

ALASKA POST

Home of the Arctic Warriors

Vol. 3, No. 9

Fort Wainwright, Alaska

March 2, 2012

Fort Wainwright youth get HIRED

Trish Muntean, Fort Wainwright PAO

Fort Wainwright youth, ages 15 to 18 and Family member of active duty, DOD civilian and retired military can gain real-life work experience through the Child, Youth and School Services HIRED program, said Ramona Hillstrand, program manager.

If youth are looking for a fast buck, HIRED is not the place to be. "It is more about the experience and not the money," Hillstrand said.

There are two components of the program: "HIRED" which is actually working in a paid position; and "EDucation", which prepares the participants for life after high school through workforce preparation and secondary education exploration classes.

The HIRED program consists of four, 12-week terms repeated annually. Those interested must complete a HIRED application, bring in proof of age, citizenship, proof of their latest Grade Point Average, and satisfactory completion of a local police background check. There are additional requirements for program acceptance.

During their 12-week term, the interns build important professional skills that can bolster their resume, encourage them to become more confident in themselves and gain a mentor, Hillstrand said.

Gaining a mentor also prepares the youth with a new perspective of the workforce. These mentors provide the apprentice with guidance within their positions of their work environment. The mentor can also be a reference for future job opportunities.

Apprentices may select from several post agencies, both Family and Morale, Welfare and Recreation and others to work at, but may not get their first choice. To make their

experience more realistic, they must interview for jobs and are placed only if they are a good match.

Once selected, interns receive job specific training and also

attend Team Member Orientation and Operation Excellence training so that they can gain a better understanding of Family and MWR as a whole.

Through these trainings the interns will be encouraged to promote excellence through great customer service, as well as understand they are part of the big puzzle.

"I want them to realize they are a part of the workforce and have a chance to make a difference in someone's day, especially their own," Hillstrand said.

The Post Library currently has three HIRED interns. In addition to learning skills needed to be a library technician, they are learning customer service and computer skills.

Diamante' Jones, 17, daughter of Erica and Sgt. 1st Class Timothy Simmons, Northern Warfare Training Center, is one of those interns.

"I joined the HIRED program to gain learning experience and use those experiences that are gained from HIRED in the real world," Jones said.

"I think it is a phenomenal program," said Joy Wohlman Boyce, the library technician who supervises the interns at the library. "There are so many kids out there trying to get jobs right out of high school and they don't have any experience. By using this program, it gives them life skills."

"It is very exciting and it helps us too," she said.

Hillstrand believes it is a privilege to be a part of developing today's youth through the HIRED apprenticeship program. If your Fort Wainwright facility is willing to be a driving force in developing the youth of today or you're interested in being a mentor, contact her at 361-4391 or 361-5437 or via email at ramona.l.hillstrand.naf@mail.mil.



Diamante' Jones, 17, the daughter of Erica and Sgt. 1st Class Timothy Simmons, Northern Warfare Training Center, shown here checking out a book, joined the HIRED program to gain work experience. In the background is library staff member Betty Luebke. (Photo by Ramona Hillstrand/FMWR)

Army Emergency Relief: New, expanded aid categories for Soldiers, Families

Staff Report, Fort Wainwright PAO

Army Emergency Relief recently announced the addition of several new categories that are now eligible for assistance. New categories include family member dental care, basic furniture needs, rental vehicles and replacement vehicles.

The expansion of AER categories is good news for Soldiers and Army Families in Alaska, said Russell Williams, Army Emergency Relief officer.

The increased availability of funds is "especially helpful here," Williams said, "because of the extreme cold (and) icy weather

and the high cost of living."

Alaska's environment is tough on people, pets and vehicles, and the need for special equipment and outfitting to survive and thrive during an Alaskan winter can add strain to a Soldier's already-stretched budget.

Both forts Wainwright and Greely are served by Williams' AER office on Fort Wainwright in the Army Community Service center, a division of Family and Morale Welfare and Recreation.

See RELIEF on page 2

Army Family Action Plan brings new issues to Army leaders

Rob McIlvaine, Army News Service

The annual Army Family Action Plan Conference has brought 53 delegates to Arlington, Va., Tuesday of this week from garrisons across the Army to discuss 51 issues important to Families, wounded warriors and Soldiers.

These issues -- brought up through the AFAP process begun at the garrison level -- will be pared down over the next three days to eight, and then presented to senior Army leaders, March 2.

