what is grief" and explored classic stages and common questions associated with loss and the role God plays in grieving and healing.

See SEMINAR, on page 2

10th Anniversary Remembrance Ceremony

Staff Report, Fort Wainwright PAO



The 10th Anniversary Remembrance Ceremony is set for Sept. 9 at 8:30 p.m. A service, open to the public, will be held in the Northern Lights Chapel followed by a sunset candlelit walk at Monterey

Lakes Memorial Park, next to the chapel. Luminaries will light the pathways.

The commemorative event will honor those whose lives were taken away so suddenly on 9/11 and the brave men and women who also sacrificed their lives to save the lives of others. It is a way to let the families of the fallen know that the loss of their loved ones will not go unnoticed and will never be forgotten.

Members of the public who plan to attend need not stop at the Visitor's center for a pass. All drivers and adult passengers should be prepared to show identification on the federal installation.

The ceremony will be hosted by Family and Morale, Welfare and Recreation and the post chaplaincy.

"All who have sacrificed their lives for our country," will be honored during the ceremony, said Michelle Benjamin, coordinator for Survivor Outreach Services, an FMWR program.

For more information, call the garrison public affairs office, 353-6780 or Survivor Outreach Services at 353-4004.

When disaster strikes, are you ready?

Trish Muntean, Fort Wainwright PAO

An earthquake in Virginia that the Federal Emergency Management Agency said measured 5.8, shook buildings and frightened residents from South Carolina to Maine Aug. 23.

Hurricane Irene made landfall in North Carolina Aug. 27, making it the first to do so in the continental United States since 2008. The Associated Press reports that after it traveled up the East Coast, more than 25 people died and more than 4.5 million were without power.

If your family had been affected by the earthquake or Hurricane Irene would you have been prepared?

This month is the eighth annual National Preparedness Month, sponsored by the Federal Emergency Management Agency along with Citizen Corps and the Advertising Council. NPM is held each September to encourage Americans to take simple steps to prepare for emergencies in their homes, businesses, and communities.

See READY, on page 6

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SN/ BIRCHWOOD HOMES

Be safe Labor Day weekend

Commentary by **Maj. Gen. Raymond P. Palumbo**,
U.S. Army Alaska commanding general



Labor Day is dedicated to the achievements of American workers and the contributions they made to the strength, prosperity and well-being of our country. Labor Day weekend also marks the end of the 101 Critical Days of Summer; a period historically associated with increased mishaps. Over this Labor Day weekend take a well deserved break and recharge. Bear in mind we must always exercise safety and continuously manage risk.

Prior to the Labor Day weekend, talk to your Soldiers about their activities and review safety practices. Ask the important who, what, when, where, and how questions as it relates to their weekend plans and help them if you feel they haven't covered all the bases.

As Soldiers, we must always remain vigilant and recognize the primary threats haven't changed; failure to use safety equipment like seatbelts and motorcycle helmets, driving while impaired or fatigued, and speeding. I expect all of you to exercise the appropriate safety measures, they are only a decision away -- buckle-up, gear-up and adjust your driving/riding to changing conditions and your abilities. Finally, if you decide to drink, I expect you to assign a designated driver.

Looking ahead, the Fall season is quickly approaching; new risks such as changing weather, reduced hours of visibility, and schools returning to session will require our increased awareness. Even though the summertime threats begin to fade as we transition into Fall, the number one threat remains the same - vehicle accidents. All of us must continue to be vigilant regardless of the time of year.

CSM Turnbull and I extend our deepest gratitude to you for your service and sacrifice. I am proud to serve alongside every one of you. Be safe over the long weekend, rest up and come back to work refreshed.

Arctic Warriors, Arctic Tough and Be Safe!

Seminar: "Good Grief" offers hope, healing to Wainwright community

Continued from page 1

"We can answer the questions of 'who, what, where and how, but the most elusive question of all is 'why; why did it happen? Why do we have to suffer so when someone we love is gone,'" Broedel said. "The answer remains a mystery that God alone can see. We don't get that answer this side of heaven and yet we're always asking, 'why? why? why?'"

Describing the process as more like a cinnamon roll than a strictly linear process, Broedel said the classic stages of grief, according to researcher Elisabeth Kubler-Ross, are denial, anger, bargaining, depression and acceptance.

"Instead of Kubler-Ross's linear (model), it's much more like a spiral," he explained. "You move around and around. We're always in the process of this journey. The important part is that you keep moving forward by talking about it, by laughing, by crying, by being real in the midst of the grief. Denying it really doesn't help to move you through this process."

Serving as a take-home reminder of the circular process of grieving, each attendee left the event with a cinnamon roll.

"I call this process the 'cinnamon roll theory of grief,' because it really is sweet and a good thing," Broedel said. "We wanted to give (participants) something (they) could go home with and remember tomorrow that God's love really does matter and is real as (they) go through this process."



Chaplain (Maj.) Dwight Broedel, Fort Wainwright's Family Life chaplain, describes his "cinnamon roll theory of grief" during the "Good Grief" dinner and seminar Aug. 26 at the Westmark Hotel in Fairbanks. Fort Wainwright chaplains and Survivor Outreach Services hosted the event designed to provide a roadmap through grieving for those who have suffered losses ranging from the death of a loved one to divorce and even the loss of a pet. (Photo by Sheryl Nix/Alaska Post contributor)

Five Families of fallen service members were among the attendees. Susan Hernandez, wife of Sgt. Irving Hernandez, Jr., who was killed by a sniper in Iraq in 2006, attended the seminar as part of her continued effort to not just bring healing to her own family, but also to the entire community.

