

ALASKA POST

Home of the Arctic Warriors

Vol. 2, No. 45

Fort Wainwright, Alaska

November 11, 2011

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BRIG. GEN. CORNUM LECTURE



Tuesday, 10 a.m. at BLM Building 1541
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WEEKEND WEATHER



Friday
Mostly cloudy with
Chance of snow in the morning
Low 0 High 15
South winds 10 to 20 turning to East winds 5 to 15 mph



Saturday
Cloudy with chance of snow
Low 10 High 15
East winds 15 mph becoming North in the afternoon



Sunday
Cloudy with chance of snow
Low -5 High 15

Forecast courtesy of the National Oceanic and Atmospheric

Military Appreciation Month activities planned

Staff Report, Fort Wainwright PAO

November is Military Family Appreciation Month, with the Army continuing its focus on building strong, resilient Families.

Many events are planned for the Fort Wainwright military community during Military Family Appreciation Week, Nov. 19 to 23.

Throughout November, Families will be recognized and honored in various ways on and off post. Community leaders, businesses and installations are teaming up to sponsor special activities such as open houses; Family fun nights; dinners; festivals and sporting-event nights. Fort Wainwright Soldiers and their Families are encouraged to join in the activities and programs on post.

A free pancake breakfast is planned for Nov. 19 from 9 to 11 a.m. for DoD ID cardholders at the Last Frontier Community Activity Center.

See Appreciation on page 6

Stronger Installation Management community, stronger support for Soldiers, Civilians and Families



Lt. Gen. Rick Lynch, Installation Management Command

When I took command of the Installation Management Command in November 2009, we set out to validate that we were doing the right things and doing things right, and to find better ways of doing business.

This self-evaluation was

particularly important at the time, as the Army was focused on finding the right kinds and levels of support for Soldiers and Families stressed by repeated and extended deployments.

See IMCOM on page 3

Breaking ground: Road to Do'ab

Staff Sgt. Lindsey Kibler, 1-25th SBCT PAO

Editor's note: This is the second story of a three part series on the actions of Task Force Arctic Wolves to root out Taliban from the Horn of Panjwa'i.

With no coalition troops in the western tip of the Horn of Panjwa'i, Taliban fighters remained free to move, and place improvised explosive devices, throughout the rural farming village of Do'ab.

Seen as the last Taliban stronghold, Soldiers from 3rd Battalion, 21st Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division, immediately began assessing a plan of action to disrupt enemy operations in the Panjwa'i district of Kandahar province, their area of responsibility.

After the unit's July arrival to Afghanistan, 3rd Battalion, 21st Infantry Regiment, and 1st Battalion, 5th Infantry Regiment, also under 1st SBCT, 25th Infantry Division, were assigned to cover specific areas within the district. By September, Company A, 1st Battalion, 5th Infantry Regiment, along with engineers from the Iowa and Puerto Rico Army Reserve and Afghan National Army, began operations.



A scrapper dumps dirt at Combat Outpost Lion Oct. 19. The dirt will be picked up later and used to fill Hesco barriers around COP Lion, the newest COP in the Panjwa'i district. The COP's location, in Do'ab village, is the furthest west into the Horn of Panjwa'i coalition forces have ever been. (Photo by Staff Sgt. Lindsey Kibler/1-25th SBCT PAO)

The first step was to build ANA checkpoints along the already-established Route Hyena. From the last checkpoint on Route Hyena, the road would be extended roughly one and one-half miles and end at the entrance to Combat Outpost Lion; the recent addition to the road was named Route Agha,

after the district's governor, Hajji Sayed Fazluddin Agha. Finally, at the end of the road would lay Combat Outpost Lion.

"Lion is the furthest west outpost in the Horn of Panjwa'i. No one had been into Do'ab, and it hasn't been patrolled regularly. By going into Do'ab, we can

deny the Taliban any terrain and, in turn, make the area more secure and help the government of Afghanistan support their people," said 1st Sgt. Jeff Peppin, Company A, 1st Battalion, 5th Infantry Regiment first sergeant.

See Roads on page 5



Lily, 3, daughter of Amanda and Staff Sgt. Drexel Miller, C Company, 1st Battalion, 52nd Aviation Regiment (Air Ambulance), 16th Combat Aviation Brigade enjoys physical activity at the Youth Center Tuesday during the home-school co-op time provided by the Child, Youth and School Services program. (Photo by Allen Shaw/Fort Wainwright PAO)

Fort Wainwright Families choose home schooling: Youth Center provides support

Allen Shaw, Fort Wainwright PAO

Along with keeping everything quiet on the home front and keeping the home fires burning, many Fort Wainwright spouses have chosen to home-school their children. Military Families often choose to take more control of student activities and curriculum by assuming the extra duties as educator.

Although not everyone takes advantage of the programs, Families stationed here can qualify for state-funded assistance. Cyberlynx Correspondence Program, Raven Correspondence School and the Interior Distance Education of Alaska are available to Fort Wainwright Families. On average, students registered with

one of these school district-sponsored programs can receive an allotment ranging from \$425 to \$2,200. This money can be spent on academic curriculums, art, music, physical education and classroom materials.

Barb Chasteen, wife of Sgt. 1st Class Jerry Chasteen, Warrior Transition Battalion, and mother of two home-schooled students, Kaitlyn, 10, and Kolton, 7, said, "Trying to find activities outside the home so they can let their energy out has been the hardest thing during the winter months. It's great we have time set up at the Youth Center to do that."

See Support on page 5

Resiliency is the key to success:

USARAK Commanding General encourages attendance at Brig. Gen. Cornum's leadership lecture and hands-on training session



Maj. Gen. Raymond P. Palumbo,
commander U.S. Army Alaska

I'd like to first say that I am extremely proud of the work that each of you do in support USARAK's important mission. This goes for the most junior Soldiers in the command to our senior leaders.

I often say that my primary mission is to get units and Soldiers Ready to Go, and Families Ready to Stay. The importance of this could not be more obvious than right now, as we are near the midpoint in the deployment of more than 4,000 Soldiers from our Stryker Brigade Combat Team and about to send another 3,500 Soldiers from our Airborne Brigade Combat Team into combat before the end of the year. Not to mention the other smaller unit and individual deployments.

Many of us in the ranks have deployed numerous times, while others are experiencing the rigors of combat for the very first time. No matter how many times Soldiers and their Families have tackled the variety of challenges associated with a deployment and military life, it is clear that resiliency is the key to success.

The Army's effort to enhance readiness and quality of the life of the force has resulted in the investment in a relatively new program called Comprehensive Soldier Fitness. The Comprehensive Soldier Fitness program was unveiled in 2009 to build resilience in Soldiers, Family members and Army Civilians by developing five dimensions of strength: physical, emotional, social, spiritual and family.

There are four major components of Comprehensive Soldier Fitness. They include the Global Assessment Tool (GAT), Comprehensive Resilience Modules, Master Resilience Trainer Course, and unit Resilience Training.

The Comprehensive Soldier Fitness program uses a life-long learning model of virtual and classroom training to provide Soldiers and Families with critical skills. The program uses a balanced, multifaceted approach and life-long learning model that uses individual assessment, tailored virtual training, classroom training at all levels of Army education, and embedded resilience experts to provide Soldiers the critical skills they need to take care of themselves, their Families and their teammates.

In August, we were fortunate to have resiliency instructors from the Army's Comprehensive Soldier Fitness program and the University of Pennsylvania execute a mobile Master Resilience Trainer class to more than 70 Soldiers, Airman and civilians from JBER, Fort Wainwright and Fort Greely.

Graduates of this course are now capable of taking the knowledge they learned about scientifically-proven resilience techniques, which can help service members and their Families weather the storms of life, back to their units and give frequent resilience training.