"As Secretary of the Army John McHugh stated at a congressional breakfast earlier this month, 'whatever challenges you face we are not going to balance this budget on the backs of our Soldiers and our families,'" said Gen. Lloyd J. Austin III, Army vice chief of staff.

"In fact, we have doubled the amount of spending we've had for family programs over the last several years, from \$600 million to \$1.2 billion. I promise you, families are the nucleus of our Army and we will make sure that you are properly cared for," Austin said,



Lt. Gen. Michael Ferriter, commander, U.S. Army Installation Management Command and assistant chief of Staff for Installation Management, addresses about 200 Army senior leaders, delegates and friends at the beginning of the Army Family Action Plan conference in Arlington, Va., Tuesday. (Photo by Rob McIlvaine/Army News Service)

adding the delegates need to make sure the Army gets it right, given the challenges faced after more than a decade of war."

See AFAP on page 3

EXTENDED WEEKEND WEATHER

Friday	Saturday	Sunday
Mostly cloudy, light winds with scattered flurries. Low -15 High 8	Mostly cloudy, light winds with scattered flurries. Low -10 High 8	Mostly cloudy with chance of snow Low -15 High 5

Aurora forecast is MODERATE ACTIVITY for Friday and Saturday

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

17393287

SN/ BIRCHWOOD HOMES

RELIEF: For Soldiers and Families

Continued from page 1

"We have been seeing increased numbers of these types of requests," said retired Sgt. Maj. Dennis Scott, AER's assistance division chief. "Previously, we've processed some cases with mitigating circumstances as an exception to policy. With this change we'll be able to assist additional Soldiers and their Families much more efficiently."

Family dental care is not available for Families located in the United States. This can put a significant financial burden on Soldiers. Dental Care eligible for AER assistance includes diagnosis, fillings, crowns, root canals, extractions, sealants and emergency care to alleviate pain. Assistance will be limited to no more than \$4,000 per case.

Basic furniture needs include beds, cribs, sofas, chairs and tables. The intent is to assist those Soldiers and Families establishing households when the quarters have no furniture. Additionally, this category would be eligible to Soldiers who lost their furniture as a result of a natural disaster. Assistance will be limited to no more than \$4,000.

Assistance for a rental vehicle is intended to help those Soldiers on emergency leave, or waiting for the repair of a primary vehicle. The rental period would normally be seven to 10 days.

Assistance for a replacement vehicle is intended to help Soldiers when the cost to

repair their current vehicle is greater than the vehicle's value. Assistance will be limited to not more than \$4,000.

"We believe that by adding these additional categories, AER can take a more proactive role in caring for Soldiers and their families during a critical time in their lives," added Scott. In the past two years AER has implemented a total of nine new categories in an effort to be more responsive to the changing needs of today's Soldiers.

AER is "I believe Soldiers helping Soldiers through a voluntary donation program like Army Emergency Relief is outstanding," Williams said.

Army Emergency Relief is a private non-profit organization dedicated to providing financial assistance to Soldiers, active and retired, and their Families. Since its incorporation in 1942, AER has provided more than \$1.3 billion to more than 3.3 million Soldiers, Families and retirees. For more information contact www.aerhq.org/dnn563/Home.aspx

Service members, retirees and their family members that find themselves in an emergency situation can come by ACS and pick an application or call for information. Army Emergency Relief is located in the Welcome Center, Building 3401, Santiago Avenue. Stop by or for more information call, 353-7453.

The Army Emergency Relief campaign for 2012 kicked off Thursday. Soldiers interested in donating to AER should contact AER campaign coordinator, 1st Sgt. Tornald Hall at 353-7617.

Medical Department Activity - Alaska

Col. George Appenzeller, MEDDAC-AK commander



Patient award-winning care at Bassett Army Community Hospital

National Patient Safety Awareness Week is March 4 through 10. This is a time when healthcare organizations throughout the world focus awareness on improving patient safety at the local level. The National Patient Safety Foundation Campaign focuses on encouraging patients, families and healthcare providers to engage in ways to reduce medical errors that can cause harm. Medical Department Activity-Alaska works year-round implementing different methods to capture and improve quality patient care.

Recently the Bassett Army Community Hospital Emergency Department was recognized for their teamwork and communication by receiving the Department of Defense Patient Safety Award. Throughout MEDDAC-AK, teams have been implementing TeamSTEPPS to improve communication among team members to meet patients' needs and ensure all members have vital information to provide the best care possible. Departments conduct morning briefings to prepare for daily patient care needs and huddles when a patient's condition changes to ensure all team members are informed.