"This was good. It was really good," Hernandez said. "I think there is a big need here for this, not only just for survivors, but for the entire Fort Wainwright community."

See SEMINAR, on page 6

Medical Department Activity - Alaska Corner

Col. George Appenzeller, MEDDAC-AK commander



QUESTION: What can I do for the cold and the flu?

ANSWER: Yes, with the leaves changing colors and the temperatures dropping it is getting to be that time of the year again-cold and flu season. Walking down the "cold and flu" aisle of any drugstore and you will find stacks of bright boxes with bold claims of help for those suffering from a cold or the flu. Since the two illnesses share some similar symptoms it can be difficult to tell the difference. In general, the flu is worse than the common cold, and symptoms such as fever, body aches extreme tiredness and dry cough are more common and intense. People with colds are more likely to have a runny or stuffy nose. Colds generally do not result in serious health problems, such as pneumonia, bacterial infections or hospitalizations.

A second major difference between the common cold and the flu is that the flu is easily preventable. Although the flu and the common cold are both respiratory illnesses, they are caused by different viruses. In any given year, two or three different strains of influenza virus cause most of the flu around the world. Each year, scientists gather extensive global data and formulate a vaccine for the strains anticipated to be the major problems in the coming winter. While the prediction is usually accurate, sometimes new, unanticipated strains arise. In other words, in some years the vaccine works better than in others. Because the common cold can be caused by nearly 250 different viruses, it's just too difficult for scientists to prepare a vaccine that protects against all of the cold viruses. Also, there's less need for a cold vaccine. Colds are minor infections of the throat, nose and sinuses and generally come and go with no serious complications. The best prevention for the common cold is good hand-washing.

If you or a loved one has a cold or the flu, there are numerous actions that can be taken so you can recover. It is important to remember you do not need antibiotics for a cold or flu. Antibiotics do not work against cold or flu viruses and overusage may lead to antibiotic resistance in bacteria. Antiviral flu medications are only required in the most severe cases or in those with serious other conditions, so is generally not prescribed.

In general, the best treatment for minor cold and flu is to drink plenty of fluids and get plenty of rest. The use of a humidifier may help, as can non-prescription cough and cold medicines, which you can get free of charge from the pharmacy at Bassett once you have completed the self-care course via Arctic Health Link at the hospital or on our hospital website under the education tab on the left side of the screen. Please read the cautions and instructions carefully on any medication you intend to use, particularly if you are giving it to children.

The yearly flu campaign is getting ready to kick off. Dates and times will be announced in the coming. Remember, we are here and ready to assist if you have any questions. Also, if your symptoms get worse, last a long time, or lead to more serious problems such as difficulty breathing, chest pains or vomiting, you should immediately see a doctor. Your primary care manager is there to see you or answer questions you may have. We are committed to ensuring the health of the entire community, so do not hesitate to call or come by if you need us.

For Bassett Army Community Hospital information call, 361-5172; for appointments, call 361-4000.

For the Arctic Health Link self care course, visit www.alaska.amedd.army.mil or call 361-4148 for more information.

Army Wife Network

Army Wife Network will present a seminar for Fort Wainwright spouses in September.

The seminar will focus on various aspects of military life and include some fun activities, 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. To sign up for childcare or call for more information at 361-7372.

Field Exercise registration at www.armywife-network.com. Space is limited, so register early. For more information, call Megan Brown at 353-6043.

Hunting in Alaska

Maurice Fischer,

Directorate of Emergency Services director

September is almost here! In Alaska, September means one thing: "HUNTING".

Hunting in Alaska is an experience everyone who ventures to this great land should experience. At the end of the day a successful hunt can be judged by sensory overload that the vast beauty of Alaska has to offer or by hanging a 70-inch moose rack on the wall.

In preparing to hunt in Alaska, the most vital thing that can be done is to gather information. It is critical that 2011-2012 Alaska Hunting Regulations published by the Alaska Department of Fish and Game be read, consumed and quoted.

The pamphlet is free and available at many locations, including the Fort Wainwright Police Station. Prospective hunters will need by chapter and verse several key bits of information including residency; Game Management Unit where the hunt is intended; and species-specific information as to what is legal to harvest.

Residency requires a person to have spent at the past 12 consecutive months in the state. There are additional provisions for members of the military and Family members.

ADF&G has carved up Alaska into 26 separate game-

management units and the regulations vary between each GMU. The differing regulations between each of the GMUs are of a serious legal interest to hunters. Many of the GMUs are further subdivided into sub-units with varying stipulations. Exclusionary areas are also listed by GMU. These exclusionary areas detail the hunting activities that may or may not be exercised and a general reason why.

Lastly, is harvest data for each species, which can further be subdivided by sex. Listed are specific information for each:

Species, such as season dates; whether a hunter requires a draw permit or use a harvest ticket for harvest; information regarding which sex of the species may be hunted bull versus antlerless moose and the requirements for residents versus non residents.

It is of paramount importance that each hunter knows and understands the regulations and their responsibilities. Penalties for violating game laws within the state of Alaska can be very steep. Penalties can range from fines, confiscation and forfeiture of vehicle, boats, planes, etc, and imprisonment.

In closing, hunting in Alaska is a magical experience. Enjoy it safely and responsibly.