Brig. Gen. Rhonda Cornum, the Army's Director of Comprehensive Soldier Fitness, traveled to Alaska to personally provide opening remarks for the mobile MRT course in August and captivated everyone in attendance with her own inspirational story of resilience and determination.

A former Prisoner of war of the Persian Gulf conflict, Brig. Gen. Cornum shared what went through her mind while she was held prisoner and how her thought processes then directly apply to what Soldiers in combat and Families at home may be going through right now.

We are fortunate to be able to welcome Brig. Gen. Cornum back to Alaska this month to speak as part of the USARAK leadership development program guest lecture series. She will discuss her personal experience and the techniques she used to not only survive her imprisonment, but thrive after her ordeal.

I invite you to attend her lecture on either Tuesday, at Fort Wainwright or Wednesday, at JBER. I also encourage you to take advantage of the resources provided by the Comprehensive Soldier Fitness program, including the knowledge of one of our recent graduates of the Master Resiliency Trainer course.

Thank you for all you continue to do to make serving in Alaska such a wonderful experience. Arctic Warriors!

Editor's Note: Brig. Gen. Rhonda Cornum's lecture on Fort Wainwright starts 10 a.m., Tuesday at the Bureau of Land Management, Building 1541.

Success and the Great American Smokeout

Brandy Ostanik, Medical Department Activity-Alaska PAO

Fact: Smoking can be just as addictive as using heroin or cocaine, according to the Centers for Disease Control and Prevention. So, making the decision to quit, even for just a day, is no small task. However, that is exactly what the American Cancer Society is asking tobacco users to do.

November 17, is the Great American Smokeout, a time for thousands to walk away from tobacco for just one day, in the hopes of helping those who can quit for a day can realize that it's never too late to quit using tobacco and improve their health. According to the CDC, those who quit smoking increase their lifespan by up to 14 years.

While there are many ways to quit smoking including: going cold-turkey, slowly phasing out the use of tobacco products and

medications. On average it takes seven times before a person is successful in beating their tobacco addictions. Studies have shown that the chances of success at beating tobacco are greater if attending counseling and there is adequate support for quitting.

MEDDAC-AK Arctic Health Link offers a free tobacco cessation class to beneficiaries. In the class participants learn the benefits of quitting tobacco, how to become a successful nonsmoker, medications to assist them in quitting as well as diet and exercise. Each participant will be able to meet with a health care provider who can prescribe medications if necessary.

If you are a Tricare beneficiary and not eligible for Medicare, Tricare may also cover smoking cessation counseling.

Medical Department Activity - Alaska

Col. George Appenzeller, MEDDAC-AK commander



American Diabetes Month

November is American Diabetes Month, a time when we bring awareness to the disease and its complications. According to the American Diabetes Association, nearly 26 million children and adults are living with diabetes, while another 79 million are at high risk for developing diabetes. Untreated or poorly controlled, diabetes can have a detrimental impact on your quality of life. At Medical Department Activity-Alaska we are here to not only assist you in managing your diabetes but also in supporting you in preventing diabetes. We encourage you to know and recognize symptoms, assess your risk, and do what you can to protect yourself.

In the simplest of terms, diabetes means that the body's blood glucose, also called blood sugar, is too high. Glucose comes from the food you eat and is needed to fuel our bodies but having too much sugar in the blood is not healthy. It damages your kidneys, eyes, heart, and vascular system and can lead to heart attacks and strokes.

Symptoms of diabetes can be very subtle, often delaying the diagnosis. Common symptoms include increased thirst, hunger even after eating, dry mouth, frequent urination, unexplained weight loss, fatigue, blurred vision, headaches, or numbness and tingling in your arms or legs. If you are experiencing any of these symptoms, it is important to schedule an appointment with your primary care provider.

While diabetes can develop at any time of life, the most frequent is adult onset, called Type 2 diabetes. Type 2 accounts for more than 90 percent of all diabetes cases. Type 2 diabetes is usually not diagnosed until health complications have occurred. Most often, there are no diabetes symptoms or a very gradual development of the above symptoms of Type 2 diabetes. In fact, about a third of all people who have Type 2 diabetes don't know they have it. Several risk factors make individuals more prone to diabetes including being overweight, low physical activity, a family history of diabetes, and a history of gestational diabetes.

You can improve your overall health, lower your blood sugar levels, and lower your chance of having a heart attack or stroke by changing your diet and activities. Here are a few things you can do to stay as healthy as possible after you've been diagnosed with Type 2 diabetes.

Maintain a healthy body weight: Many people with Type 2 diabetes are overweight. Losing weight and keeping it off will help you control your blood sugar and make you feel better. Body mass index is a measure of body fat. It is based on your height and weight. Go to www.nhlbisupport.com/bmi to calculate your BMI. A healthy BMI is less than 25. If your BMI is more than 25, talk with your primary care provider about things you can do to lose weight. Begin by setting a goal to lose 7 percent of your current weight. For example, if you weigh 250 pounds, your first goal will be to lose 18 pounds. Losing any amount of weight and keeping it off will improve your health, so don't get discouraged if you lose the weight slowly. Combining a healthy diet with exercise is the best way to lose weight and keep it off.

Make healthy food choices: Less than 25 percent of your calories should come from fat. Avoid fatty foods like deli meats, hot dogs, snack foods, and pastries. If reducing the amount of fat from calories does not help you lose weight, decrease the total number of calories you consume. The number of calories you should consume each day depends on how much you weigh.

Exercise regularly: Getting at least 150 minutes per week of moderate exercise, like walking, biking, and swimming, will help you lose weight and keep it off, and it can help keep your heart healthy. Spread your exercise out over several days each week (for example, five sessions of 30 minutes each). Try not to go more than two days without exercising. If you do not have any major health problems that limit your activities, add resistance exercises to your routine. For example, you can lift weights three times a week, targeting all the major muscle groups.

Our team at MEDDAC-AK is committed to helping you maintain a healthy lifestyle and preventing diabetes. Your primary care provider and care team can help you develop a plan to stay healthy or manage your diabetes. Our Arctic Health Link offers classes on diabetes to help in making healthy choices and in providing a better understanding to those diagnosed with the disease.

The first step in the process to overcome tobacco addiction is finding a motivation to quit. Whether it's for health reasons, to save money, or to be a role model for others the tobacco user must decide if they are ready to give up the addiction.

For more information or assistance on quitting the use of tobacco, contact Arctic Health Link at 361-4148, www.triwest.com/tobacco or www.uanquit2.org. Shari Lopatin, TriWest Healthcare Alliance contributed to this story.

ALASKA POST

Home of the Arctic Warriors

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IMCOM: Stronger support for Soldiers, Civilians and Families



Continued from page 1

First we started expanding our identity. Today when we talk about providing for Soldier, Civilian and Family quality of life, we don't just mean the Installation Management Command—we mean the Installation Management Community, which also includes the office of the assistant chief of staff for installation management and the offices of the assistant secretaries of the Army for installations, energy and environment, and manpower and reserve affairs.

And then we started to focus the talent and expertise of this diverse community on our common goal: providing Soldiers, Civilians and Families with a quality of life commensurate with their service.

In March 2010 we published version 1 of the Installation Management Campaign Plan, which outlines how we provide the facilities, infrastructure, programs and services required to support Soldier, Civilian and Family readiness and well-being. Since then, each update has reflected a stronger sense of community and more robust strategy for addressing the challenges we face.

Over the past two years the IMC has reviewed programs, services and infrastructure in areas such as child care, youth development, housing, education, employment, recreation and behavioral health. As a result, a number of programs and services have been enhanced, to include Survivor Outreach Services, the Exceptional Family Member Program, the Army Community Service, Child, Youth and School Services, the Army Substance Abuse Program, the Total Army Sponsorship Program, the Army Career and Alumni Program, and Soldier and Family Assistance Centers.