Another patient safety tool we use is the patient tracer methodology. Tracer methodology is an evaluation method in which surveyors select a patient and use that individual's record as a roadmap to move through the organization in order to assess and evaluate our compliance with selected standards and systems of providing care and services. Surveyors retrace the specific care processes that an individual experienced by observing and talking to staff in areas that the individual received care. As surveyors follow the course of a patient's treatment, they assess our compliance with Joint Commission standards.

We have several patient tracer teams that conduct self assessments of patient care on a weekly basis. This provides us an opportunity to observe patient care in the outpatient and inpatient settings. By viewing patient care across the organization, it allows us to validate consistency, safety and uniform performance of care, treatment and services.

The teams provide feedback to staff based upon identified findings and discussion for solutions to improve patient care processes. The tracer teams provide feedback to leadership with staff input for recommendations on how to improve patient care at the clinical level. MEDDAC-AK believes that the patient is a vital part of the healthcare team, and will sometimes ask to speak to a patient regarding their care and participation. Our tracer teams will also ask patients to participate and provide feedback of the care they are receiving. This also provides the opportunity for patients to ask questions about standards of care and for us to share the Joint Commission standards and expectations with our patients. The feedback patients provide to the tracer teams is vital in helping us improve systems to provide better care.

Nationally, efforts of the past decade have brought improvements; however, recent studies indicate that much work remains to be done. Healthcare providers, patients and families need to continue this partnership to achieve quality patient care through communication and identification can identify healthcare processes and systems to improve patient care and communication. As always, the MEDDAC-AK 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.

Mortgage assistance programs and initiatives available to Soldiers

Allen Shaw, Fort Wainwright PAO

The government has programs and initiatives specifically designed to assist military homeowners.

Partnerships forged with government agencies such as the Consumer Financial Protection Bureau, the Department of Veterans Affairs and several lending institutions can be beneficial to Soldiers and Family members struggling to make a payment or sale a house.

Underwater mortgages often cause problems for Soldiers who change duty stations in today's economy. When people are figuratively drowning in debt, due to mortgage obligations they are unable to meet, they are in an underwater mortgage.

Holly Petraeus, director of the Office of Service Member Affairs in the CFPB, and wife of retired Army Gen. David Petraeus, said, "The housing markets hit the hardest are California, Nevada and Florida. The problem arises from so many military members buying homes at prices that our current markets won't support."

"I haven't heard of this happening very much in Alaska," said Mae

Harrell, chief, Fort Wainwright Housing Services office, "but most of the problems arise when people first move here, have already been dealing with a realtor and request temporary lodging allowance."

One of the most common ways of getting into an underwater mortgage situation is when a service member-property owner refinances an existing mortgage and then owes more than the home is worth. This situation is then compounded by the fact that military Families usually move every two to four years. Often, service members are leaving their Families behind to avoid family finances or loan defaults, which would hurt credit ratings.

"The most important thing to remember if you are going to purchase a home, make sure you can afford it," Harrell said. There are calculations available that show the average percentage for payments, rent, utilities and insurance to give military customers an idea of what it costs to live outside the gate. This information can be found at www.defensetravel.dod.mil.

Along with recent alterations to the federally-funded programs, the National Mortgage Settlement and Civil Relief Act directly affect Soldiers who were foreclosed upon while deployed. Harrell said her office hasn't heard of any local cases, but does have information available on the Military Forbearance Program.

This program is for military personnel with a mortgage that may be facing a financial hardship due to injury or injury of a spouse on active duty or have been affected by a call-up of the National Guard or other state-supported military unit. Personnel moving to another duty station may also be eligible for this program to negotiate lowering or temporarily suspension of monthly payments, giving the member time to improve their financial situation and get back on their feet. "These programs do not adversely affect a member's credit reporting related to their mortgage loan during the forbearance period, allows them to stay in their home and avoid foreclosure," said Connie Glenn, acting housing

chief, Installation Management Command. More information is available at www.knowyouroptions.com/militaryforbearance.

Above all, the key to buying a house is preparation. "I can't stress enough that you should make sure that you are financially stable enough to take on the debt and plan for crises," said Harrell. Avoiding payday lenders and internet-based loans is also very important. Finally, as simple as it sounds, setting aside future payments is always a good way to plan for the worst. She said, "If you do find yourself in a financial pinch, the first thing to do is sit down and talk to your banker. Many mortgage lenders have an agreement with the military to assist service members with these issues."

