

ALASKA POST

Home of the Arctic Warriors

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High-risk behavior contributes to rise in STDs

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

Ready Units and Strong Families are essential to USARAK accomplishing its mission. Sexually Transmitted Diseases are preventable and have a direct affect on unit readiness and personal relationships. One STD that has recently gained some attention in Alaska is Human Immunodeficiency Virus.

The Centers for Disease Control and Prevention estimate that 1.2 million people living in the U.S. are infected with HIV, and one in five are unaware of their infection. Approximately 50,000 new cases are diagnosed every year. From 1982 to 2010, 1,394 cases were diagnosed in Alaska, with 38 cases diagnosed across the state in 2010.

U.S. Army Alaska has had a low incidence of HIV infection until a sudden spike in 2011, when nine cases were reported around the Fairbanks area. Seven of the nine

infected individuals were either active duty military or civilians linked to the military. Many of these cases were diagnosed by pre-deployment HIV testing, and several of them contracted their infections by engaging in high-risk practices such as unprotected sex with multiple or anonymous partners.

The Department of Defense has set vigorous standards for education and training. Service members receive annual training on sexually transmitted diseases and reducing high-risk behaviors. The current screening standards include testing service members for HIV every two years, as well as prior to and following deployments. In addition, testing is available for

all Soldiers and Family members upon request.

As of 2010, there were over 400 HIV positive Soldiers on active duty. While infection is disqualifying for entry into the military, it is not a reason for discharge from active duty. Each of these Soldiers receives world-class medical care and case management to maintain their health and prevent the progression of disease.

Active duty Soldiers with HIV infection are barred from combat deployments, and may only be stationed within the United States (including Alaska and Hawaii). This is for their protection, the protection of their fellow service members who may be exposed to blood and body fluids and to ensure access to medical care.

Those infected with HIV face a lifetime of social, emotional and physical health challenges. Their finances, relationships and well-being are all impacted. That is why I urge our Soldiers, Family members and civilian employees to engage only in safe sexual practices.

This recent increase in the number of HIV cases is concerning and is a symptom of the greater issue of engaging in high risk behavior. I ask you to all do your part to stop the spread of HIV and other STDs by taking a look at your own activities and reducing risky behavior.

Arctic Warriors!

Editor's Note: More information can be found at the Alaska State Health and Social Services' bulletin webpage, www.epi.hss.state.ak.us/bulletins/bltnidx.jsp.

"...do your part to stop the spread of HIV and other STDs..."

Workforce restructure process continues

Staff Report, Fort Wainwright PAO

Col. Ronald M. Johnson, commander, U.S. Army Garrison Fort Wainwright, held five town hall meetings over the last two weeks to talk about the reshaping of the garrison workforce at Fort Wainwright.

This is the second round of town hall meetings. Initially employees were called together following the Department of Defense announcement December 9 that Department of the Army civilian positions would be reduced by 8,741 by September 30, 2012.

Discussion of workforce reshaping was limited to Installation Management Command civilian employees working for the garrison, not those in other commands such as Medical Department Activity-Alaska or U.S. Army Alaska.

The main subject of discussion was the results from the recent mock reduction-in-force, or mock RIF, that was completed earlier this month by the Civilian Personnel Advisory Center. Should there be a real RIF, tenure, veteran's preference, service computation dates and performance evaluations will factor into determining an employee's retention standing.

"There is no RIF," Johnson said. "The mock RIF was held at the garrison to give leadership and our employees better information to help them make decisions or become better aware of their individual situations."

Employees who want to find out if they are potentially affected by the mock RIF should call the Civilian Personnel Advisory Center at 353-7206. The only information CPAC will provide to an employee is if



Civilian employees attend a town hall meeting on the reshaping processes taking place in the Fort Wainwright garrison workforce Feb. 14 in the headquarters basement theater. (Photo by Brian Schlumbohm/Fort Wainwright PAO)

they were potentially affected, not any details on how they might be impacted, said Bob Verschueren, Alaska CPAC director.

The mock RIF is a planning tool used by management and to make informed decisions such as whether to continue to use restructuring tools like Voluntary Early Retirement Authority or Voluntary Separation Incentive Pay.

"What we are trying to do is allow our workforce to make the best informed decision on whether to stay in the organization or decide

to participate in Voluntary Early Retirement Authority or Voluntary Separation Incentive Pay," Johnson said.

Rose Wentland, chief, Manpower and Agreements Branch USAG Fort Wainwright Resource Management Office explained the programs.

"VERA is an incentive for eligible employees who elect to retire early," she said. "VSIP is a monetary incentive for employees to voluntarily separate. This incentive may be used together with VERA."

Personnel from Richardson

and Wainwright applied for the early retirement and separation incentive programs in January; 17 packages were received by the deadline. Between the two locales, a dozen applications were approved so far: Five people from Wainwright were approved for VERA; four from Wainwright for VSIP; and three were approved for VSIP at Richardson. As of Thursday, five packages have been withdrawn. The approving authority was Debra D. Zedalis, region director for IMCOM Pacific.

See RESHAPE on page 3

EXTENDED WEEKEND WEATHER

Friday



Mostly cloudy, light winds with scattered snow showers.
Low -22
High 9

Saturday



Partly cloudy, light winds
Low -10
High 8

Sunday



Mostly cloudy with chance of snow
Low -5
High 15

Aurora forecast is MODERATE for Friday, QUIET for weekend.

Forecasts courtesy of the National Oceanic and Atmospheric Administration and the Geophysical Institute at University of Alaska Fairbanks.

Wainwright, Greely housing partnerships recognized

Staff Report, Fort Wainwright PAO

The Fort Wainwright and Fort Greely Residential Communities Initiative team was named the "2011 Top U.S. Army Residential Communities Initiative Project" by Assistant Chief of Staff for Installation Management Command, Lt. Gen. Michael Ferriter.