At the same time that we have enhanced the effectiveness of programs, services and infrastructure, we have worked to improve the efficiency of delivery at every level, starting from the top.

As we moved IMCOM's headquarters from Virginia to Texas under Base Realignment and Closure, we also integrated a subcommand, the Family and Morale, Welfare and Recreation Command, into the headquarters, and reduced from seven to four regions worldwide. In doing so, we reduced overhead costs and streamlined delivery of services to our customers.

Even as we are addressing today's fiscal challenges, we are looking to the future and how we will support the Army of 2020. Through BRAC, our installations have built and renovated facilities to support the reshaped Army. Through initiatives such as Army Net Zero, our installations are developing sustainable practices to ensure we will continue to have the resources to accomplish our mission. Through improved knowledge management, we continue to strengthen our shared understanding of how to operate in a dynamic environment in ways that save time and money.

And we continue to invest in our most important asset: our people. Through a new command-wide approach to talent management and workforce development, we are making sure we will have in place the right people with the right skills to take on future challenges.

The IMC has a huge impact on the lives of Soldiers, Civilians and Families—on how we work, train, live and play. The immediate resource challenges only intensify our focus on the mission. We are dedicated to doing our best in serving Soldiers and Families today—and we will find ways to serve even better tomorrow.

GI Jane reflects on Veterans Day, honors wounded warriors

GI Jane, Alaska Post Contributor

As the spouse of a Soldier, Veterans Day has always had a special meaning. Life with a Soldier is filled with challenges, deployments and constant change. But it is also filled with joy, true friendships and pride in the life of service our Soldiers continue to dedicate themselves to. In addition to the historical significance of this day, these sentiments truly mark Veterans Day for me. During 15 years of military life, I've met the most amazing people who embody commitment, hard work and selfless sacrifice. I celebrate and honor them today.

Until recently, I didn't think it was possible for Soldiers to impress me or touch my heart more than they already have over the years; that was before I visited wounded warriors at Walter Reed National Military Medical Center Bethesda two weeks ago.

Honestly, I was so nervous about this trip. I knew that I had been given an amazing opportunity, but I felt inadequate and unworthy to visit these incredible Soldiers. Friends here encouraged me to not miss this chance to share my gratitude with Soldiers from 1st Stryker Brigade Combat Team, 25th Infantry Division who have sacrificed so much for our country. Two friends in particular reminded me (gently) that it really wasn't about me. This visit would be about seizing an opportunity to encourage and show support for some of our own.

O.k., it was settled. I was going. I did expect to see some tough things, to be moved beyond words and to shed some tears. But I didn't expect to be welcomed with such an abundance of grace, kindness and hospitality from wounded Soldiers and their Families. They were amazing.

I also didn't expect to meet someone like Sgt. 1st Class Donnie Elsenpeter, U.S. Army Alaska liaison at the Walter Reed medical center. He is an advocate for USARAK Soldiers and follows their progress and care even after they leave the military medical center. He follows up with and visits wounded warriors and their Families who have left Bethesda and now live in locations from Fort Drum, N.Y., to Fort Jackson, S.C. His commitment and obvious care for our warriors there was inspiring.

He facilitated my visit and ensured that we were not intrusive and were able to see as many Soldiers as possible. I couldn't resist asking him about the important work he does with wounded Soldiers and their Families.

"The importance of my position here is two-fold," Elsenpeter said. "Making sure the warrior and their Families are cared for -- this description is simple in content, but broad in its connotation. Simply greeting the warrior and Families, then joining them together does not end my area of responsibility. Every single aspect of the warriors' care and the necessities of the Families are my focus."

There are highs and lows to life at a military medical center that treats battlefield injuries. Elsenpeter described the toughest times as those involved with receiving a warrior from the combat zone. "Seeing their battle wounds and just imagining what they have gone through is tough. Even though I fully understand that the injuries they sustain as a result of combat operations are the price they've paid for freedom. It's really tough."

He said rejoining Families when they arrive is the second most challenging part of his job. His focus is always on Soldiers and Families, though. "Understanding that

the main thing on their minds is being with their warriors and bringing some sort of closure to their thoughts on their condition; that keeps me focused," he said.

Elsenpeter characterized his work with warriors at Walter Reed as both humbling and rewarding. "Seeing the transformation from 'wounded' to 'recovered' is remarkable," he said. "The advancements in medical treatment have greatly enhanced the warriors' recovery and rehabilitation and have decreased the time required to stay in the facility. What used to be years has turned into months and what used to be months has turned into weeks. The care provided to our warriors is top notch."

He has grown very attached to the Soldiers and Families who have come through the medical center since he arrived and he takes great pride in their progress and recovery. "The greatest satisfaction I get is when I see warriors depart Walter Reed and move on with the remainder of their lives. It gives me such satisfaction to know that I had a part -- as small as it may be -- in the warriors' recovery and in easing the situation for Families."

Elsenpeter has worked with 16 Soldiers since May and there are currently four inpatient and four outpatient USARAK Soldiers at the Walter Reed facility. However, Soldiers from Fort Wainwright are also receiving treatment at other facilities like Brooke Army Medical Center in San Antonio, Texas, and Madigan Army Medical Center in Tacoma, Wash.

"Every day is a good day," Elsenpeter explained about his work at Walter Reed. "Some days are longer and more stressful than others, but getting up in the morning, visiting the warriors and their Families and seeing the smiles on their faces tells me that things are moving forward as planned. Even though situations happen that require my immediate attention, it is never a bad day here because our warriors are recovering with their Families by their sides."

His dedication to and appreciation for our wounded warriors was contagious. He made me want to do more than visit them. I want to do more to help them and their Families. Apparently, this is a common response to meeting these amazing Soldiers.

"There has already been a lot of support provided to the warriors from Fort Wainwright and the Fairbanks community," he said. "The warriors know that they are in the hearts and prayers of the community. The biggest part of the warriors' recovery during their hospital stay, though, is their rehabilitation. And, the biggest part of their rehabilitation is the presence of their Family."

One way to help ensure Families can continue to be there for their Soldiers is through donating to nonprofit organizations like Hero Miles and The Yellow Ribbon Fund. These organizations help support Families as they support their Soldiers.

I learned so much from Sgt. 1st Class Elsenpeter and from my visit with our Soldiers at Walter Reed.

Mostly, though, I learned they are still just Soldiers. Even with their injuries -- some of them horrific and catastrophic -- they were still Soldiers; Soldiers who always make me laugh and shake my head at their humor and antics; Soldiers who dream big and love life; Soldiers who are sons, husbands, friends and heroes.

See GI Jane on page 5

9th Army Band takes show to town

Trish Muntean,
Fort Wainwright PAO

Families from the Fairbanks community were treated to a performance by Fort Wainwright's 9th Army Band and a reading of the book "The Remarkable Farkle McBride" at the Noel Wien Library, Nov. 5.

The book, written by John Lithgow, was read by Chief Warrant Officer 2 Jeffrey Price, the commander of the band. It is about a young musical genius who tries and for one reason or another decides against several instruments. As he went through each musical phase, a member of the 9th Army Band played a catchy solo on that instrument (violin, flute, trombone and drum) so the audience could see each instrument and hear what it sounded like.

After much consideration he realizes that his favorite sound is all the instruments playing; takes the stage to lead the orchestra, sharing the music that made him happy at last.



Chief Warrant Officer 2 Jeffrey Price, commander of the 9th Army Band, educates and entertains children and adults alike during a special reading of the book "The Remarkable Farkle McBride" at the Noel Wien Library, Nov. 5. (Photo by Trish Muntean/Fort Wainwright PAO)

Before and after the reading, there was an "instrument petting zoo" where children talked to the musician, touched the instrument with supervision and heard what sort of sounds it made.