ALASKA POST

Home of the Arctic Warriors

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RESILIENCE: Suicide prevention during adolescence

Continued from page 1

For parents, identify troubling behaviors can be quite concerning. Thus, it is important for parents to reach out to their community to find the resources to support and enhance their efforts in promoting protective factors for their children. Parental monitoring of youth is vital in identifying when problems are starting to occur and when interventions need to be put into place. Daily monitoring can include asking a teenager about their school day and encouraging conversations about what "went well during the day." Since adolescent is also a time when youth tend to close down and not communicate as much with parents, it is important for the parent to gain insight by touching base with a youth's teachers and coaches for regular updates. This secondary monitoring can be helpful in gaining information about how their child is interacting with others, if their child is feeling confident about what they are achieving or if they appear to be struggling socially and/or academically.

Parents are encouraged to be aware of suicidal symptoms and risk factors and are encouraged to seek out support if they have concerns regarding behaviors that they may be identifying in their teenagers. In 2007, suicide was the third leading cause of death for young people ages 15-24 (National Institute of Mental Health, 2010). Many of the symptoms are similar for depression and suicidal risk. Changes in behavior can be indicative of a young person struggling with his or her feelings. Some of these changes can be slow and gradual making it difficult to recognize. It is important to recognize changes in adolescent behaviors such as:

Mood (irritability, inability to concentrate, angry outburst, impulsivity, etc)

Eating patterns (eating all the time or not eating)

Sleeping patterns (difficulty sleeping or wanting to sleep all the time)

School attendance (loss of interest in school and school activities - usually seen in the form of withdrawal)

Personal hygiene or dress (less interest in taking care of one's self)

Other symptoms may include violence, running away, and complaints of physical pain such as headaches, stomach aches, fatigue or lack of energy and a sense of hopelessness. According to the American Academy of Child and Adolescent Psychiatry's (2010) Facts for Families: Teen Suicide a teenager planning to commit suicide may complain of being a bad person or feeling rotten inside. They may also give verbal hints such as: "I won't be around much longer," "Nothing Matters," or a youth may start putting his or her affairs in order by giving away their favorite possessions or throwing away important belongings.

One of the risk factors mentioned earlier is adolescent abuse of drugs and/or alcohol. Substance abuse can affect the chemical balance in the brain, which can intensify feelings of depression and sadness. Dependency on drugs, both legal and illegal, can lead to feelings of hopelessness and helplessness as well. Parents, family members and other adults need to be able to recognize the symptoms of teen drug abuse. Some of the indicators of alcohol and drug use can include: new friends (often of questionable character); increased secretiveness; pulling back from family and friends; paying less attention to appearance and hygiene; dropping school grades and attendance issues; and lack of interest in

extracurricular activities that were previously important to the adolescent.

There are many symptoms and behaviors that are similar for both mental health issues and substance abuse issues, as well as normal behaviors and struggles that occur during adolescence. When a parent recognizes risk factors or signs and symptoms of depression, sadness and/or substance abuse it is important to involve professionals who can conduct an assessment to determine if mental health services and/or substance abuse services are indicated. Additionally, it is vital for parents, schools and other youth groups to work together to identify areas of concern regarding troubling behaviors while also creating atmospheres that promote resilience and positive healthy relationships.

One resource available to military families and military communities is the ASACS Program (Adolescent Substance Abuse Counseling Services) located at Joint Base Elmendorf Richardson and Fort Wainwright. ASACS counselors are Licensed Therapist and Certified Addiction Specialist with experience working with youth and adolescents. Assessment and Counseling services are free to all military ID Card holding youth who are in grades 6-12 or equivalent home schooling grades. Parents can request a confidential assessment and receive services that address

prevention, early intervention and outpatient treatment for alcohol and drug abuse. Services are provided through individual, group and family counseling. Additional free services are provided in the community by way of educational activities and classes that teach life skills such as coping with deployments, social skill development and problem solving/decision making skills. For more information POC JBER ~ Nancy Nolin, LCSW, CAS - Clinical Supervisor/Counselor ASACS Program nancy.nolin@us.army.mil or call DSN 317-384-0134 or CIV 907-384-0134/ POC Fort Wainwright ~ Janie Gennaro, LPC, CAS ASACS Counselor @ 907-353-1380.

NOTE: for emergency situations parents should take their youth to the local emergency room or contact 911; Counseling for depression and other mental health issue can be coordinated through TriCare or Behavioral Health Departments at the local Military Treatment Facility. (Information in this article was retrieved from the following sites: NASW, State of Alaska Department of Social Services, American Academy of Child and Adolescent Psychiatry, National Institute for Mental Health, etc.)

Training available this September

SafeTALK prepares community members of all kinds to be suicide alert helpers in only a few hours. Participants are aware that opportunities to help a person with thoughts of suicide are sometimes missed, dismissed and avoided. They want persons with thoughts to invite their help. They know the TALK steps (Tell, Ask, Listen and KeepSafe) and can activate a suicide alert. As a part of the KeepSafe step, they connect persons with thoughts to persons trained in suicide intervention. Helpers trained in suicide intervention complete the helping process or link the person with more specialized help. A carefully crafted set of helping steps and the use of creative educational processes make it possible for up to 30 people in your community to leave safeTALK willing and able to be suicide alert helpers. Call Fort Wainwright Army Substance Abuse Program, 353-1370 for reservations.