Cyndi Larson, chief, Residential Communities Initiative and Housing Division, said the team has a lot to be proud of after overcoming many challenges to complete this project.

These challenges include dealing with truly being at the "end of the road" for supplies, as well as having to deal with a severe arctic climate and short construction season, Larson said.

See HOUSING on page 4

Avoid the emergency room like the plague

The days are getting longer and the weather warmer, and as I walked through the emergency room this past week it is evident the waits and lines are growing with the season. Winter-weather-related illnesses and accidents are still a major reason for visits to the ER, and as much as we like to see you, I know you prefer not to have to come see us, especially in the ER.

The best way to avoid most winter illness is through good hand-washing, covering your coughs and sneezes with the hollow of your elbow and proper clothing and hydration. While colds and flu can often make you miserable, the majority of treatment for these illnesses can be done from home with over-the-counter medications and other self-care measures while watching for more serious illness.

OnewaythatMedicalDepartment Activity-Alaska can help is through a program that orients you to self-

care options. This can be done in one of three ways. First, it can be done online. Go to www.alaska.amedd.army.mil and click online education. Another way is to come to the library at Bassett Army Community Hospital and review the course there. After reviewing the information and passing a short test, you will receive a "Take Care of Yourself" book and the ability to obtain select over-the-counter medications from our pharmacies, free of charge and without an appointment or trip to the ER. We also have the ability to bring the course to Family Readiness Groups or other groups on post. Please contact the library staff for further information. An additional source for self-care information for the flu can also be found at www.flu.gov.

Another major source of injuries is falling. Remember, no matter how well snow and ice are removed from parking lots or

Medical Department Activity - Alaska

Col. George Appenzeller, MEDDAC-AK commander



sidewalks, some slippery surfaces will remain. Taking the simple precaution of wearing appropriate footwear and traction aids can prevent unplanned visits to the emergency room. Additionally, remember to protect yourself when participating in winter sports by wearing appropriate safety equipment, such as helmets, to protect you in the event of a fall.

Temperature-related injuries are also a major reason for clinic and emergency room visits. The sunshine outside can be deceptive and often the temperature outside is colder than it appears to be. Remember to dress appropriately for conditions. Choose clothing carefully and dress in layers. In addition to warmth, layering makes it easier to avoid becoming overheated. Parents must monitor what their children are wearing and especially ensure infants and toddlers are dressed appropriately before heading out into the cold.

Finally, as the weather warms the roads will continue to get icier and driving will present a variety of challenges. Now is the time to ensure your vehicle is ready. Remember that part of vehicle readiness is an emergency kit containing critical items including warm clothing, blankets, food, water and safety equipment. Whether traveling by vehicle or foot, you must give yourself plenty of time to get places.

This is a great time of year to get out and enjoy many winter activities. Simple planning and precautions can help keep you and your family safe while you enjoy the snow and sunshine. As always, the MEDDAC team is here to assist you with all your healthcare needs. Call 361-4000 for an appointment or visit our website at www.alaska.amedd.army.mil.

Cooking fires, a burning problem in Fort Wainwright homes

Sarah Chapman,
Fort Wainwright
Fire Prevention Office



A fire at a North Haven residential unit started on the stove. Luckily it was extinguished before it spread. (Courtesy photo)

During the past three weeks the Fort Wainwright Fire Department has responded to three housing fires on post. All of these occurred from unsafe cooking practices. Residents are reminded to always stay in the kitchen while cooking, turn the heat off and cover the pan with a lid when a fire occurs and never try to move the pan or throw water on a grease fire.

Cooking equipment, most often a range or stovetop is the leading cause of reported home fires and home fire injuries in the United States. Follow these safety tips in the kitchen to keep your family safe and sound. Remember, home fire safety is up to you.

- Keep your cooking areas clean, including the stovetop, oven and exhaust fan.
- Keep dish towels, paper towels, pot holders, food packaging and other combustibles away from heat sources in the kitchen – this includes the range, oven, toaster, coffeepot and any other heat-producing appliance!
- Don't wear long, loose sleeves or loose-fitting clothing while cooking – clothing can melt, ignite or catch on handles of pots and pans.
- Create a kid and pet-free zone around the kitchen range, at least three feet away at all times – no exceptions! Teach your children that the stove is off-limits.
- Turn the handles of pots and pans toward the back of the range to prevent them from being knocked off the stovetop.
- Never leave cooking unattended, even for "just a minute." If you have to leave the kitchen, turn the burner off.

- Cooking oil can ignite quickly. Heat oil slowly and watch it carefully.
- If a fire starts in a pan, stay calm. Never put water on it or try to move the pan. Instead, slide a lid over the pan and turn the burner off. If you don't have a lid for the pan, a metal cookie sheet will work too!
- In case of a fire in the oven, keep the oven door closed and turn off the heat.
- Keep a fire extinguisher in your home and know how to use it.
- If you are unable to safely extinguish the fire, evacuate, go to a safe location and call 9-1-1. If there is a microwave fire, keep the door closed and unplug the microwave.
- Do not use metal, metal edged bowls, metal foil or even twist ties in microwave ovens. The metal can cause arcing which can lead to a fire. Never heat flammable or combustible liquids in the microwave, a fire or explosion may occur.
- Ensure your home has working smoke and carbon monoxide alarms and test them monthly. All fires must be reported to the Fire Department even if they have been extinguished.

To prevent fires and develop a fire safety plan for your home, the Fort Wainwright Fire Department offers courtesy inspections as part of the Directorate of Emergency Services Project Safeguard program. If you have questions or would like to schedule a home inspection on or off post, call 353-9140 or 353-9166.

Sipping and snacking leads to tooth decay

Staff Report, Dental Activity-Alaska

Now more than ever, Americans are consuming larger portions of food and drinks high in sugar and starch. It's clear that junk food and soft drinks have gradually replaced nutritious choices for many people. A steady diet of sugary food and drinks can ruin teeth, especially among those who snack throughout the day. Many Americans do not realize that numerous everyday activities may contribute to an increased risk of tooth decay. These include grazing on foods with minimal nutritional value and frequently sipping on sugary drinks.