The band played to a full house, with some children sitting on the floor to better hear the music and the reading of the book.

Arthur Konefal brought grandsons Ben and Wyatt Otnass to see the instruments,

hear the music and spend some quality time with them.

Richard Wies brought his daughters with him to the performance. His daughter Josie enjoyed the instrument petting zoo, with drums and cymbals being her favorite instruments.

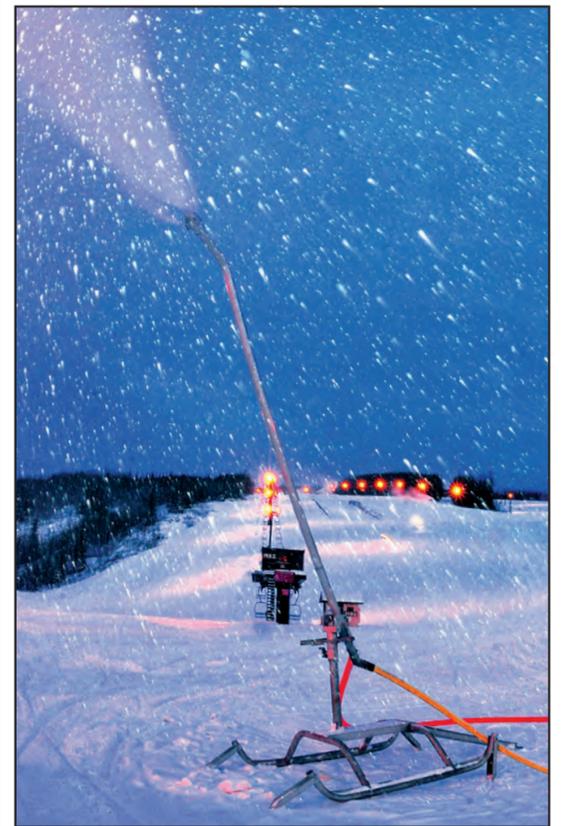
Susan Jones, the Youth Services librarian, said that the library always loves having the 9th Army Band visit.

"Whether it is a small group or a large group, they are

always such a hit with kids and adults and they do such a good job. They come and perform for us maybe two or three times a year and we just love it every time," she said.

The Soldiers seemed to enjoy it as much as the audience. "As Soldiers who live and work in the Fairbanks North Star Borough, it is a real pleasure to take time to serve our community," said Price.

There's no business like snow business



Nick Pulice, manager, and the maintenance staff of the Birch Hill Ski and Snowboard Area, Directorate of Family and Morale, Welfare and Recreation, have been feverishly working to prepare the facility for the upcoming season. With temperatures low enough to make snow, water is pumped through high-pressure nozzles that shoot it skyward. When the mist hits the frigid air it turns to tiny snow-like ice crystals. That snow is blended with the natural material (the stuff that does fall from the sky) then pushed, plowed, piled, contoured and packed to create an enjoyable slope for outdoor winter enthusiasts. DFMWR is hosting an open house Nov. 19 from 5 to 7 p.m. and plan to open the hill for recreational activities Nov. 26. For more information call 353-6725. (Photo by Brian Schlumbohm/Fort Wainwright PAO)

Joint Base Elmendorf-Richardson civilian wins national award for work with families

Chris McCann, Joint Base Elmendorf-Richardson PAO

The military can look, especially to a new recruit or a spouse, like a labyrinth of foreign words and ideas.

The chain of command and noncommissioned officers can seem impossible to understand; there are programs and briefings for so many things, and getting such a huge organization to change appears impossible.

Sometimes, it takes someone who can help slice through the confusing acronyms and get things done.

For her role in this, Frederica Norman, a civilian Department of Defense employee on Joint Base Elmendorf-Richardson, recently received the Association of the U.S. Army's DoD Civilian of the Year for the Pacific Region award.

"She's the best of the best of the best," said Marvin Dickerson, Army Community Service officer. "I've been working with ACS since 1995 and she's the strongest Army Family Action Plan and Army Family Team Building manager I've ever seen."

Since the merger that created JBER, it has been the Joint Army Family Action Plan, said Norman.

The Army is the only service to have the FAP, although they coordinate and format requests for all other branches of service.

Norman worked, first on what was Fort Richardson and now is JBER, the two installations joined in 2010.

The transition was tough, she said. The tough part was that she was now responsible for almost twice as many service members who needed to be involved with the programs - and while 'Army' is in the names, they include the Air Force as well.

Three years into her current position, she revitalized the AFTB program - a series of volunteer-led instruction exercises primarily for new families.

"We had three volunteers when I started. Now we have 28. They teach people about the military, the norms, the ranks, protocol - everything."

To get the volunteers engaged, she networked, used word of mouth, and marketed - a lot.

"We get them at the classes," she said. "They have to want to do it. But they see the value of the program and they want to help out."

The program is made up of 60 modules in three levels, and just to learn it for the sake of teaching classes is no small task.

Norman took it upon herself to re-draft all the modules, bringing them up to date and making them joint-base friendly. As she finishes a module, she distributes the information as soon as she can.

"It was rewarding," she said. "I thought it was awesome. It was challenging, but worth it."

"When the emcee spoke of her rewriting the 60 AFTB modules, even he was flabbergasted," said Rundy Galles, president of the local AUSA chapter. "He said it was a darn near impossible



From left, Larry Bethel, Association of the United States Army, state president, Theodore G. Stroup, AUSA Education vice president, Frederica Norman and Undersecretary of the Army, Dr. Joseph W. Westphal, pose for a photo after Norman was presented a plaque for her service to the Joint Base Elmendorf-Richardson Army Family Action Plan and Army Family Team Building programs. (Courtesy photo)

undertaking and said he was glad he wasn't responsible for accomplishing that task."

The modules cover everything from the rank structure and protocol to how to read a leave and earnings statement, stress management, and what family readiness groups can do for spouses.

The Army Family Action Plan is a year-round program and conference, she said.

When a quality of life issue is brought to someone's attention and it's a whole-Army concern - for example, wanting to change the provisions of the GI Bill - the issues are brought to AFAP coordinators and then taken up to the congressional level, where they can be resolved.

"The Post-9/11 GI Bill was once an AFAP issue," Norman said. "They went from the installation group to the region, then to the Department of the Army."

Requests are submitted in a non-service-specific format, she said.

"It's not 'The Army needs...,' it's 'The families need...,'" she said. The increase in Service member's Group Life Insurance coverage from

\$200,000 to \$400,000 started out as an AFAP issue, as did changes in Tricare coverage that provide insurance for dependent children up to age 26.

Norman had to learn the culture of the Army, and when JBER was created, she became an Air Force employee.

"I had to think - now the people I'm responsible for have doubled. There were also the little things, like 'What's a squadron?' Learning Air Force culture was very challenging," she said.

She credited leadership on JBER with making it easier.

"(Air Force) Col. (Robert) Evans is awesome," she said. "He adopted and took our programs, and he learned them. Command buying in and taking joint basing seriously made my job easier."

In the future, she said, she wants to make sure that Army and Air Force cultures understand one another.

"We're not turning Soldiers into Airmen or Airmen into Soldiers," she said. "We're just working on the same missions. Families have the same needs."

SUPPORT: Youth Center provides for kids

Continued from page 1

The home-school co-op meets at the Children, Youth and School Service building every Tuesday from 10 a.m. to noon for a structured PE class and some unstructured play. The structured class, mainly for the older children, is led by Nicole Cox, another home school mom. Nicole is the wife of Sgt. 1st Class Ross Cox, 3rd Battalion, 21st Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division. "I did this through the church at our last assignment and really enjoy teaching PE," she said. "It's great to have a warm place like this (the Youth Center gym) where the kids can go and get some exercise."