For more information on service member homeowner programs or assistance with a mortgage concerns call the Fort Wainwright Housing Office at 353-1696. Legal Assistance can also offer military renters and home-buyers advice, call 353-6434.

ALASKA POST

Home of the Arctic Warriors

EDITORIAL STAFF

Fort Wainwright Garrison Commander

Col. Ronald M. Johnson

U.S. Army Garrison Fort Wainwright PAO

Linda Douglass

Command Information Chief

Connie Storch

Editor

Brian Schlumbohm

Staff writers

Trish Muntean

Allen Shaw

Contributors

Rob McIvaine, Army News Service

The ALASKA POST is authorized by Army Regulation 360-1 and is published by the Fairbanks Daily News-Miner, a private firm in no way connected with the U.S. Army, and is under exclusive written contract. Contents of the ALASKA POST are not necessarily the official views of, or endorsed by, the Department of the Army. The editorial content of this publication is the responsibility of the U.S. Army Garrison Ft. Wainwright Public Affairs Office. The ALASKA POST welcomes responsible comments from its readers and will publish letters, articles or photos submitted at least one week prior to the next publication. The ALASKA POST reserves the right to edit or reject submissions. All submitted material will become official Army property unless otherwise indicated. To advertise call (907) 459-7548. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, gender, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron. The Editorial office is located on Ft. Wainwright in Building 1047 #1; Mailing address is Public Affairs Office, 1060 Gaffney Road, 5900, Ft. Wainwright, AK 99703. Call 353-6779 or 353-6701, or send emails to pao.fwa@us.army.mil. The ALASKA POST - Home of the Arctic Warriors

**SOLDIERS AGAINST
DRUNK
DRIVING**

HAVE A PLAN, HAVE SOMEONE TO CALL

353-6610

Sugar Bears home from Afghanistan

Staff Report, U.S. Army Alaska PAO

Soldiers of B Company, 1st Battalion, 52nd Aviation Regiment, 16th Combat Aviation Brigade (Alaska) also known as the Sugar Bears, returned home from a 12 month deployment in support of Operation Enduring Freedom Feb. 24.

Loved ones, friends and appreciative members of the community filled the Fort Wainwright Alert Holding Area to wait the final few moments before being reunited with their Soldiers. The heavy-lift capabilities of the

Sugar Bears were truly tested to their limits throughout the RC-S area of operations over the course of their 12 months in Afghanistan.

Much like their sister-company, C Company, 1-52nd, the Sugar Bears also supported the Arctic Wolves of the 1st Stryker Brigade Combat Team, 25th Infantry Division, also based at Fort Wainwright.

After the Soldiers arrived from Eielson Air Force Base, 1-52nd Commander, Lt. Col. John Knightstep, gave some brief comments.



Maj. Richard Sweet, (right) Commander, B Company, 1st Battalion, 52nd Aviation Regiment, 16th Combat Aviation Brigade (Alaska) stands at attention listening to remarks from his Battalion Commander, immediately after returning from a year-long deployment to Afghanistan. (Photo by Maj. Joel Anderson/U.S. Army Alaska PAO)



Lt. Col. John H. Knightstep, Commander, 1st Battalion, 52nd Aviation Regiment provides remarks to welcome the B/1-52nd home from their recent deployment to Afghanistan. (Photo by Maj. Joel Anderson/U.S. Army Alaska PAO)

"The Sugar Bears fearlessly ferried Soldiers, supplies, equipment, and armaments into the heart of the combat zone and to our adversaries, just the sight of a CH-47 [Chinook] now strikes fear in their hearts, just knowing the support it is able to bring in even

the most isolated areas." Finally, upon completion of his remarks, Lt. Col. Knightstep gave B/1-52nd the command they'd long been waiting for: "Dismissed!" With that, a hearty cheer went up and Soldiers and Family members rushed to reunite with each other.

AFAP: Bringing global Army Family issues to Army leaders

Continued from page 1

More Soldiers will be returning home and staying home, he said, and many of them are suffering the effects of war: physical, mental and emotional, and will need the proper care.

"As we begin the long and difficult process of transition, we need to understand where assistance is required, and where resources may be applied most effectively."