When sugar is consumed repeatedly and in large, often hidden amounts, the harmful effect on teeth can be dramatic. Sugar residue on teeth provides food for bacteria, which produce acid. The acid in turn, can eat away the enamel on teeth.

While many of these foods contain important nutrients and almost all foods have some type of sugar that cannot and should not be eliminated from our diets, there is a risk for tooth decay from a diet high in sugar and starches. Starches can be found in everything from bread to pretzels to salad dressing. So read labels and plan carefully for a balanced, nutritious diet for you and your kids.

Reduce your risk of tooth decay:

- Sugary foods and drinks should be consumed with meals. Saliva production increases during meals and helps neutralize acid production and rinse food particles from the mouth.
- Limit between-meal snacks. If you crave a snack, consider nutritious foods.
- If you chew gum, make it sugarless. Chewing sugarless gum after eating can increase saliva flow and help wash out food and decay-producing acid.
- Monitor beverage consumption. Instead of soft drinks all day, consider water and low-fat milk.
- Develop good brushing and flossing habits.
- Schedule regular dental visits.

Appointments for activity duty Soldiers can be made by calling Dental Activity-Alaska at 361-5135. Tricare beneficiaries can contact the Tricare at 1-888-874-9378 or visit the TriWest office on the first floor of Bassett Army Community Hospital, Building 4076 for information on local dentists and coverage.

ALASKA POST

Home of the Arctic Warriors

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GI Jane: Setting priorities for success in transition

GI Jane, Alaska Post Contributor

For some GI Janes, the transition has begun and the reality of reintegration is hitting hard. For others, we have passed R&R and are headed into the home stretch of this deployment. Maintaining our daily routine during these times can sometimes be difficult, and that is OK. Rest assured, this too shall pass. You will make it through this transition, and this deployment will soon be over. Be proud of yourself for your accomplishments this far, but don't give up there.

It is still February, the wonderful month of love. We have expressed our love for our Soldier on Valentine's Day, but why limit it to just that one day? Making our Soldier and the love we share in our marriage a top priority will help us see success as we are either in the midst of transitioning through redeployment or are in the process of preparing for redeployment. So, let's talk about love and marriage.

While daily routines are helpful in keeping some sense of normalcy, ultimately what will lead to success during the end of and transition after a deployment is making sure that you put your priorities in perspective. There is not a day that passes that I am not thankful for my husband and everything he does. I know he has the same respect for me as I am home keeping the family together and handling everyday challenges without him. This mutual love, respect and appreciation for one another are what keep our relationship strong and keeps resentment from filling my heart when I have had a really bad day. I think, as GI Janes it is vital to see our relationships differently and not sweat the small stuff. Don't let the little stuff become big stuff.

Two important aspects of maintaining a healthy relationship are communication and a positive attitude. It is important to be able to talk through issues and problems, and is equally important to talk about the good things in order to continue building and maintaining a strong relationship. Similarly, it is important to recognize that the deployment and the transition of redeployment not only cause stress, but also create opportunities to grow. He needs to

know that you care, and he needs to hear what you have accomplished and how the absence has made your relationship stronger. As important, attitude is all about choosing to see a situation from a positive or negative perspective. If you create a dialogue of positive communication, then the process of reintegration will be easier. If you focus on all the negatives, then you will create walls that will be hard to work around and have the potential to cause long-lasting problems in your marriage.

Keeping your love and marriage a top priority and maintaining a positive perspective during the coming months, will greatly increase your chances at success in transition. I know everyone is looking forward to reuniting with their Soldiers, but don't ever forget what it has been like to be alone, and appreciate your Soldiers when they are home. Never let a day go by without telling your Soldier that you love him and appreciate all he does. Treat him like you want to be treated. Stay focused on the positive. Think back to when you were dating. What was it that first attracted you to your Soldier? Focus on those things and creating an atmosphere of positive, open and honest communication to get you through this homecoming and reintegration.

If you are having difficulty in your relationship with your Soldier, there are many places to reach out for help. There are Family Life Consultants who are confidential and keep no paper records. You can attend a reintegration workshop offered by ACS. Military One Source online offers local counseling or even in your own home. You can also talk with your health care provider who can refer you for counseling through behavioral health here on post. You can speak with a chaplain or attend a church and get connected with other Christians, participate in a Bible study or prayer group. No matter what your preference, don't just sit back and do nothing. A strong marriage, like anything in life that is worth something, requires work. Take advantage of the resources available to you, so you can continue to enjoy the love you and your Soldier share.

RESHAPE: The process continues

Continued from page 1

Both VERA and VSIP result in the creation of additional vacancies for placement of impacted employees within the organization or abolishment of the position, Wentland said.

The garrison has asked for a second opportunity to accept VERA and VSIP applications, she said. It has not yet been approved.

The garrison has also asked for permission to allow early enrollment in the Priority Placement Program. In this program, civilian employees affected by base closures, reductions and consolidations are given maximum assistance in continuing their careers as employees of the federal government through assignment to other positions in the Department of Defense. More information is available by visiting www.cpms.osd.mil/.

Currently, garrison leaders are working to develop a strategy to support competitive internal reassignments, but have not yet been given the go-ahead to execute.

Johnson reminded employees how important it is that their resumes are current.

During the hiring freeze, Soldiers have provided additional support most visibly at the entry gates. Some employees expressed concern that Soldiers were taking over civilian jobs, that's not the case, Johnson said. This is simply augmenting our workforce so we can accomplish the mission. Because of our limited manning and inability to hire new employees, the only way we can maintain our current access control point operational schedule is by using Soldiers to augment the workforce. It is not a replacement of civilian employees, it is augmentation.

The Army Career and Alumni Program and supervisors can help employees with resumes. CPAC can help with corrections to personnel files.