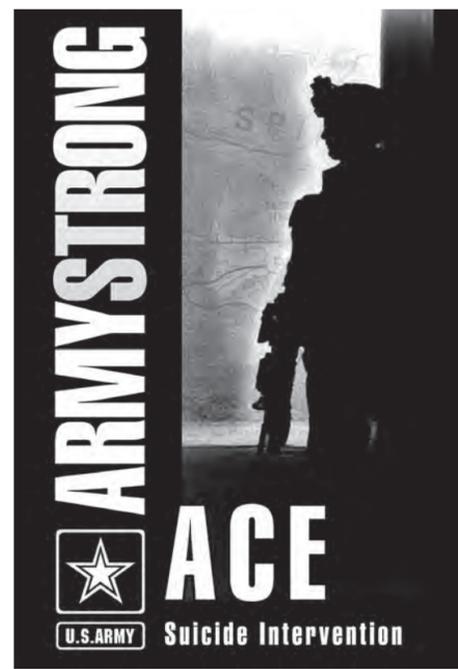
SafeTALK training is available Last Frontier Community Activities Center:
Sept. 7, 1 p.m. - 4 p.m.
Sept. 8, 8 a.m. - 11 a.m.

September training will also be available for Army Soldiers, leaders and civilians. Ask, Care and Escort training provides basic suicide awareness and prevention training focusing on the identification of suicide warning and danger signs, and what lifesaving actions they should take using the ACE model. The target audience for ACE Suicide Intervention training is junior leaders or first-line supervisors. The ACE SI provides these individuals additional training in suicide intervention. Chaplains

are the primary trainers for ACE SI; however, individuals who have been trained in other suicide prevention and intervention models may conduct the ACE SI training.

Call Fort Wainwright Army Substance Abuse Program, 353-1370 for reservations.

ACE-SI Training is available at the Battle Command Training Center on:
Sept. 19, 1 p.m. - 5 p.m.
Sept. 20, 8 a.m. - noon
Sept. 20, 1 p.m. - 5 p.m.



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THAI KITCHEN
AK POST/AK POST
2 x 2.0

18385589
C & J DRIVE INN
AK POST/DOUBLE YOUR
2 x 2.0

18385632
PURE ESSENTIALS DAY SPA
AK POST/TUES & WED S
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GOLDEN NORTH OPTICS
AK POST/ANNELLE MAYG
2 x 3.0

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AK POST/AK POST
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The Alaska Post Spotlight on: Tim Thompson

Trish Muntean, Fort Wainwright PAO

After 42 years and four months working for the United States Postal Service, Tim Thompson has retired.

When Thompson started his career with the USPS in May 1969, first class postage was six cents and he was paid \$2.83 an hour. With the exception of the two years he spent in the Army (Thompson was drafted in 1970), he has been working for the postal service ever since.

Thompson started his career in Wisconsin as a dispatcher. When he heard that the post office needed dispatchers in Alaska he applied, never thinking he had a chance, as he made plenty of demands in the process of the interview and negotiations. He said the postal service got the last laugh, telling him that they would meet his requirements, but that he had to report in 10 days.

"I hadn't even told my wife that I had applied," Thompson said.

He brought his family to Alaska

in 1981, planning to spend lots of time fishing and telling them that it would only be for three or four years.

"They remind me of that frequently," he said.

When he first arrived in Alaska he was a dispatcher and then a schedules clerk. Thompson helped to set up the bypass program in Alaska, where large mailers such as those shipping by the pallet to the villages, would not have to come to the post office, the postal service would come to them.

Thompson said that he got to see a lot of Northern Alaska that he would not have had a chance to see otherwise. When the job was eliminated six years ago all the jobs in Fairbanks were rebid and he got the one he wanted, as a window clerk at Fort Wainwright.

"I should have done this years ago. I love this job, I really do," he said.

Customers at the Fort Wainwright Post Office will miss Thompson.



Tim Thompson, United States Postal Service employee retires after 42 years and four months. (Photo by Trish Muntean/Fort Wainwright PAO)

"I am going to miss Tim when he leaves," said customer Kathy Wagner. "He is so helpful. Always seems so happy to be here."

Thompson is looking forward to retirement and spending time with his wife Sherry who retired from the Tanana Valley Community College in August. They are moving

to the Lower 48 to be closer to his mother who has some health issues and their children so that they can spoil the grandchildren. Even so, he said he is going to miss his job and the people, who he said are the best part of it.

"It has been a good career. It has been good to me," he said.

Engagement Skills Trainer: Anatomy of a firefight

Allen Shaw, Fort Wainwright PAO

As long as there have been Soldiers and battles, there have been opportunities to learn and improve from things done right and improve things that could have been done better. Troops usually gather for a de-brief going over details to determine who fired first, who hit their target and who missed. This was never an exact science due to the different perspectives, limited memory and the inability to survey or view the entire situation. That has changed and it is evolving all the time.

The Army has been using a high-tech device called the Engagement Skills Trainer that gives Soldiers new insights into the anatomy of a firefight. The EST is an interactive simulator that allows Soldiers to encounter virtual combat engagements or potentially hostile situations, make decisions and receive instant feedback from the computer regarding their execution. "The Engagement Skills Trainer provides realistic marksmanship and combat scenario training for 12 of the most common small

arms and crew-served weapons and individual anti-tank weapons in the Army inventory," said Arlie Nethken, training support officer, Fort Wainwright Training Support Center. Each instrument, "has the feel, weight, recoil, fit and sounds of the actual weapon." Nethken said.

The Fort Wainwright facility offers multilane, individual and collective gunnery training for static dismounted individual, squad and team elements levels. The program simulates infantry, scout, engineer, military police,

combat support, combat service support and realistic shoot-don't shoot scenarios. "The computer generates targets, terrain and weapons effects in a real-time, three-dimensional display that also includes operational force weapons and sounds," Nethken said. "What make this simulator unique to the Army are the props we have constructed to recreate an actual engagement setting. By using feedback from Soldiers we have built an area that allows them to choose a realistic arena in which to engage the enemy."