Gen. Lloyd J. Austin III, Army vice chief of staff, addresses about 200 Army senior leaders, delegates and friends at the beginning of the Army Family Action Plan conference in Arlington, Va., Feb 27, 2012. (Photo by Rob McIlvaine/Army News Service)

"Two things I've asked you to do this week: I've asked you to be critical, but I've also asked you to be creative. Being critical is helping to identify the issue or problem, being creative is being part of the solution," Austin said.

The issues being worked by the four working groups this week fall under four headings:

- Family Support
- Medical, Dental, and Wounded Warriors
- Personal Well-Being
- Soldier Support

Also, during this week, the General Officer Steering Committee, or GOSC, will be working on resolving 37 issues, some of which entered AFAP as early as 2002. On Friday, members will be notified of the eight issues the working groups decide upon.

The GOSC issues at this conference fall under five major headings: Wellness and Behavioral Health (5), Civilian Employment (3), Soldier Support and Entitlements (10), Medical (10), and Family Support (9).

"We will continue to take care of Soldiers and families," said Lt. Gen. Michael Ferriter, commander, U.S. Army Installation Management Command and assistant chief of staff for Installation Management.

"AFAP is critical to the delivery of the Army Family Covenant because it gives our Army leaders the expectations of the Army community. Through the AFAP process and this conference, you identify quality of life issues to senior Army leaders for action."

Anyone can get involved in the AFAP, he said.

"It's a program where anyone from a private to a spouse, retiree, wounded warrior, Gold Star survivors, or Department of the Army civilians can have a direct impact. Through AFAP, you can help shape the Army. What you're doing this week touches our Army families, and all Army components: active, Army Reserve and Army National Guard," Ferriter said.

One point of the AFAP conference, Austin said, is to keep as many programs and services as possible, while eliminating redundancies.

"We've been transitioning over the past 10 years," Austin said. "And because of the hard work done by people like you, our families have proven that they are resilient, our Soldiers are resilient, you have worked hard to make that happen, you have helped us create programs that are just remarkable, but we have demonstrated that as an entire force, that we are resilient, we're agile, and we're adaptive."

AFAP creates an information loop between the global Army family and leadership. Information provided through this process gives commanders and leaders insight into current satisfaction detractors, quality of life needs, and expectations of Army constituents.

Since AFAP began in 1983, results have included 126 legislative changes, 177 Army and Office of the Secretary of Defense policies changed, and 197 changes and/or improvements to programs and services.

The Army is the only military service that has instituted such a grass-roots program, yet the results benefit all branches, with about 60 percent of AFAP issues applicable across the Department of Defense.

11391146
BABULA, DR.
AK POST/AK POST
2 x 3.0

10392623
SEOUL GATE RESTAURANT
AK POST/FREE LUNCH
2 x 3.0

11391147
LOOSE MOOSE CAFE
AK POST/BUCKS
2 x 3.0

Phase two Army re-enlistments begin, Soldiers urged to see career counselors

Brian Schlumbohm, Fort Wainwright PAO

The Army released new parameters last year regarding Soldiers' re-enlistment timeframes whose expiration, term of service dates fell within fiscal year 2012.

Phase one started October 1, 2011 and ended Jan. 31, 2012 and Phase two started Thursday. Phase two is intended for those Soldiers eligible for re-enlistment within Fiscal Year 2013, with dates from Oct. 1, 2012 through Sept. 30, 2013.

In the past, the option to re-enlist within a



Post retention manager, Sgt. 1st Class, Steven Schack, ready to get Soldiers on track for re-enlistment and on target for a career. "Stay Army, Stay Arctic Tough." (Photo by Brian Schlumbohm/Fort Wainwright PAO)

two-year window of a Soldier's ETS was the standard but as the Army works with new end strength numbers and evaluates overages in certain Military Occupational Specialty codes, it has begun to more closely monitor and manage its processes of re-enlistment, with that, smaller time-frames of opportunity within the enlistment process.

Post retention manager, Sgt. 1st Class, Steven

Schack said, "We want to get the word out - come see your Service and Career counselors as soon as possible."

Presently, Skill Level One Soldiers, Privates through Specialists, are highly populated by overages in certain MOS fields.

"They [Department of Army] are giving these Soldiers an opportunity to re-enlist at their current MOS - with some restrictions," Schack said.

Now is the time for these Soldiers to reclassify to other specialties or re-enlist for a period of two or three years, as the Army's needs change.