Not everyone who has chosen to home-school does it through a school district sponsored program. Becki Cramton, wife of Chief Warrant Officer 2, David Cramton, Headquarters and Headquarters Company, Brigade Training Battalion, 1st Stryker Brigade Combat Team, 25th Infantry Division, home-schools their two children independently. "This is our eighth duty station and we are starting our fourth Alaskan winter. We are half-way through our third deployment and I teach my 7-year-old daughter and 4-year-old son," she said. "I appreciate being able to move through the curriculum at the pace of the student."

Cramton herself attended public

and private schools and was also home-schooled as a teenager. "I love home schooling my children," she said, "I am able to choose a curriculum that works with my kids' learning styles and enjoy having the freedom to "do school" when they are ready." She said her son is an early riser and ready to start before his sister even gets up. Cramton said, "We do his pre-school level work then. My daughter is a late-riser and a slow starter in the morning, so we do her second grade level work later in the morning. By then my son's work is done and he is happy to play while I focus on my daughter," she said.

Another home-school mom, Amanda Miller, wife of Staff Sgt. Drexel Miller, C Company, 1st Battalion, 52nd Aviation Regiment (Air Ambulance), 16th Combat Aviation Brigade, who had four children in tow, gave a run-down of what their weekly activities looked like. "Monday is usually a day off," she said. "Tuesday we'll do school in the morning, then come to the Youth Center to burn off some energy, then more schooling in the afternoon." Although the other children do activities, she said Drexel, 7, is her only school-age child. The others are 4, 3 and 4 months. "Wednesdays are pretty much devoted to Cub Scouts. Thursdays we go to the home-school class provided by the Protestant Women

of the Church. The PWOC class is usually a science project or lab. It's another good time to interact with other Families," Miller said.

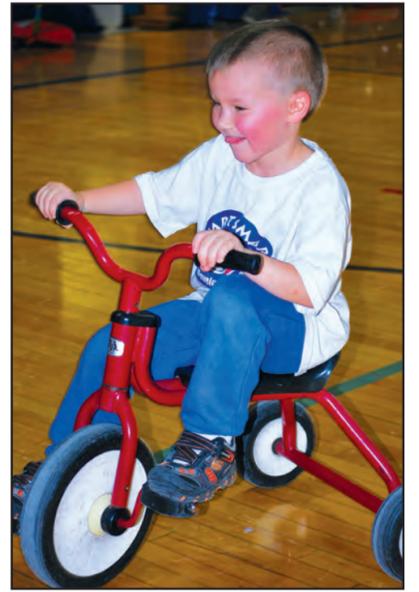
"There were at least 25 children who participated (in the PWOC program) last week, about 13 Families in all," Chasteen said.

Miller said, "Friday is usually a day to catch up on school work and then find something fun to do outside if the weather permits."

The Cramton Family enjoys other pursuits together like baking, gardening, board games, ice skating, sledding and nature walks. There are other bonuses to home schooling Cramton said, "It allows us important time that traditional schooling cannot. When we want hibernate as a Family or travel to visit my husband when he is on TDY, we can do so without compromising the kids' education. We are able to take school with us, while in traditional school it would be counted an unexcused absence."

Joan Smith York, Child Youth and School Services school support specialist said, "Home schooling can be quite challenging. Creating a structure for learning and keeping your students on task and on schedule can be difficult," she said. "It's a huge commitment."

Like any military community, Families are not alone. Alaska and Fort Wainwright provide many programs and activities to assist those who choose to home-school.



Drexel, 7, son of Amanda and Staff Sgt. Drexel Miller, C Company, 1st Battalion, 52nd Aviation Regiment (Air Ambulance), 16th Combat Aviation Brigade burns off some energy at the Youth Center Tuesday. Miller joined a group of children who use the home-school co-op time provided by Child, Youth and School Services for a structured physical education class. (Photo by Allen Shaw/Fort Wainwright PAO)

For more information on "Home School Rec Days" contact CYSS at 361-9377. For information on correspondence programs, resource libraries, field trips and science fairs visit the Fairbanks North Star School District website at www.k12northstar.org.



GI JANE: Reflects on Veterans Day, honors wounded warriors

Continued from page 3

Yes, this visit was important. It was important to honor veterans who are so deserving of thanks and recognition. But, it was also important to remind me that members of our Family -- our Fort Wainwright Family and our Army Family -- are still out there fighting. They are fighting to heal and recover in military medical centers rather than fighting the enemy at deployed locations, but they are fighting nonetheless. They deserve to be remembered

and honored this Veterans Day. They deserve to be remembered and honored every day.

They won't remember me. I was just one of many people who will filter in and out of their hospital rooms during their time there. But I will never forget them.

So, Veterans Day will forever have even more meaning for me now. I've seen the faces of those who gave so much for our freedom. I shook their hands and thanked them. It wasn't nearly enough, but it was a start. I encourage all of my GI Jane

friends to contemplate what we can all do to honor our veterans this Veterans Day. No, it won't be enough, but together, maybe some day it will come close.

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

ROADS: Breaking ground to Do'ab

Continued from page 1

As construction began, there were met with resistance, often in the form of IEDs and small-arms fire, Peppin said. But the work continued on.

The entire project was slated to take about two months. The engineers worked feverishly while Soldiers from 1st Battalion, 5th Infantry Regiment, provided security.

"We are out here from the time the sun rises until the sun sets, every day, making sure we get this done," said 1st Lt. Marc Helm, platoon leader with the 322nd Engineer Company, 368th Engineer Battalion, Naval Construction Regiment. Helm, a reservist from Des Moines, Iowa, oversees engineers from his company, as

well as Soldiers from the 475th Engineer Company, of Puerto Rico.

"We understand our part in this — to establish a force presence and get the Taliban out which will, economically, make a difference for the people of Do'ab," said Helm.

Aside from IEDs, engineers were met with another problem: dust.

Moon dust, a term used to describe the extremely fine dirt covering the area, was settling into the moving parts of the equipment and, mixed with the extreme heat, causing the heavy machinery to break down a lot quicker, said Helm. Waiting for parts to be shipped from the United States can take weeks or months, he added.

Regardless of equipment challenges, construction was finished more than a week ahead of schedule.

"The engineers did great work. Construction has been a success, and now we can help bring security to the area, get the locals to start trusting us and, hopefully, getting them to return." Said Peppin, adding that he is already seeing some of the local returning and tending to their crops.

An indisputable sign of success has been the decrease in enemy activity in and around Do'ab since construction began in September.

"The insurgents have tried extending



An engineer with Puerto Rico's 475th Engineer Company, 368th Engineer Battalion, Naval Construction Regiment, drives a loaded D7 bulldozer Oct. 19 at Combat Outpost Lion. The dirt will be used to fill Hesco barriers around COP Lion, a newly established combat outpost in the tip of the Horn on Panjwa'i, and was set up to take away the last bit of terrain the Taliban has a hold on. (Photo by Staff Sgt. Lindsey Kibler/1-25th SBCT PAO)

the fighting season because of the presence of troops in the area, but they have been unsuccessful" according to intelligence analyst Spc. Joshua Rinker, a Richmond, Va., native serving with Headquarters Company, 3rd Battalion, 21st Infantry Regiment.

Since breaking ground on the road to Do'ab in early September, IED attacks are down 46 percent, small-arms fire are down 47 percent and the frequency of indirect fire attacks has also decreased.

Rinker expects numbers of attacks to continue to drop as

villagers begin returning to their homes and interacting more with ANA and U.S. Soldiers in the area.

With construction of the road and Combat Outpost Lion finished, Peppin's men have begun a project of their own— make their COP a home.