Although the room has a typical, albeit large projection screen, camouflage netting and artificial foliage, Nethken and his team Alfonzo McDade, virtual simulations instructor and Norman Krutiak, alternate EST operator, have built a battle scene that rivals any movie set. "The rock wall, barrel filled with rocks and car fender are just a few things they've (Soldiers) encountered as cover during a firefight."

The use of simulated battle situations has evolved over the years and is continually evolving to adapt. "They are always updating scenarios," said Krutiak, "For instance, al-Qaida has been using a tactic where they'll utilize an IED or sniper to purposely injure a friendly and leave them in need of help. They know Americans are known for

getting our wounded out and they'll do that as a set-up. There is now a video situation that simulates that. By showing an actual clip of this tactic, it not only motivates the Soldier, but also emphasizes it's not just a video game, it's actual combat."

"What they are going to experience there starts right here," McDade said.

Nethken said, "While the last 10 years have been focused on Iraq and Afghanistan, we have been tasked to shift our focus to a more urban setting. The nice thing is we can do that economically, providing high-risk training, safely."

In addition to convenient, safe, life-like training the program saves money. "At even six cents each, if you're going out to the range and pounding out 10,000 rounds, that can add up, especially when you're at the indirect range where one round is \$6,000," Nethken said, hoisting a grenade launcher to his shoulder, "an artillery round is about \$250 each. A unit can come here and fire weapons all day without it costing them a dime," Nethken said.

The training center staff agrees this is state-of-the-art training and will easily last through the next decade and beyond with the continual upgrades to accommodate and simulate real-life scenarios. "It is cost-effective," Krutiak said, "it doesn't expend unnecessary ammunition, it saves lives and integrates good combat habits."



After a simulated firefight with attackers in an urban scenario on the screen, Norman Krutiak, alternate Engagement Skills Trainer operator (left) and Allen Shaw wait as the computer prepares feedback on the battle. The system shows every shot fired and how they reacted, so corrections can be made. The area has been constructed to replicate shielding that may be encountered in a real-life situation. (Photo by Brian Schlumbohm/Fort Wainwright PAO)

16th CAB: New commander's focus on the future at Joint Base Lewis-McChord

Continued from page 1

In the end, he chose to accept an appointment to the United States Military Academy at West Point, N.Y.

Dickerson's exposure to aircraft at West Point steered him eventually to the aviation branch. As a cadet, he took part in a training exercise in 1986 at Yakima Training Center, when he realized that for him, being in a cockpit was far more exciting than having his feet planted on the ground.

"It looked a lot more fun being in a helicopter flying around versus the things we were doing as an infantry platoon leader on the ground," he said.

In 1987, Dickerson was commissioned as an aviation officer upon graduation. Bringing nearly 25 years of military service with him to

Joint Base Lewis-McChord, Dickerson is far from calling it quits. It's Soldiers, he said, who inspire him to continue serving.

"What I see the American Soldier do on a daily basis — it's incredible."

He cited Soldiers' unwavering commitment and positive attitudes despite the tough operating conditions in Iraq and Afghanistan, examples that have inspired him and helped Dickerson through some of the toughest times in his career. During his last command, Dickerson frequently visited troops in motor pools and dining facilities to help alleviate his own stress.

"They're sweaty, they're grimy and they're dirty, but they got a great attitude and just talking to those Soldiers would always pick me up," he said.



Col. Robert Dickerson is the commander of the 16th Combat Aviation Brigade. (Photo by Ingrid Barrentine/Joint Base Lewis-McChord, The Northwest Guardian)

See 16th CAB, on page 5

16th CAB: New commander's focus on the future at Joint Base Lewis-McChord

Continued from page 4

Regardless of conditions, Dickerson believes that all troops are professionals who should be viewed and treated that way. He called his leadership philosophy "standards-based," explaining Soldiers should understand what their leaders' standards are, and in turn, leaders need to enforce those standards. He views the Army as one big team with many players, comparing it to sports teams in some respects. He often repeats a central philosophy to fellow leaders: "Teamwork is the key to making any organization successful."

The unique mission of the 16th CAB will require a lot of teamwork, not only with I Corps and the JBLM community, but also with surrounding communities. Dickerson is an enthusiastic supporter of the community connector program, which has linked 16th CAB with University Place. He experienced the benefits of a similar partnership during his last command at Fort Campbell, Ky., and believes such a relationship is key to the military's success.

"Not a lot of people know what we do on a daily basis, and we need to bring that back," Dickerson said. "We need to close that gap, and I'm looking forward to doing that by having a great relationship with University Place."

As commander of the newest brigade to JBLM, Dickerson sees a long and busy road ahead. While part of 16th CAB remains in Alaska, with some of its subordinate units currently deployed, Dickerson's No. 1 local priority is to consolidate and build in preparation for the return and relocation of troops, aircraft and equipment.

By summer 2012, JBLM will have an additional 44 helicopters along with another 1,100 troops. He plans to ease the impact of rapid growth on his Soldiers by maximizing his current space until new buildings are completed. Construction of new facilities begins in 2014.

While attending to his Soldiers' living circumstances, he will also focus on their individual and collective training, which will commence next summer. The training will give 16th CAB a chance to focus on aviation-specific skills at YTC, where conditions in Afghanistan can be replicated. He also plans to send troops to Fort Bliss, Texas, where altitudes and temperatures are closer to conditions in Southwest Asia.