Another resource for IMCOM employees, The IMCOM Enterprise Placement Program is a voluntary program and no preference is associated with the program as of December 2011. For IMCOM guidance and available positions visit the IEPP secure website <https://www.us.army.mil/suite/page/662838>.

For assistance updating personnel records or to submit a resume to CPAC, contact Anne Miller in building 1045 room 7. If you have questions call 353-7208.

The union has been involved during all steps of the process and is a good starting point if employees have questions. The union can be reached at 353-7299.

Updates will be available 24 hours on the workforce reshaping information line, 353-5000. Questions and comments can be left for the commander via a question and answer website dedicated to workforce reshaping or via Interactive Customer Evaluation. Both ICE and the Q and A form are linked on Fort Wainwright's public website, www.wainwright.army.mil.

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'Bobcats' of the 5th Infantry Regiment reunite in the sands of Afghanistan

Sgt. John Ortiz,
3rd Brigade Combat Team, 1st Armored Division

Traveling from the mountains and snow of Eastern Afghanistan to the sand and deserts of southern Afghanistan a reunion between two old families, decades in the making, was soon to become reality.

Overcoming nature's obstacles of snow and distance, the 'Bobcats'

the first time the two battalions have been together in 50 years – fighting in the same theater of war and the same terrain."

"We are separated physically and geographically back at home station, but now we are both in Afghanistan; we found a way to reach out and contact each other



(Left to right) 2nd Battalion, 5th Infantry Regiment command team Lt. Col. Robert Horney, a native of Lebanon, Pa., and Command Sgt. Maj. Carlos Olvera, a native of Calexico, Calif., roll their unit's colors after a ceremony in which the 5th Infantry Regiment's colors were reunited after 55 years of being apart. The last time the unit was together was in 1957, when the unit was stationed in Nuremburg, Germany. (Photo by Sgt. John D. Ortiz/3rd Brigade Combat Team, 1st Armored Division)



The 5th Infantry Regiment Colors (middle) are flanked by the 1st Battalion and 2nd Battalion colors during an unveiling ceremony at Forward Operating Base Shoja. For the first time in more than 55 years, the 5th Infantry Regiment's colors were reunited since 1957, when both units were stationed in Nuremburg, Germany. (Photo by Sgt. John D. Ortiz/3rd Brigade Combat Team, 1st Armored Division)

with 2nd Battalion, 5th Infantry Regiment, flew onboard a cargo flight from Forward Operating Base Shank to Kandahar Air Field, for the chance of a lifetime to meet with their sister unit, the Bobcats with 1st Battalion, 5th Infantry Regiment.

"This is a great opportunity for us," said Lt. Col. Brian Payne, 1-5th Infantry commander and native of Red Oak, Texas. "This is

and share our experiences and history of the unit," Payne said. a

According to the 5th Infantry Regiment Association's Sam Kier, the last time the Bobcats fought together was in 1953, toward the end of the Korean War. And the last time the regiment's battalions were united was in 1957 in Nuremburg, Germany, just before the Army began reorganizing as part of the Combat Arms Regimental System.

"This was a great opportunity," said Lt. Col. Robert Horney, the 2-5th Infantry commander, and native of Lebanon, Pa. "Our brigade was very supportive of getting us down here. We traveled and [1-5th] hosted."

"We had a great day of discussions not just on our history, but about some of the things they have learned," said Horney, a battalion commander with 3rd Brigade Combat Team, 1st Armored Division. "They are at the tail end of their deployment and we are at the five-month mark for our deployment and it was helpful to sit commander-to-commander and get some of their insights."

Operation Enduring Freedom has put both Bobcat battalions together, fighting in the same country against a common enemy, and the will of both units' top enlisted advisors brought the unit's colors together for the first time in 55 years.

And usually, whenever two infantry units that have a long history, including one that has 54 Medal of Honor awardees, a friendly sibling rivalry is present.

"We are the real infantry," said 2-5th Infantry Command Sgt. Maj. Carlos Olvera, speaking of his light-infantry unit to the crew of a Stryker vehicle before climbing aboard for the hour-long drive from Kandahar Air Field to Forward Operating Base Shoja.

In response, the Stryker crew welcomed aboard the "second best infantry battalion."

Yet with all the friendly rivalry, the 5th Infantry Regiment is the third oldest unit currently in service in the United States Army, tracing its lineage as far back as 1808, when Congress first authorized its formation. The regiment has fought in virtually every major war waged by the American Army since

that time, earning 51 campaign streamers over two centuries of combat. Nicknamed the "Bobcats," the 5th Infantry Regiment colors are currently carried by its 1st Battalion out of Fort Wainwright, Alaska and its 2nd Battalion out of Fort Bliss, Texas.

"I think just getting together and go over some of the 5th Infantry Regiment history is very important," said 1-5th Infantry Command Sgt. Maj. Ernest Bowen and native of Georgetown, Penn. "I told the Soldiers ever since I got here that this regiment has a proud history of serving this nation since its inception."

"The current Soldiers of the 'Bobcat' battalion are over here right now, writing the current page of history and it really is up to us and the job we do; that is how the historians are going to write it," said Bowen.

The history of the unit has stretched into every armed conflict since the War of 1812. This is the cornerstone of the regiment and the history it instills into fellow Bobcat Soldiers.

"I think this is an important event, especially for the NCOs," Olvera said. "NCOs are the ones teaching the unit history to incoming Soldiers. We use it a lot in our promotion boards, we talk about it, and I like the fact that it is the young NCOs instilling esprit de corps, especially when it comes to the history our regiment has."

Building on the foundation on what others have done is part of the Bobcat legacy.

"We want to say a special thanks to the regimental association and the Bobcats that have gone before us," Payne said. "Thank you for the work you have done to set us in a position to do what we have done in Afghanistan."

HOUSING: Wins top U.S. Army award

Continued from page 1

"This team has worked extremely hard to ensure that the quality of life for our Soldiers and Families has always been the main focus and at the forefront of our decisions," she said.