For photos reference this story see the 1st Stryker Brigade Combat Team, 25th Infantry Division FLICKR page: www.flickr.com/photos/1-25_sbct/sets/72157627856388923/.



A D7 bulldozer, driven by an engineer with Puerto Rico's 475th Engineer Company, working with the 368th Engineer Battalion, Naval Construction Regiment, dumps dirt into a Hesco barrier Oct. 19 at Combat Outpost Lion in Do'ab village, Panjwa'i district. Hesco barriers are used as a means of protection for smaller forward operating bases and combat outposts. (Photo by Staff Sgt. Lindsey Kibler/1-25th SBCT PAO)

what is it? when is it? where is it? **find it here!**

APPRECIATION: A month of activities

Continued from page 1

At 11:30 a.m. there will be breakout sessions at Arts and Crafts, LFCAC and Nugget Lanes Bowling Center with prizes, games and crafts.

Also on Nov. 19, Birch Hill Ski and Snowboard Center will host an open house from 5 to 7 p.m. at Birch Hill with season tickets for sale, a bonfire s'mores and more.

The grand opening of School Age Center in Building 4166 is scheduled for Nov. 21 at 10 a.m.

The Youth Center will host an open house in Building 4109 Nov. 23 at 1 p.m. Youth enrolled in Youth Services programs have the opportunity to serve a "non-traditional" (finger foods) Thanksgiving meal to their parents later that day.

Overall, the Army campaign for Military Family Appreciation Month, with a theme of "Taking Care of Those Who Care for You," aims to thank Army Families for their sacrifices.

Lt. Gen. Rick Lynch, Installation Management Command commander, noted in his recent column that the Army recognizes the strain Families have experienced since 9/11.

"During the last 10 years of conflict, our Soldiers and Families have faced challenging situations, and in too many cases, tragedy," Lynch said. "Multiple deployments and too little dwell time have strained their relationships. We owe it to our people to help them build the resiliency needed in coping with their challenges - with folks coming out stronger and better. We have taken a number of steps to assess and build resiliency in our Family members," Lynch continued. "The Army is keeping a key promise it made in the Army Family Covenant, fostering an environment in which Families can thrive." Lynch also noted that the U.S. armed forces are now operating in a fundamentally different fiscal reality, adding that IMCOM must find smarter ways to provide services and programs while continuing to support the Army community. "The Army's budget is smaller than it has been in previous years, and it will get smaller still," he said. "However, a different fiscal reality does not change the reality of what we owe to our Families. The Army's commitment to Families remains as strong as ever."

Although Military Family Appreciation Month

Friday-11th

VETERANS DAY BOGO, Nugget Lanes Bowling Center, Building 3702. Buy one, get one free bowling game. Call 353-2654.

Saturday-12th

RETRO ROLLER RINK, 5 to 7:30 p.m., Youth Center, Building 4109. Call 361-5437.

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

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

OPEN ICE SKATING, 1:30 to 4 p.m., Physical Fitness Center ice rink, Building 3709. Call 353-7223.

CROSS COUNTRY SKI WAXING CLINIC, 2 to 4 p.m., Outdoor Recreation Center, Building 4050. Call 361-6349.

Sunday-13th

OPEN ICE SKATING, 1:30 to 4 p.m., Physical Fitness Center ice rink, Building 3709. Call 353-7223.

GOSPEL BOWLING, 11 a.m. to 3 p.m., Nugget Lanes Bowling Center, Building 3702. Call 353-2654.

is officially celebrated in November and primarily on installations, the push to support military Families continues throughout the year and throughout the nation -- from small-town Main Street to the White House.

In April 2011, first lady Michelle Obama and Jill Biden, wife of Vice President Joe Biden, launched a national initiative, named Joining Forces, that calls on all sectors of America to join forces in supporting and honoring service members and their Families.

"This campaign is about all of us, all of us joining together as Americans to give back to the extraordinary military Families who serve and sacrifice so much every day so we can live in freedom and security," the first lady said.

"Military Families are strong and resilient, and they don't complain," she added. "But this same strength may cause Americans to overlook these Families' immense sacrifices. Working together we're going to make sure our military Families are never forgotten."

Monday-14th

GROUP CYCLING CLASS, noon, Physical Fitness Center, Building 3709. Call 353-7294.

ZUMBA FITNESS CLASS, 6 p.m., Physical Fitness Center, Building 3709. Cost is \$7. Call 353-7294.

I'M ALONE CLASS, 6 to 8 p.m., School Age Center, Building 4166. Call 361-7394.

Tuesday-15th

ARMY FAMILY ACTION PLAN, 8 a.m. to 5 p.m., Last Frontier Community Activity Center, Building 1044. Call 353-2382.

GEOCACHING IN FAIRBANKS, 1 to 5 p.m., Outdoor Recreation Center, Building 4050. Call 361-6349.

STRESS MANAGEMENT, 3 to 4:30 p.m., Army Community Services, Building 3401. Call 353-4248/6286.

Wednesday-16th

ARMY FAMILY ACTION PLAN, 8 a.m. to 5 p.m., Last Frontier Community Activity Center, Building 1044. Call 353-2382.

WELCOME TO WINTER, 6 to 8 p.m., Last Frontier Community Activity Center, Building 1044. Call 353-7908.

Thursday-17th

ARMY FAMILY ACTION PLAN, 8 a.m. to 5 p.m., Last Frontier Community Activity Center, Building 1044. Call 353-2382.

LUNCH AND LEARN, noon to 1 p.m., Post Library, Building 3700. Call 353-4243.

AURORA SPOUSES, noon to 1 p.m., Army Community Service training room, Building 3401. Call 353-4227.

GROUP CYCLING CLASS, noon, Physical Fitness Center, Building 3709. Call 353-7223.

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

FUNCTIONAL STRENGTH AND CONDITIONING CLASS, 4 to 5 p.m., Melaven Physical Fitness Center, Building 3452. Call 353-9137.

The NFL celebrates veterans, supports the troops: That's what I'm talking about

Allen Shaw, Fort Wainwright PAO

With the annual "Salute to Service" campaign the National Football League continues its long history of honoring veterans and active duty military. Throughout November teams will designate home games as special military appreciation games. During these games, teams will display "Salute to Service" banners on their sidelines and host ceremonies to honor the service and sacrifice of the nation's troops. The NFL has shown support for the armed forces through various programs for many years by partnering with the United Service Organizations, visiting Soldiers overseas and military hospitals nationwide. A "Salute to Service" is an opportunity to say thanks and recognize their commitment. That's what I'm talking about. For more on the activities planned at different stadiums visit www.nfl.com/salute.

As with most large organizations,

there are several ties to the Army throughout the league. Let's not forget Pat Tillman. The NFL and the Pat Tillman Foundation establish the NFL-Tillman Military Scholar award in 2010 to annually honor an individual who exemplifies Tillman's enduring legacy of service. There is also Charles Tillman (no relation), corner back for the Chicago Bears whose father was an Army sergeant. As a military child, Tillman attended 11 schools in 13 years. Another tie to armed service is New York Giants wide-receiver coach Mike Sullivan who is a graduate of Army Airborne, Ranger and Air Assault schools. There is Cody Spencer, linebacker for Detroit whose brother is currently serving in Iraq and special teams assistant Ben Kotwica of the New York Jets who served in the Army as an Apache helicopter pilot in Iraq. The list goes on. To learn more visit www.nfl.com/

nfl-players-and-coaches-with-ties-to-the-military.