Its proximity to training areas is only one reason Dickerson is excited about stationing the 16th CAB at JBLM. He looks forward to training alongside other units — especially infantry and artillery — to assist in their preparations for deployments. "Afghanistan is an air-centric, helicopter-centric war," he said. "It provides what we call freedom of maneuver within Afghanistan, so it's a very high demand asset in country."

Dickerson hopes to dispel any concerns about a new aviation brigade bringing more noise to local airspace. His crews are continually briefed to "fly friendly" by avoiding noise-sensitive areas and flying at high altitudes when possible.

"We will do everything within our ability when it comes to respecting the members of the community in being as quiet as possible and being as environmentally friendly as possible," he said.

He is also optimistic about the impact 16th CAB will have on the economy by helping to bring jobs for construction, maintenance and fuel handling and usage. With an eventual deployment to Afghanistan projected, Dickerson said he plans to do everything he can to prepare the brigade for what lies ahead, even if he doesn't personally lead it overseas.

"What I want to hand off in August 2013 is a team-focused, standards-based, professional, full-spectrum aviation brigade that's ready for its deployment to Afghanistan and hand those controls over to my successor," he said.

Dickerson and his wife, Shelley Lynn, reside on JBLM Lewis-Main with their German shepherd, Panzer. They have two sons: Zachary, 21, and Bryce, 19.

Girl Scout troop's drive, donates movies to hospital



Girl Scout Troop 200 Juniors donated 544 movies and a movie cart to Bassett Army Community Hospital, providing entertainment options for patients who stay overnight. The Scouts have been working hard this past year to earn their bronze award, said troop leader Heidi Stites. The DVD drive was part of the troop's community service project to earn the Bronze Award. The girls had to do 16 hours of community work toward this project but finished with 25 hours. They had help from the community through Blockbuster, The Girl Scout Council and other troops. The Fairbanks Daily News-Miner published an article resulting in movie donations from the community, Stites said. (Courtesy photo)

Stryker on the move



A Stryker vehicle from the 1st Battalion, 5th Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division, in Afghanistan. (Photo by Staff Sgt. Dyron Merriweather, 1-25th SBCT.)

Women's Equality Day Observance: *A beautiful performance*



Medical Department Activity-Alaska and the Fort Wainwright Equal Opportunity Office hosted the 2011 Women's Equality Day Observance at the Last Frontier Community Activity Center, Aug. 26. Da'Asha Davis, daughter of Quentin and Sgt. Dominique Mills, 1st Stryker Brigade, 25th Infantry Division, performed the song "Beautiful" during the observance. Davis, 17 is a Senior at Lathrop High School. (Photo by Trish Muntean/Fort Wainwright PAO)

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when is it?
where is it?

find it here!

Due to unforeseen circumstances, the Arts and Crafts Center will be closed until Wednesday, Sept. 7.

Friday – 2nd

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

MANAGING CONFLICT IN MARRIAGES AND FAMILIES, 2 to 3:30 p.m., Army Community Service, Building 3451. Call 353-6286.

Saturday – 3rd

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

Sunday – 4th

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 – 5th

LABOR DAY

Tuesday – 6th

PRIME TIME FITNESS, 9:30 to 10:30 a.m., Physical Fitness Center, Building 3709. Call 353-7223.

BLENDED FAMILIES, 10 to 11:30 a.m., Army Community Service, Building 3451, Call 353-4248.

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

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

STAYING POSITIVE IN NEGATIVE SITUATIONS, 4 to 5:30 p.m., Last Frontier Community Activity Center Quiet Room, Building 1044, Call 388-2553.

Wednesday – 7th

GROUP STRENGTH FITNESS CLASS, noon 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.

PERSONAL FINANCIAL READINESS, 8:30 a.m. to 4 p.m., Post Library, Building 3700. Bring current end-of-month LES. This class is mandatory for first term Soldiers who have not previously attended. All ranks and Family members are welcome. Call 353-7438.

Thursday – 8th

PRIME TIME FITNESS, 9:30 to 10:30 a.m., Physical Fitness Center, Building 3709. Call 353-7223.

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.

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

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

5 APOLOGY LANGUAGES, 2 to 4 p.m., Army Community Services, Building 3451. Call 353-6286.

Seminar: “Good Grief” offers hope, healing to Wainwright community

Continued from page 2

Michelle Benjamin, SOS program coordinator, said seminars like this one are always needed.

“It was an amazing event,” Benjamin said. “Being in the job that I have I see many different faces of grief. People experience so many different things in the stages of grief and talking about this is only going to help them work through their grief.”

In addition to dealing with the issues of deployment, Jen Curtis, wife of 1st Lt. Derek Curtis, medical officer with 3rd Battalion, 21st Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division, has suffered the loss of several family members recently and wanted to find tools to help her and her children work through the grieving process.

“I thought this would be good for my kids and for me to work through this process more,” she said. “Besides Derek being gone right now, my brother-in-law was killed in a car accident and that has been really hard on them and my grandmother died so it’s just that a lot has happened in a really short period of time. I grieve my own grief but I sometimes feel like I grieve for (my children), too, so I hoped there would be something here to help them.”

In addition to the seminar for adults, there was also programming for children with age-appropriate activities addressing issues surrounding loss and grieving.

One of the highlights of the evening for children and adults alike was the dessert ice cream bar. Broedel said the ice cream bar is one of the signature components he likes to do at events to bless the people who attend.

“There is something really joyful about making a banana split that almost reawakens childhood,” he said. “It helps them to feel loved. So watching people experience love in multitude of ways is always my favorite part.”