The team included North Haven Communities Lend Lease and Fort Wainwright and Fort Greely RCI staffs.

"Receiving the 2011 RCI Top Residential Project of the Year Award is an incredible achievement for North Haven as we approach the anniversary of our third year of operation," said Chuck Downham, project director of North Haven. "We are providing an exceptional living experience for our Soldiers and their Families in one of the most challenging climatic environments in the military."

Accepting the award was Cyndi Larson, Fort Wainwright and Fort Greely chief of RCI Housing, Chuck Downham, project director, and Chris Anderson, director of Property Management. "This is very exciting. Exciting and humbling," Anderson said. "Our team comes to work every day for one reason and that is to take care of our residents."



North Haven Communities Lend Lease and Fort Wainwright and Fort Greely Residential Communities Initiative staff, accepting the 2011 RCI Top Residential Project of the Year Award from Assistant Chief of Staff for Installation Management Command, Lt. Gen. Michael Ferriter. (Courtesy photo)

Army hockey team flies past Air Force in celebrity match-up

Allen Shaw, Fort Wainwright PAO

In a fast-paced match-up at the Big Dipper Ice Arena in Fairbanks Saturday a rag-tag team of active duty Soldiers, Family members and DoD civilians beat the roughly-polished Air Force team 9 to 7. The game billed as the commanders' cup is played each year as part of the celebrity match-ups during the Hockey Week in Fairbanks activities. Although there was no actual hardware presented this year players agree that it's more about the bragging rights.

Air Force took an early lead slipping the puck across the line shortly after the opening buzzer. Both teams exchanged possession in the first period moving up and down the ice with an occasional slap shot going wide right or hitting the keeper in the middle of the mitt. With frequent line changes the Army Golden Bears worked on getting a group of players on the rink who connected. At the 8:44 mark a crisp pass slid in front of the Air Force net and an Army blade was there to punch the puck between the keeper's pads to tie the game.

Both teams continued moving the puck but sloppy passing created multiple takeaways. Goalies were busy watching the action and protecting the nest as the black eggs popped off sticks from all over the place. The Air Force team eventually managed to dribble one by the Army defenders taking a 2-1 lead with 3:09 left in the first period. Air Force used the momentum taking control of



Chris Cullen of the Army Golden Bear hockey team looks for an opening during the Army versus Air Force matchup Saturday at the Big Dipper Ice Arena in Fairbanks. The two teams played a game as part of the 2012 Hockey Week in Fairbanks festivities and Army won 9-6. (Photo by Brian Schlumbohm/Fort Wainwright PAO)

the face-off and bringing it up the ice continuing to pound away at the Army goalie Eric Reich. After several blade saves, Air Force poked one over Reich's left shoulder to take a 3-1 lead with 2:41 left in the period. Army strong was evident as they took control of the puck, pressured the Air Force keeper and drove one over his right

shoulder to make it a 3-2 game at 2:16. Army continued to apply pressure, but Air Force stole the puck and bounced one off the pipe and into the net with 1:15 left to hold at 4-2 lead at the buzzer.

The Golden Bears stormed out of the box at the beginning of the second period controlling the puck and putting pressure on the Air Force keeper. The Army strong tagline continued for the team who was appeared to own the second period, setting up multiple plays but missing just wide. After constantly picking on the Air Force goalie the relentless Army team poked one in at the 7:55 mark to pull within one. They continued applying pressure and fired another into the Air Force net to tie the game with 6:11 left in the second period. It appeared to be nothing but Army in the second period, when Air Force stole the puck for a break-away and took a 5-4 lead with 5:23 left on the clock.

The Army players who seemed to be sparked by the playing of the Army song each time they scored seemed to take offense when the Air Force got their last goal. From the bench, Johnnie Plover, one of the active duty Soldiers on the team said, "We're playing well, moving the puck up and down the ice, and we're only down by one. There's a lot of hockey left to be played, we're going to get one." The players continued communicating on and off the ice, made a plan, stayed focused on the mission and fired another tying goal in the net as Plover predicted. The score was tied with 1:19 left in the second period when Plover said, "I told you there's a lot of hockey left to be played."

The Army kept rolling along firing a barrage of shots, when both teams were reduced by one player due to a mutual blocking penalty. The clock ticked toward the end of the second

period when Shawn Hunter blasted another one for the Army to take a 6-5 lead.

With a slim lead at the beginning of the final period Coach Jim Fisher told his team, "It's your time boys." But the Air Force team seemed determined to score as they hit the ice with a vengeance. The Army team kept pushing the puck away from the Air Force team who eventually took the opportunity and once again tied the game with 8:41 left to play. Within three seconds Army claimed the puck at center ice and blasted a shot in a gaping hole between the goalie's right shoulder and the pipe to regain a 7-6 lead.

Army controlled the match-up from that point on taking the puck straight down the ice and into the net with 6:48 left to play, claiming an 8-6 lead. A tired Air Force team had trouble hanging onto the puck, as Justin Hood of the Army team snatched it off an Air Force stick and then put it in the net to give the Golden Bears a 9-6 lead.

But the Air Force team was determined. With 4-minutes left to play they scored again bringing the tally to 9-7. The Army spent the rest of the game in a battle rhythm controlling the puck and the clock, successfully keeping the puck away from the Air Force and anymore scoring opportunities.

At the end of the contest Fisher said, "It was a high-scoring game as these games often are. We had a goalie error early on," he said "they kind of got in his head, but he came back and focused. It was a good effort from a broad spectrum of folks from Fort Wainwright. All-in-all it was a good game," said Fisher.