Soldiers in these positions have been or will soon be contacted to be made aware of their status if their MOS is an overage career.

The importance of Soldiers being proactive in their re-enlistment process is very important. Do not hesitate, Soldiers need to contact their retention office and see what they qualify for.

The following are the points of contact for servicing career counselors on Fort Wainwright and Joint Base Elmendorf-Richardson.

Fort Wainwright career counselor phone numbers:

1st Stryker Brigade Combat Team, 25th Infantry Division, Rear Detachment at 353-2219; 1st Battalion, 52nd Aviation Regiment at 353-0339; 6th Squadron, 17th Cavalry Regiment at 353-0390; 472nd Military Police Company and 28th Military Police Detachment at 384-1143; 539th Transportation Company, 65th Explosive Ordnance Disposal Company and the 9th Army Band at 384-9148.

Joint Base Elmendorf-Richardson career counselor phone numbers:

4th Brigade Combat Team (Airborne), 25th Infantry Division, Rear Detachment at 384-0427; 2nd Engineer Battalion at 384-0241; 793d Military Police Battalion at 384-1143; 6th Engineer Battalion at 854-5112 and the 17th Combat Sustainment Support Battalion at 384-9148.

Common Access Cards must be reissued

Allen Shaw, Fort Wainwright PAO



Many Common Access Card cardholders will be receiving an email over the next six months telling them that their CAC must be reissued.

This is not a hoax. The message is legitimate. The National Institute of Standards and Technology considers the cryptography used in the cards deficient.

In an effort to fortify cyber-security the military posted an order stipulating that certain cards must be replaced no later than October 1. According to a posting at www.facebook.com/ARMYIDCards, the Defense Manpower Data Center is working with the Services to ensure an orderly replacement of these cards.

Michelle Fontenot, chief, Personnel Services Branch, United States Army Garrison Fort Wainwright confirmed the process and said the specific message states that although many of the cards will be replaced through natural attrition, those that expire after the designated deadline will be notified by email. I recommend that customers call the ID card office and make an appointment online at <https://rapids-appointments.dmdc.osd.mil/>, said Fontenot. "We will be going to appointment only from March 19 through May 1 due to the redeployment of the (1st Stryker Brigade Combat Team, 25th Infantry Division)."

Anyone who receives the email is asked to bring a copy with them, although those presenting a 64K or 72K card should be serviced and their card should be replaced.

For more information call the Real-time Automated Personnel Identification System ID card issuance office at 353-2195 or visit www.dmdc.osd.mil/rsl/.

Chandler cites renewed emphasis on professionalism

Rob McIlvaine, Army News Service

With the successful completion of the mission in Iraq and a continued transition to Afghan security forces, the Army will begin to reduce force structure. It will also identify the qualities needed by this downsizing force, said Sgt. Maj. of the Army Raymond F. Chandler III in a recent roundtable on Soldier professionalism. "For me, there are three criteria to identify professional Soldiers:

-- competence, or the ability to do your job and do it well;

-- character: the understanding that a Soldier acts on behalf of the nation, rather than his or herself;

-- and commitment: which is a personal calling to serve in the Army and the nation, before all else," Chandler said.

Over the next six years, Chandler said the Army will reduce its active forces end strength from 570,000 to 490,000, which will include the reduction of at least eight brigade combat teams.

"We are committed to accomplishing these cuts in a controlled and responsible manner. But I want to stress -- even though we are in a transition, our mission has not decisively changed. It's to prevent war by our

capacity, readiness and modernization, shape the environment in which we operate and when called to combat, fight and win our nation's wars, decisively," he said.

While the Army focuses a lot on competence, Chandler believes that character and commitment need a renewed effort and focus over the next several years.

"It's easy to see competence. You take a look at a counseling statement, or an evaluation, or you ask the Soldier a few questions about his or her job.

"It's not so easy to see character and commitment. For that, you really have to know someone. You really have to be that leader -- the kind who guides, mentors and leads by example.

As Chandler travels around the Army and talks with Soldiers, he said he talks about these three characteristics.

"And I talk about being professional. It is the cornerstone of being who we say that we are."

"Our Soldiers have shown this professionalism over and over again the last 10 years of conflict. It's going to take professional Soldiers and leaders to tackle some of the issues we're faced with now: post-traumatic stress, post-traumatic brain injury, wounded warrior care, suicide, sexual assault and harassment, hazing, and to manage our drawdown and

transfer, and transition Soldiers with dignity and respect back into the civilian world," Chandler said.