As for last week's games, Baltimore mustered a last minute drive to beat the Pittsburgh Steelers 23-20. Raven QB Joe Flacco showed poise under pressure as he dropped a TD pass into the arms of Torrey Smith with only eight seconds left on the clock. Baltimore drove 92-yards to take the lead and win the game. Green Bay continued their win streak beating San Diego 45-38, the Giants defeated New England 24-20 and Arizona took the game to overtime and sent St. Louis home with a 19-13 loss. The Bengals beat the Titans 24-17, San Francisco defeated Washington 19-11 and Denver QB Tim Tebow silenced critics by leading the Broncos to a 38-24 win over the Raiders. New Orleans had a solid performance against the Tampa Bay Buccaneers winning 27-16, Miami crushed

KC 31-3 and Atlanta hammered Indianapolis 31-7. In other contests the New York Giants stomped Buffalo 27-11, the Cowboys beat Seattle 23-13, Houston wrangled the Browns 30-12 and the Bears defeated Philadelphia 30-24 Monday night.

The overall climate of the Fort Wainwright prognosticators is beginning to change as the top two pickers fared the worst. Bear went 7 and 7 while BrowBrose posted 6 and 8. Brain and Jones Bros claimed the most wins with 9 and 5 for the week while Tate, A-Team and Urbi registered more wins than losses with 8 and 6.

Bear remains perched on top followed by Brain, Jones Bros, BrowBrose, Tate and A-Team, who are all separated by a single point. Urbi is only three games behind A-Team and this week everyone behind the leaders made a move. That's what I'm talking about.

Week 10 in the Alaska Post football series



Bear

89 Wins / 41 Losses

OAK @ SD SD
ARI @ PHI PHI
TEN @ CAR CAR
HOU @ TB HOU
WAS @ MIA MIA
STL @ CLE STL
BUF @ DAL DAL
PIT @ CIN PIT
JAC @ IND JAC
DEN @ KC DEN
NO @ ATL NO
BAL @ SEA BAL
DET @ CHI CHI
NYG @ SF SF
NE @ NYJ NE
MIN @ GB GB



Brain

82 Wins / 48 Losses

OAK @ SD SD
ARI @ PHI PHI
TEN @ CAR CAR
HOU @ TB HOU
WAS @ MIA MIA
STL @ CLE CLE
BUF @ DAL BUF
PIT @ CIN CIN
JAC @ IND IND
DEN @ KC DEN
NO @ ATL NO
BAL @ SEA BAL
DET @ CHI DET
NYG @ SF SF
NE @ NYJ NE
MIN @ GB GB



Jones Bros

81 Wins / 49 Losses

OAK @ SD SD
ARI @ PHI PHI
TEN @ CAR CAR
HOU @ TB TB
WAS @ MIA MIA
STL @ CLE CLE
BUF @ DAL BUF
PIT @ CIN PIT
JAC @ IND JAC
DEN @ KC DEN
NO @ ATL ATL
BAL @ SEA BAL
DET @ CHI CHI
NYG @ SF NYG
NE @ NYJ NYJ
MIN @ GB GB



BrowBrose Salsa

80 Wins / 50 Losses

OAK @ SD SD
ARI @ PHI PHI
TEN @ CAR CAR
HOU @ TB HOU
WAS @ MIA WAS
STL @ CLE CLE
BUF @ DAL DAL
PIT @ CIN PIT
JAC @ IND JAC
DEN @ KC DEN
NO @ ATL ATL
BAL @ SEA BAL
DET @ CHI DET
NYG @ SF NYG
NE @ NYJ NYJ
MIN @ GB GB



Steve Tate

79 Wins / 51 Losses

OAK @ SD SD
ARI @ PHI PHI
TEN @ CAR CAR
HOU @ TB HOU
WAS @ MIA MIA
STL @ CLE CLE
BUF @ DAL DAL
PIT @ CIN PIT
JAC @ IND IND
DEN @ KC DEN
NO @ ATL NO
BAL @ SEA BAL
DET @ CHI CHI
NYG @ SF SF
NE @ NYJ NE
MIN @ GB GB



A - Team

78 Wins / 52 Losses

OAK @ SD SD
ARI @ PHI PHI
TEN @ CAR TEN
HOU @ TB HOU
WAS @ MIA MIA
STL @ CLE CLE
BUF @ DAL DAL
PIT @ CIN CIN
JAC @ IND JAC
DEN @ KC DEN
NO @ ATL NO
BAL @ SEA BAL
DET @ CHI CHI
NYG @ SF NYG
NE @ NYJ NE
MIN @ GB GB



Ed Urbi

75 Wins / 49 Losses

OAK @ SD OAK
ARI @ PHI PHI
TEN @ CAR TEN
HOU @ TB HOU
WAS @ MIA WAS
STL @ CLE CLE
BUF @ DAL BUF
PIT @ CIN PIT
JAC @ IND JAC
DEN @ KC KC
NO @ ATL NO
BAL @ SEA BAL
DET @ CHI DET
NYG @ SF SF
NE @ NYJ NYJ
MIN @ GB GB

For your information

November is National American Indian and Alaska Native Heritage Month

Elizabeth A. Cook,
U.S. Army Garrison, Fort Wainwright Native Liaison

In 1990, President George H. W. Bush approved House Joint Resolution 577 (PL 101-242), designating November as "National American Indian Heritage Month." The following year, Senate Joint Resolution 172 (PL 102-123) declared every November thereafter as the same. Every president since has issued a proclamation confirming this observance. In 2009, President Obama declared the more inclusive "National Native American Heritage Month" and declared a specific day – the Friday following Thanksgiving – as "Native American Heritage Day" via PL 111-33. In Alaska the observance is often referred to even more inclusively as "National American Indian and Alaska Native Heritage Month."

Every year this observance bears a theme reflecting some facet of Native American life. This year's theme – Service, Honor, and Respect: Strengthening Our Cultures and Communities -- speaks to strongly held values of our country's indigenous citizens.

America's first people enlist in the military on a per capita basis in greater numbers than any other cultural group. Native Americans have served in conflicts since the nation's beginning. Notably, they served as code talkers during World Wars I and II. Tragically, they have been among the fatalities in current conflicts.

Tribal citizens' desire and need to foster their unique, long-standing cultures while also participating in the greater American community, creates a complex and, sometimes, difficult path for those who walk it. Efforts to maintain indigenous American cultures, however, make broader American life richer and should be celebrated. In Alaska, we are fortunate to have such a rich and varied indigenous culture that is still vibrant and shared with us all through music and regalia and celebrations and dance and food and story.

The USAG FWA Native Liaison is hosting a brown-bag lunch film series in honor of the month's observance at the Directorate of Public Works Environmental conference room, Building 3023. Films begin at noon on Tuesdays throughout November and seating is limited to 20.

Tuesday starts one of a two-part film entitled, "Aleut Story, Part 1". In the turbulence of war, in a place where survival was just short of miraculous, the Aleuts of Alaska would redefine themselves and America. From isolated internment camps in Southeast Alaska, to Congress and the White House, this is the incredible story of Aleut Americans' decades-long struggle for civil rights. Nov. 22, finishes the film with "Aleut Story, Part 2". Total running time is 90 minutes with approximately 45 minutes viewed each day.

Nov. 29 - "For the Rights of All: Ending Jim Crow in Alaska" - When the United States purchased the Alaska Territory in 1867, the promise of the Constitution and the Bill of Rights didn't apply to Alaska Natives. Their struggle to win justice is one of the great untold chapters of the American civil rights movement, culminating during World War II with the passage of one of the nation's first equal rights laws. Running time is 57 minutes.

For more information, call 361-6323.

UAF VETERANS DAY EVENT

A Remembrance Day National Roll Call will be held outside Constitution Hall, at the University of Alaska Fairbanks from 8 a.m. to 5 p.m. today. The reading of more than 6,297 names of the Soldiers, sailors, marines, airmen and government agents who have paid the ultimate sacrifice. The Veterans Resource Center will be open as a warming room and serve hot beverages and light snacks. For more information contact *UAF Veterans Services*, on Facebook.