Johnnie Plover (front) of the U.S. Army Golden Bears watches the action Saturday at the Big Dipper Ice Arena as they battled the Air Force team in a celebrity matchup as part of the 2012 Hockey Week in Fairbanks activities. Coach Jim Fisher (standing on the bench) was pleased to guide a group of Soldiers, Family members and DoD civilians from Fort Wainwright to the 9-6 victory. (Photo by Brian Schlumbohm/Fort Wainwright PAO)

**SOLDIERS
AGAINST
DRUNK
DRIVING**

**HAVE A PLAN
HAVE SOMEONE
TO CALL**

353-6610

Friday – 24th

EXCEPTIONAL FAMILY MEMBER PROGRAM BOWLING, 6 to 7 p.m. Nugget Lanes Bowling Center, Building 3702. Open to participants in the EFMP. Cost is \$2.25 per game, shoes included. Call 353-4243.

TOOTH FAIRY STORY HOUR AND CRAFTS, 4 to 5 p.m., Post Library, Building 3700. Call 353-4137.

COSMIC BOWLING, 8 p.m. to 1 a.m., Nugget Lanes Bowling Center, Building 3702. Call 353-2654.

Saturday – 25th

GROUP CYCLING CLASS, 10 a.m., Physical Fitness Center, Building 3709. Call 353-7223.

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

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

NATIONAL GO BOWLING DAY, 1 to 5 p.m., Nugget Lanes Bowling Center, Building 3702. Cost is \$2.50 per game and free shoe rental is offered. Call 353-2654.

CROSS COUNTRY SKI AND SOAK, 9 a.m., Outdoor Recreation Center, Building 4050. Cost is \$15 per person. Must be at least 18 years of age to enter the rock pool at Chena Hot Springs. Call 361-6349/6350.

SKI AND SNOWBOARD COMPETITION, Birch Hill Ski and Snowboard Area, Building 1172. Sign up in the lodge prior to the date and to receive more information. Events and activities subject to change depending on weather. Call 353-9131.

COSMIC BOWLING, 8 p.m. to 1 a.m., Nugget Lanes Bowling Center, Building 3702. Call 353-2654.

Sunday – 26th

PROTESTANT SERVICES, 10 a.m., Sunday school, 11 a.m., Sunday Protestant worship, Northern Lights Chapel, Building 3430.

CATHOLIC SERVICES, 11 a.m., Catholic Mass, Southern Lights Chapel, Building 4107.

Monday – 27th

GROUP CYCLING CLASS, 12 p.m., Physical Fitness Center, Building 3709. Call 353-7223.

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

Tuesday – 28th

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

MATH MADNESS ROMP AND STOMP PLAYGROUP, 9:30 to 11 a.m., Last Frontier Community Activity Center, Building 1044. Call to reserve transportation from IHG hotel (old army lodging). This activity is a partnership with Army Community Service and Child, Youth and School Services. Call 353-7713.

Wednesday – 29th

GROUP CYCLING CLASS, 12 p.m., Physical Fitness Center, Building 3709. Call 353-7223.

PARENT, YOUTH ADVISORY COUNCIL MEETING, 11:30 a.m. to 12:30 p.m., School Age Center, Building 4166. Call 353-7713.

LEAP YEAR FAMILY DINNER, 5 to 7 p.m., Youth Center, Building 4109. Call 361-5437.

LEAP YEAR SPEED DATING, 6 p.m., The Warrior Zone, Building 3205. Open to DoD card holders 18 and older. Call 353-1087.

Thursday – 1st

HOOR OF POWER GROUP STRENGTH CLASS, noon, Physical Fitness Center, Building 3709. Call 353-7223.

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

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

Friday – 2nd

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

READ ACROSS AMERICA: THE LORAX, 4 to 5 p.m., Last Frontier Community Activity Center, Building 1044. No cost. Register at the Library, Building 3700. Call 353-4137.

FIRST FRIDAY ART BASH, 6:30 to 7:30 p.m., Arts and Crafts Center, Building 2727. Call 353-7520.

COSMIC BOWLING, 8 p.m. to 1 a.m., Nugget Lanes Bowling Center, Building 3702. Call 353-2654.

Saturday – 3rd

COSMIC BOWLING, 8 p.m. to 1 a.m., Nugget Lanes Bowling Center, Building 3702. Call 353-2654.

NORTHERN EXPOSURE, 8 a.m. to 5 p.m., Cost is \$115 per person. Minimum age is 12. If the temperature falls below -20 degrees, the trip will be postponed to a later date. Call 361-6349/6350.

GROUP CYCLING CLASS, 10 a.m., Physical Fitness Center, Building 3709. Call 353-7223.

ZUMBA FITNESS CLASS, 1 p.m., Physical Fitness Center, Building 3709. Cost is \$7. Call 353-7294.

POOL TOURNAMENT, 6 p.m., The Warrior Zone, Building 3205. Open to DoD card holders ages 18 and older. Call 353-1087.

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

CUSTOM PICTURE FRAMING CLASS, 10:30 a.m. - 2 p.m., Arts and Crafts Center, Building 3727. Cost is \$35 and includes all materials. Participants need to bring a 5x7 picture to frame. Call 353-7520.

Sunday – 4th

PROTESTANT SERVICES, 10 a.m., Sunday school, 11 a.m., Sunday Protestant worship, Northern Lights Chapel, Building 3430.

CATHOLIC SERVICES, 11 a.m., Catholic Mass, Southern Lights Chapel, Building 4107.

SKEET, 1-5 p.m., Fischer Skeet Range, Building 1172. Stop by to practice your shooting skills. Call 353-7869.

Things heat up on the ice and grill this weekend

Tired Iron trials and 4th Annual BrrrrrBQ

Allen Shaw, Fort Wainwright PAO

It's quite the sight. A group of hardcore Interior Alaskans gathering bright and early tomorrow morning on the Chena River in Fairbanks bundled in arctic gear. Many will be holding a hot cup of coffee in their furry mitts and when they speak you'll be able to see a puff of breath preceding their words. The Tired Iron event on the last weekend of February is a two-day carnival-like celebration where people play human "moose turd" bowling, enjoy free sled dog rides and take a shot in the port-a-potty golf chipping contest. The fun and frivolity surrounds the classic snowmachine races and the northern-most, and coldest Alaska State Barbecue Association sanctioned event; the 4th Annual BrrrrrBQ.