The Army must meet these head on, he said, to ensure Soldiers are not only receiving the care they need, but also are maintaining good order and discipline expected of the United States Army Soldier.

"I, along with the Army senior leadership, am committed to this and will not rest until we make significant and lasting improvements in all of these areas and more," he said.

Over this past year, Chandler, who said he's very proud to be part of the Army team, has traveled about 200,000 miles as the sergeant major of the Army.

"And wherever I go, I can't help but be in awe of the professionalism, dedication, and sacrifice our Soldiers, and our family members and civilians display every day. Our Army is quite frankly the best trained, best manned, best equipped, and best led force in our history," he said, adding that Secretary of the Army John McHugh, Army Chief of Staff Gen. Raymond T. Odierno and he are proud of what Soldiers and civilians have accomplished over the past decade.

"We've proven ourselves in every engagement



Sgt. Maj. of the Army Raymond F. Chandler III speaks at the Heroes Breakfast prior to the U.S. Army All-American Bowl in San Antonio on Jan. 7, 2012. More recently Chandler said the Army will identify the qualities needed in its Soldiers as it downsizes during a recent roundtable on Soldier professionalism. (Photo by Sgt. 1st Class Scott D. Turner)

and continue to display the physical and mental toughness long associated with the word Soldier."

Chandler also said the Army has spent the last few years analyzing and dialoguing about how to use the experience gained from the past decade of conflict to better understand the Soldiers' role as professionals, from senior Army leadership down to the lowest private

in the formation.

"Professionalism is built on a bedrock of trust -- the positive relationship between the American people that is based on mutual trust and respect. Only by military effectiveness performed through honorable service, by an Army with high levels of trustworthiness and esprit de corps, can the Army truly be a profession," Chandler said.

New Warrior Transition Complex opens its doors

Allen Shaw, Fort Wainwright PAO

The Fort Wainwright Warrior Transition Battalion, B Company officially opened the doors to a new Warrior Transition Complex on Fort Wainwright during a ribbon cutting ceremony Tuesday at 1 p.m.

Lt. Col. Jason Benfield, Commander of the Warrior Transition Battalion – Alaska spoke to the Soldiers, Family members and other visitors. Benfield said, “We have a world class team and now have a world class facility to match. Soldiers come to us because something did not go according to plan, they will experience a change of mission. Their new mission will be transition to the next phase of their lives, whether it is as a Soldier or as a Veteran.”

The official ribbon cutting was performed by Garrison Commander of Fort Wainwright Col. Ronald Johnson, Commander United States Army Medical Department Activity-Alaska Col. George Appenzeller, Commander of Warrior Transition Battalion-Alaska, Lt. Col. Jason Benfield and B Company, WTB Soldier Sgt. George Hoover.

Brandy Ostanik, MEDDAC-AK public affairs officer said, “The opening of the new complex reaffirms the Army’s and Fort Wainwright’s continuing commitment to providing world-class facilities, care, support and assistance for Soldiers and their Families during their transition.” It is the goal of the Warrior

Transition Battalion to provide each Soldier with the best care possible.

The complex consists of three modern, fully-accessible buildings; Bravo Company Headquarters, Company Barracks and a Soldier and Family Assistance Center.

“These facilities include an administrative support building which houses nurse case managers, cadre members and administrative functions in a consolidated setting,” said Appenzeller, “the Soldier and Family Assistance Center that serves as a one-stop-shop provides tailored, integrated support services, all in a location which is convenient to Soldiers and their Families.” The facility is also barracks for transitioning Soldiers, with 32 rooms complete with kitchens and laundry facilities. “I am proud that we now have facilities that match the level of care that has been and will continue to be given to these Soldiers,” he said.

Rhonda Carlson, Army Family AP manager led members of the local media through the Soldier and Family Assistance Center. “It’s a facility that is able to provide wrap-around services for Soldiers and Family members,” Carlson said, “the Warrior Transition Unit provides medical and health services and we provide a number of social services.” All of the services available to Soldiers are also available to Family members. “We try to take care of all the issues involved in Soldiers’ lives



Sgt. George Hoover, Warrior Transition Battalion, B Company cuts the ceremonial ribbon during the grand opening of the Warrior Transition Complex, Tuesday. Hoover is joined by (left to right) Col. Ronald Johnson, commander, United States Army Garrison, Fort Wainwright, Col. George Appenzeller, commander, Medical Department Activity-Alaska and Lt. Col. Jason Benfield, commander, Warrior Transition Battalion. (Photo by Allen Shaw/Fort Wainwright PAO)

while they focus on healing,” said Carlson.