Broedel said he intends to seek additional funding from the chief of chaplains to host “Good Grief” seminars again in the future.

“I was very surprised at the number of people who expressed and interest and need in this,” he said. “So I’m going to go back and request another grant to hopefully do this again.”

READY: For when disaster strikes

Continued from page 1

Most people don’t think about emergencies or disasters until they happen to someone else. Or if they do think about them, they are not prepared for them. A study done by FEMA in 2009 found that:

- Just 57 percent of Americans surveyed report having supplies set aside in their homes just for disasters.
- Less than half, 44 percent, have a household emergency plan.
- Just over one-third of those surveyed had received first aid training in the prior two years and only one-fourth attended a

meeting on how to prepare.

- Almost one-third of survey participants who had not prepared have not done so because they believe fire, police and emergency personnel would help them.
- One-fourth said they did not have the time to prepare.
- One-fourth said they did not know what to do to prepare.
- Nearly one-third are not familiar with their community’s alerts and warning systems.
- While 42 percent say they have conducted a workplace evacuation drill, only 14 percent have practiced evacuating their home.
- In a disaster, 70 percent expect to rely on household members and nearly 50 expect to rely on people in the neighborhood. “Preparing in

advance could keep an emergency from becoming a disaster for you and your family. When an emergency strikes, knowing what to do can save time, property and lives,” said Russ Ackerman, Installation emergency manager. “Making a plan allows people to respond to an emergency, instead of reacting,” said Luke Wetzel, American Red Cross of Alaska Station manager here. “Written plans are also useful so that if family members are separated when an emergency happens, whether across town or around the globe, everyone will be on the same page.

“Military families are encouraged to have two plans,” Wetzel said. “A plan where all members of the family are home and one for during a deployment or TDY.

Red Cross Emergency Communication Messages can help deployed service members stay in contact with family members. This will allow military families to better prevent, prepare for and respond to an emergency.”

“Your family may not be together when disaster strikes, so it is important to plan in advance how you will contact one another; how you will get back together; and what you will do in different situations,” Ackerman said.

When Katrina struck New

Orleans it was days before emergency responders were able to get to some areas. Here in Alaska, residents face the possibility of natural disasters (earthquakes, floods and wildland fires) and also man-made disasters such as transportation accidents involving hazardous materials and potential terrorist acts. A power outage during winter months can result in a life and death situation if people are not prepared. If a major disaster struck your neighborhood, would you be ready?

It is not a matter of if an emergency will happen, it is a matter of when. One of the steps we must take to prepare is to educate ourselves. There are many online resources available for that purpose to include www.fema.gov, www.ready.gov, www.redcross.org and the Army’s site www.ready.army.mil.

The Fort Wainwright station of the American Red Cross offers free emergency preparedness presentations to any size group, CPR and first aid classes, especially classes that focus on what to do when help is delayed.

Editor’s note: Later this month, the Alaska Post will feature an article about emergency kits and preparing for different types of emergency situations.

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For your information

FOOD - GOOD FOR THE SOUL

Home cooked meals with friends on first and third Sundays of each month at the Southern Lights Chapel during Feeding Our Outstanding Dependents, or FOOD. The next session takes place Sunday from 5 to 8:30 p.m. On the menu: Meatloaf, scalloped potatoes and peas. There is no charge for the program, take-out is available and children are welcome to attend with their adult family members.

CITIZENSHIP ASSISTANCE

Active, Guard and Reserve military members and Family members who are interested in pursuing U.S. citizenship may sign up to attend a proposed Citizenship Outreach session with the US Citizenship and Immigration Service. The USCIS Anchorage office will provide the session in the local area only if minimum participation levels are met. The session may take place mid-October to early November. The final day to sign up is Thursday. The Citizen Outreach session will cover: Who may file; the naturalization process and form; how to apply for permanent residency; the interview process; followed by a question and answer session.

The session will not cover each individual filling out their form. For more information, visit www.uscis.gov.

To sign up or for more information, email james.askew@us.army.mil or call 353-4333.

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>

MEET AND GREET

The first Community Spouses' Club monthly luncheon for the 2011-2012 season will take place in conjunction with the Welcome Reception for Mrs. Candy Johnson, Sep. 9 at noon. For reservations or more information about the CSC visit www.wainwrightcsc.org.

BUSINESS OPPORTUNITY

The Army Non-appropriated Fund contracting office is soliciting for coffee, snack food service bar concession. For more information or to arrange a site visit contact Nancy R. Todd, NAF contracting, 353-9224 before Sept. 9.

VENDORS AND VOLUNTEERS

Registration is open for the Community Spouses' Club 29th Annual Holly Day Bazaar set for Oct 14 and 15. The Holly Days Bazaar features only handcrafted or handmade items and is filled with artisans of every kind. If you or your friends create items that are handmade or handcrafted please visit our website to complete a vendor registration form. New vendors are always welcome. Fort Wainwright's CSC is open to new members and appreciates volunteers. Contact information is also available on the CSC website, www.wainwrightcsc.org.

FWA POLICE TEMPORARY RELOCATION

Fort Wainwright's police have moved operations to the temporary buildings on South Gate Road. RHQ 7 is open for vehicle decals, weapon registration and other police matters. Administrative office is located in RHQ 6. Emergency services will not be interrupted. For more information, call 353-7710.

YOUTH OF THE CHAPEL

Youth of the Chapel will be hosting a weekly High School Dinner and Discussion group at the Last Frontier Community Activity Center, Thursday nights from 6 to 7:30 p.m. starting Sept. 8. Deployment support, student driven discussions, delicious food, community, life enriching relationships and much more.