The days are getting longer, the sun rises higher in the sky and this event is a good reason to get outside.

The Tired Iron trials begin at 9 a.m. and a variety of activities are scheduled through 3 p.m. The 2011 Iron Dog finish should happen between 1 and 4 p.m. and photo opportunities will be available. The festivities will crank up again Sunday at 11 a.m. and conclude with an awards banquet between 6 and 8 p.m.

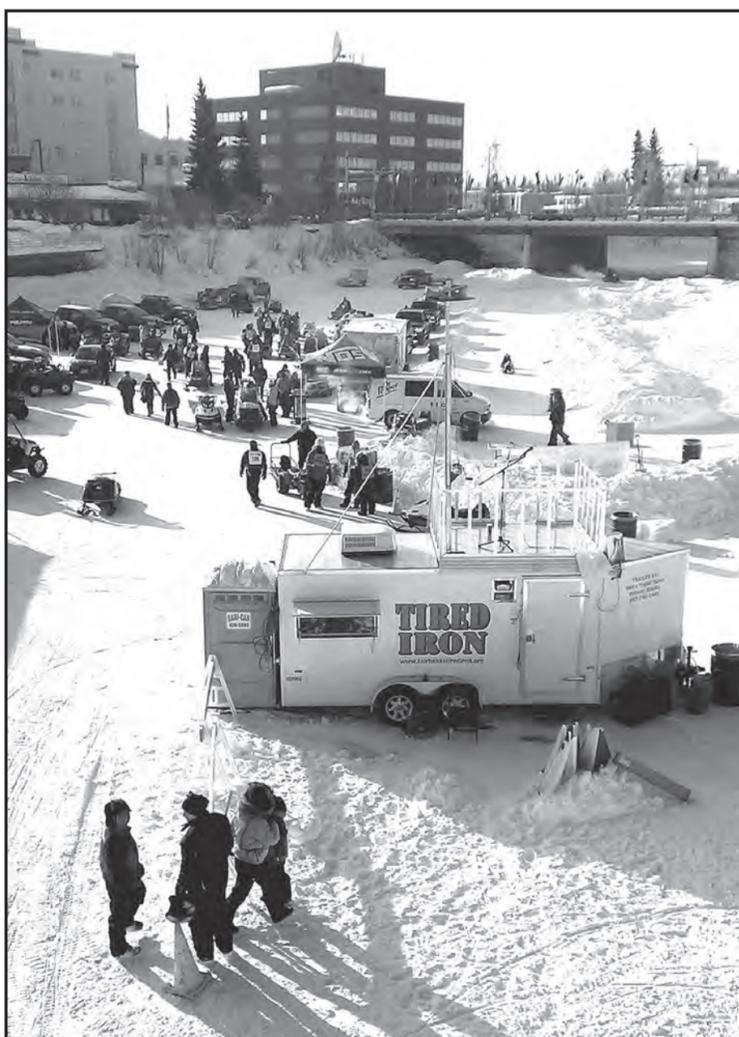
For more information in the Tired Iron, contact 452-8602 or visit www.fairbankstirediron.org.

Barbecue isn't just for warm weather anymore. The set-up and meat inspection begins at 8:30 a.m. in the court house parking lot next to the big clock in Golden Heart Plaza on First Avenue tomorrow with only two categories to be judged – chicken and ribs. The turn in times for chicken is 2 p.m. and 2:30 p.m. for ribs.

All backyard barbecue aficionados as well as master chefs are encouraged to compete. For more information call 456-1959 or visit www.alaskabbq.org.



Although the day started at 30 below zero, the sun came out and warmed it up to what Fairbanksans refer to as "t-shirt" weather. In the background the base camp for the Grand Champion of the event, Turnin' and Burnin' BBQ Feb. 27, 2011. (Photo by Allen Shaw/Fort Wainwright PAO)



Fairbanksans turned out for a day of snowmachine racing and barbecue on the Chena River Feb. 27, 2011 as temperatures hovered between 10 and 30 below zero throughout the day. It's this time of year when the inhabitants of Interior Alaska are just happy to see the sun again. (Photo by Allen Shaw/Fort Wainwright PAO)

BLACK HISTORY OBSERVANCE

The 6th Squadron, 17th Cavalry Regiment and Fort Wainwright Equal Opportunity Office will host this year's Black History Month Observance today; starting at 1:30 p.m. at the Physical Fitness Center, Building 3709. Wendy Dominique from Government Travel Service will be the featured guest speaker. For more information call Sgt. 1st Class Elliot Hardee at 353-9264.

CHILD FIND SCREENINGS

Exceptional Family Member Program and the Alaska Early Intervention Program have partnered together to bring Child Find Screenings to Fort Wainwright. Parents concerned about their child's development are encouraged to attend (For children birth-36 months). Screenings include vision and hearing for infants to 36-months. All Families are encouraged to participate. Screenings are for all Families that have concerns.

March 6, Child Development Center I, Building 4024

8:30 a.m. to noon: appointments only

1 to 4 p.m.: walk-ins welcome

To schedule an appointment or for more information, call the Alaska Early Intervention Program at 456-4003, ext 0.

WEIGH TO STAY

Active duty weight control classes are offered at 8 a.m., the first Wednesday of every month at the Bassett Army Community Hospital, third floor conference room. For more information call 361-5146.

FAIRBANKS EVENTS**Sports and Outdoors**

Hockey Week in Fairbanks, a community wide celebration of hockey, continues till Sunday. There are various times and locations and prices vary per event. For more information call 452-6857.

There is a winter skating party, Saturday starting at noon at Creamer's Field. Skating on the frozen pond is free and there will be hot drinks at the visitors' center. Go to www.creamersfield.org for more information.