LEADERSHIP LECTURE

A leadership lecture and training session focusing on an Army-endorsed holistic program will be lead by the director of Comprehensive Soldier Fitness, Brig. Gen. Rhonda Cornum, M.D., Ph.D. The lecture starts 10 a.m. Tuesday at the Bureau of Land Management, Building 1541 on Fort Wainwright. This session will be to provide the knowledge, thinking skills, and behaviors in order to optimize the ability to "thrive" in life, and the capacity to successfully cope with life's challenges and adversity.

TALENTED SOLDIERS WANTED

Soldiers interested in joining the U.S. Army's Soldier Show team as entertainers or technicians can submit application packages to the Warrior Zone, weekdays between 8 a.m. and 5 p.m. The song-and-dance production annually tours military installations, providing entertainment. Soldiers must be able to deploy worldwide. For more information, call 353-1085.

REQUEST FOR HOLIDAY CARDS

The First Lady is asking military children from around the globe for some personal contributions to the finishing touches on the White House decorations this holiday season. If you wish to participate, the request is for military children to submit 5-by-8 inch handmade holiday cards with words of appreciation for their military parents, as well as pictures and drawings. The White House will display as many of the cards as possible. Participants are asked to send holiday cards to the following address along with information from where they are sending it by Nov. 16.

Reservation 1
Attn: Social Office
PO Box 8070
Washington DC, 20032

AMERICAN EDUCATION WEEK

The Education Center is joining forces with educators from across the country to celebrate American Education Week from Sunday to 19 Nov., featuring a chance to speak with on-post colleges and schools such as: Central Texas College, Embry Riddle Aeronautical University, Wayland Baptist University, University of Alaska Fairbanks and Community Technical College at Bassett Army Hospital lobby on Wednesday, from 11 a.m. to 2 p.m.

Retired command Sgt. Maj. David Kiel of Jones International University will conduct a special session for Warrior Transition Battalion Unit members only at the BACH in conference room B, Wednesday from 9 a.m. to 11:30 a.m.

For more information, contact Claire Murphy or Karen Kallen-Brown at 353-7486.

NATIONAL ADOPTION MONTH

Families interested in adoption are invited to attend an information fair at the University of Alaska Fairbanks Wood Center, Nov. 19 from 11:30 a.m. to 1:30 p.m. November is National Adoption Month. For more information contact Rachel Hanft, Alaska Center for Resource Families, 451-2095.

LAST FRONTIER CLOSER

The Last Frontier Community Activity Center will be closed from Tuesday through Thursday for the Army Family Action Plan conference.

COMBINED FEDERAL CAMPAIGN

The mission of the Combined Federal Campaign (CFC) is to support and to promote philanthropy through a voluntary program that is employee – focused, cost efficient and effective in providing all federal employees the opportunity to improve the quality of life for all.

CFC is the only authorized solicitation of employees in the Federal workplace on behalf of charitable organizations. The campaign is intended to reduce disruptions in the workplace by consolidating all approved solicitations into a single, annual, officially supported campaign.

2011 marks the first year that you can give on line. For more information, visit www.opm.gov/cfc/

NATIONAL NOVEL WRITING MONTH

It's National Novel Writing Month. Come to the Post Library, sign up for the writing event and fuel your writing fire with free coffee. The Post Library is hosting "NaNoWriMo," an international program that inspires budding writers to...well...write. The program has seen such writers as Sarah Gruen, author of "Water for Elephants." The program can be done at home or preferably, at the library were there will be free Wi-Fi and use of library computers with internet access. What do you need to do? Write 50,000 words by Nov. 30. It sounds like a lot, but it's the equivalent of a small novel and it can be as funky as you want. There are no English teachers standing over shoulders correcting grammar, this is all for fun. The NaNoWriMo project is strictly to get the participants comfortable with writing. The library will have a TGIO (Thank Goodness It's Over) party in December for all participants. Please call Joy Wohlman Boyce at 353-4137 or email joy.boyce@us.army.mil with any questions. Visit www.nanowrimo.org to sign up and read more about the event.

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Journalist of the Month:

1st Stryker Brigade Combat Team, 25th Infantry Division's Sgt. Thomas Duval



Sgt. Thomas Duval, 1st Stryker Brigade Combat Team, 25th Infantry Division Public Affairs, selected as the Defense Video and Imagery Distribution System's Journalist of the Month for October. (Courtesy photo)

Sgt. Thomas Duval, the October Journalist of the Month for the Defense Video and Imagery Distribution System, set an example for other journalists by stepping from behind the camera to save the life of an Afghan partner.

"Sgt. Duval is a superstar journalist that keeps the PAO shop going, not just with his stories but his "can do" attitude," said Maj. David Mattox, the public affairs officer for 1st Stryker Brigade Combat Team, 25th Infantry Division—Duval's unit.

Mattox went out of his way to nominate Duval for the Journalist of the Month, explaining how Duval was directly responsible for saving the life of an Afghan army Soldier while out on a mission.

"Not only did he perform life-saving measures on an Afghan Soldier that had a heart attack, when he got back from the mission he produced the story within two hours to include photos, and he selflessly omitted his own heroic actions from the story," Mattox said.

His actions with the Afghan

Soldier are not the only reason Duval was selected as the Journalist of the Month.

Duval's news stories were viewed more than 1,800 times in October. The vast majority of Duval's articles also have accompanying photos. The articles are more compelling because of the added visualization, and they also show how Duval fills the dual role of photographer and writer.

Adding hometown information to the Soldiers he profiles like in "Uncle re-enlists nephew during Afghanistan deployment," helps expand interest for his content.

As is demonstrated by his actions after helping save the Afghan Soldier, Duval makes his content timely.

The featured photo of Duval shows his dedication to his craft. He was working in 20 below zero weather in Alaska prior to his deployment, according to Mattox.

Duval's work, commitment and life-saving actions show that there is often more involved to being a military journalist than just knowing how to use a camera or write stories.

Alaskan Command changes commanders

Staff Report, Alaskan Command Office of Public Affairs

Lt. Gen. Stephen L. Hoog became commander of Alaskan Command, Eleventh Air Force, Alaskan North American Aerospace Defense Command Region and Joint Task Force Alaska during a 9 a.m. change of command ceremony Nov. 3.

The ceremony was officiated by Admiral Robert F. Willard, commander of U.S. Pacific Command, Camp H.M. Smith, Hawaii.

Force after 36 years of service. General Atkins departs to become president of The Augusta Chronicle newspaper in Augusta, Ga.

Alaskan Command integrates activities of more than 22,000 active duty, Guard and Reserve members from all military services in Alaska as a sub-unified command of U.S. Pacific Command. Eleventh Air Force oversees the training and readiness of three



Lt. Gen. Stephen Hoog, commander, Alaskan Command, U.S. Pacific Command; commander Eleventh Air Force, Pacific Air Forces; and commander, Alaskan North American Defense Region

air operations with Canada within Alaska to ensure defense against all hostile airborne threats.

Joint Task Force Alaska is a joint command under U.S. Northern Command



Admiral Robert Willard, U.S. Pacific Command commander, passes the guidon to Lt. Gen. Stephen Hoog, during the Alaskan Command change of command ceremony at Joint Base Elmendorf-Richardson, Alaska, Nov. 7, 2011. Hoog assumed the command from Lt. Gen. Dana T. Atkins. (U.S. Air Force photo by Steve White)

General Hoog's previous assignment was as commander of 9th Air Force, Shaw Air Force Base, S.C. He replaces Lt. Gen. Dana T. Atkins, who retires from the Air

Air Force wings and Air Force installations located throughout the state. The Alaskan North American Aerospace Defense Command Region directs bilateral

responsible for the planning and execution of all homeland defense and defense support to civil authorities operations within the state.