Check us out on under Facebook, "Fort Wainwright Youth of the Chapel".

For point of contact, call Robert Auker, 361-4463 or email, robert.auker1@us.army.mil.

USARAK "RUN FOR YOUR LIFE" 2011

A 5K Fun Run or Walk in observance of Suicide Prevention Month begins at 7 a.m. at the Physical Fitness Center parking lot. Registration begins at 6 a.m. Sept. 13, the day of the race or register ahead of time via email at UARAkrunforyourlife@gmail.com, by providing: unit, rank, name, sex and T-shirt size. All DoD military, civilians and Family members are welcome. Award for top three runners in each age category.

ALASKA REMEMBERS SEPTEMBER 11

Please join the Fairbanks Area Fire Departments and the Tanana Valley Christian Conference for a day of Remembrance and Reflection Sept. 11 at Pioneer Park, Alaska Centennial Center for the Arts. The event will honor the victims, emergency responders and public service personnel who perished 10 years ago in the attacks on the World Trade Center and will include both a traditional Fire Department Remembrance Ceremony, to include a reading of names, and an inspiring Interfaith Memorial Service.

9:30 to 10:45 a.m., Fire Department Remembrance Service

10:45 to 11:30 a.m., Social time with refreshments

11:30 a.m. to 12:30 p.m. Interfaith Memorial Service

This community event is free, and all are welcome to attend.

Email David Rumph with any questions at: davidr.umc@gmail.com

LEGAL NOTICE

Anyone having claims against or who is indebted to the estate of Pfc. Brandon S. Mullins, of Charlie Company 3-21, 1-25th INF Brigade Troops Battalion, may contact 1LT Krystel Harrell, E Co BTB 1-25th, Fort Wainwright, Alaska 99703, phone (321) 960-5494.

Anyone having claims against, or who is indebted to the estate of Pfc. Douglas Cordo, of Bravo Company, 1-24th Infantry Battalion may contact 1st Lt. James Desjarlais, at Building 3409 Rhineland Avenue, 1-25th Stryker Brigade Combat Team Rear Detachment, Fort Wainwright, Alaska 99703, phone 353-2003/2007.

Everyone is in place and we are ready to rumble: That's what I'm talking about

Allen Shaw, Fort Wainwright PAO

The challenge went out post-wide, actually world-wide if you consider social-network and the newly dubbed magnificent seven are set and ready to rock the regular season. The new kids on the block, Urbi and BrowBrose kicked it with 12 wins and only four losses right out of the gate. Beginners luck? I hope so.

The A-Team (me) and Bear brought up the rear with seven wins and nine losses, while Brain outsmarted us by picking 10 winners, losing only six. But it is still pre-season and we've got one more week to iron out the bugs.

Even with limited minutes, Raven quarterback Joe Flacco, Aaron Rodgers of Green Bay, Matt Ryan of Atlanta and Bronco QB Kyle Orton have been throwing the ball well and putting up some decent numbers. As for running backs, Stevan Ridley of New England, the Rams' Steven Jackson and Viking power-house Adrian Peterson seem to be hitting their stride. As for the stand-out receivers, Wes Welker and Taylor Price of New England have shown consistency as well as Indianapolis Colt Reggie Wayne and Larry Fitzgerald of the Arizona

Cardinals. But it still is preseason, it's tough to tell and that's what I'm talking about.

With this being the last weekend of warm-up, we should learn a lot. Starters will get more playing time and the rosters will dwindle. We will see how the Fort Wainwright prognosticators do and we'll be primed for the first regular season game on Sept. 8 as the 2009 Super bowl champion New Orleans Saints march onto the frozen tundra of Lambeau Field to take on the reigning champion Green Bay Packers. I'm talking about being ready for some football.



A - Team

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STL @ JAC: JAC
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SF @ SD: SD
OAK @ SEA: SEA



Steve Tate

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Jones Bros

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Brain

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Bear

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Ed Urbi

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BrowBrose Salsa

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Oktoberfest 2011



Family and Morale Welfare and Recreation brought Oktoberfest in August to Fort Wainwright's Soldiers and Families Aug. 26-28 with authentic German food, beverages and entertainment. The 9th Army Band played traditional music as patrons enjoyed food and beverages at the Oktoberfest beer tent on the green by Nugget Lanes Bowling Center. (Photo by Brian Schlumbohm/Fort Wainwright PAO)



It was all sunny skies and bright smiles when Anchorage musician, Ken Peltier, brought his band to perform during Day 2 of the 3-day long Oktoberfest. Peltier has graced the stage with Montgomery Gentry, Trace Adkins, Toby Keith, Tim McGraw, Mark Chesnutt, among other country and western music notables. Megan Brown, Family and Morale, Welfare and Recreation Division's special events coordinator scheduled live music and entertainment for every day. (Photo by Connie Storch/Fort Wainwright PAO)



German food, games and a Volksmarch were also featured at the three-day Oktoberfest. Left, taking an early lead in the race, Sgt. Anthony Zotynia, 472nd Military Police, edged out Mick Breheny, 17th Combat Sustainment Support Battalion, during an Oktoberfest-inspired, dizzy keg competition Aug. 26. (Photo by Connie Storch/Fort Wainwright PAO)



A Volksmarch started the festivities Saturday for those walking or running. Enjoyed by all who participated the weather cooperated with blue skies and sun. (Photo by Brian Schlumbohm/Fort Wainwright PAO)

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