The North Pole Championship sled dog races are Saturday and Sunday, at North Pole's, Morningside Park. Go to www.sleddog.org for more information.

The Tired Iron snowmachine races and Alaska Barbeque Association BRRRBQ takes place Saturday and Sunday, on the Chena River at Cushman Street. The races are for older model snowmachines. Visit www.fairbankstirediron.org for more information. To compete in the furthest north and coldest sanctioned BRRRBQ event, visit www.alaskabbq.org.

The World Ice Art Championships starts Tuesday and lasts through March, all day at the Ice Park on Phillips Field Road. Fees vary so visit www.icealaska.com for more information.

Arts and Theater

The Fairbanks Community Band performs Saturday, 7 p.m. in the Alaska Centennial Center for the Arts at Pioneer Park. Admission is free.

For more information visit the website at www.communityband.org.

The Farthest North Jewish film festival is scheduled Saturday through March 4, all day at the Congregation Or Hatzafon - fees vary. Call 452-1002 for more information.

The Fairbanks Symphony Orchestra will play Sunday at 4 p.m. in the Davis Concert Hall on the University of Alaska, Fairbanks campus. Prices vary, so please see www.fairbankssymphony.org for more information.

REUNION AND REINTEGRATION**WEDNESDAY WORKSHOPS**

Feb. 29 - Helping the Service Member Reconnect with Their Child

This presentation focuses on helpful tips and strategies spouses can employ to help ease the reintegration process between the homecoming Service Member and their children.

March 7 - Reunion: It's a Process, Not an Event

This presentation will address preparing for redeployment and the challenges that everyone has faced during deployment: family members and service members.

March 14 - Homecoming and Reunion

This presentation addresses concerns and guides participants through a proactive approach to encourage a positive reintegration.

March 21 - Reintegration

This presentation discusses the process and challenges of reintegration and offers tools and coping strategies for a successful journey.

March 28 - Welcome Home!

Reconnecting with your Child

This presentation will walk through potential issues the returning parent will face as a result and tips for easing the situation and making homecoming an enjoyable and healthy transition for the whole family.

All Reunion and Reintegration workshops take place from noon to 1:30 p.m. at the Last Frontier Community Activity Center, Building 1044 Apple Street. For more information, call the Mobilization and Deployment Manager at 353-4332 or drop by Army Community Service.

VETERAN WEIGHT MANAGEMENT

A weight management program for veterans, VA MOVE, is offered the first Thursday of every month with the Veterans Administration Clinic. Call 361-6370 ext. 1 for more information or go online at www.move.va.gov.

ARMY DISASTER SYSTEM

The Army Disaster Personnel Accountability and Assessment System (ADPAAS) is the Army's personnel accountability tool used in the event of a natural or man-made disaster. This web-based system is found at <https://adpaas.army.mil/> to account for Active Duty, Army Reserve, Army National Guard, DoD Civilians, NAF employees, overseas DOD contractors (to include Hawaii and Alaska) and family members.

PRE-RETIREMENT BRIEFING

Summary of retirement benefits for those who are one to two years from retirement. Offered once monthly and presented by Carlos Garcia, retirement services officer. Call 353-2099, to schedule Survivor Benefit Plan or SBP counseling and to register for the pre-retirement briefing.

FOR YOUR HEALTH CLASSES

Arctic Health Link offers monthly classes on diabetes, cholesterol, hypertension and tobacco cessation. For more information or to sign up for a class, call 361-4148.

SPONSORSHIP TRAINING

Remember what it was like when you moved for the very first time? Remember all the questions you had and the answers you didn't get? Be a sponsor and help another Family with relocating to Alaska. Classes are offered through unit requests. For more information call: 353-4227/7908.

SCHOLARSHIPS

The deadline for Fort Wainwright Community Spouses' Club scholarship applications is approaching. One way the CSC helps support our local Army Families is through its charitable scholarship program. Award recipients must be accepted to an accredited institution for the upcoming school year (2012-2013) and are selected by a blind review process in the following four categories: high school student jointly enrolled in college courses, graduating high school senior, full-time college student and adult continuing education.

Typically awards range up to \$1,000. Interested applicants may download an application from the Fort Wainwright CSC web site: www.wainwrightcsc.org or pick up a paper copy application at the Fort Wainwright Education Center.

Applications must be postmarked by March 14. For more information, contact scholarship@wainwrightcsc.org

CLIMATE SURVEY

Your insight is an essential ingredient for making improvements throughout the garrison. The Installation Management Command - Pacific Command Climate Survey is now available online for employees to present honest and direct opinions of the garrison work and management environments. To access the survey, please go to: <http://tiny.cc/t7rji>.

You know you are at the right site when the questions asked are about your organization, recognition and rewards, involvement, management, training and development, working conditions, and EEO.

For non-CAC cardholders or those without routine access to a computer, a hard copy of the Command Climate Survey can be obtained from your director. To turn in hard copies; Turn in to a central POC identified by your chain of command, send it through distribution using the address: ATTN: PIAO, 1060 Gaffney Road, 6000, drop off in ICE boxes, call Nancy Bahr for pick up or visit her office in person to deliver your survey at Building 1555, Room 101A or fax to PAIO at 353-6848. Employees without CAC or no computer access may complete the survey on a

computer at their worksite at \\ak\pao\IMP-CC\IMPC-CC.xsn

An employee with CAC access will need to log you into the computer but will

not need to log in to the site. For more information or concerns contact Nancy Bahr at 353-7629 or Andy McDonough at 353-9746.

ALASKA POST SUBMISSIONS

To submit a photo, place an event or class on the calendar send an email to pao.fwa@us.army.mil no later than close of business Monday prior to the print week. The name of the event or class, date, time, location and a contact phone number must be included. For display advertising contact the Fairbanks Daily News Miner at 459-7548.

**HELP
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DOMESTIC
VIOLENCE**

CALL

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**NO NAME
REQUIRED**