Benfield spoke about the many success stories and how proud he is of the battalion alumni. “There are those who have conquered cancer, who have turned Post Traumatic Stress into Post Traumatic Growth and who have become Soldiers that their peers fighting to recover could emulate. They won’t all return to duty, but all of them are leaving the WTB-Alaska better than they arrived,”

he said.

“Our squad leaders, nurses, and other team members are true servant leaders who devote themselves body and soul to the Soldiers of our Battalion,” said Benfield, “The success of our Soldiers is good medicine and good motivation for the entire unit. It is a great honor to see our Soldiers and the team serving them, move into a facility that will contribute to those successes.”

Read Across America Day, honoring Dr. Seuss

Brian Schlumbohm, Fort Wainwright PAO

Today is Read Across America Day, sponsored by the National Education Association. Intended to inspire reading in the nation’s schools and communities. This year the event happens to fall on the 108th anniversary of the birth of Theodor Seuss Geisel, otherwise known as Dr. Seuss.

As part of Read Across America, and in honor of his birthday the library will host a special reading of Dr Seuss’ classic “The Lorax” by three mystery, celebrity readers today at 4 p.m.

His publications includes titles such as; “The Cat in the Hat”, “One fish Two fish”, “There’s a Wocket in my Pocket” and many more. These stories have been read over and over to children everywhere and held in high regard by educators.

Though honored for his contributions to children’s literature, his service as a member of the United States Army has gone virtually unnoticed.

Born March 2, 1904 in Springfield, Mass., Theodor Geisel started his path to writing after graduating from Dartmouth College in 1925. Having gone overseas to study literature at the Oxford University in England, he left without finishing his degree and came back to America to pursue a career as an artist and writer.

Returning to Springfield in 1927, he began sending his illustrated political cartoons to magazines and other publications, making his first breakthrough in The Saturday Evening Post, July 16, 1927. Moving to New York City, NY, he joined the staff of a weekly humor magazine called “Judge,” where he first began to use his now famous pen name, Dr. Seuss.

In 1936, after successfully

making a living in advertising and as a political cartoonist, Geisel authored his first children’s book, “And to Think That I Saw It on Mulberry Street.” Geisel had gone to 27 different publishers with his book and was rejected. It was finally accepted by Vanguard Press which published it in 1937.

After the start of World War II, Dr. Seuss joined the war effort by creating cartoons, illustrations and posters for the U.S. Treasury and other agencies. His advertisement art brought much needed attention to the war effort by promoting the purchasing of war bonds and the rationing of goods at home to support the Soldiers overseas. Eventually he began marketing posters for the Department of Defense promoting enlistment in to the Army and Navy.

Too old for the draft, Geisel volunteered for service, joining the Army in 1943 and commissioned as Commander, Maj. Theodor Geisel of the Animation Department, First Motion Picture unit, based in Hollywood, Calif. His role during the war was to create informational training films and illustrations for military and public audiences. Working with famous cartoonists and film makers of the day like Jack Turner, Chuck Jones and Frank Capra; his unit created films for Army training, morale and informational animations such as: “Private Snafu”, a series of short animated films using a Private who continually messes up to show troops what not to do while in the Army. “Your Job in Germany”, a 1945 propaganda film on the role of peace in Europe after World War II and “Our Job in Japan”, where other short films made. One of the films he created for the Army,



In honor of his life’s work, the U.S. Post Office created a commemorative stamp on March 2, 2004, the 100th anniversary of his birth. The stamp features a photograph of Geisel from 1987 with six characters from his books. Today at 4 p.m. the library will host a special reading of Dr Seuss’ classic “The Lorax” by three mystery, celebrity readers. For more information call 353-4137. (Courtesy photo)

“Hitler Lives” won an Academy Award. As a Soldier in the Army, he was awarded the Legion of Merit for his contributions to the war efforts as a cartoonist, script writer and film maker.

At the end of the war, Geisel left the Army and moved to La Jolla, Calif. where he went on to create the script for “Gerald McBoing-Boing” a Technicolor short, by United Productions of America/Columbia which won an Oscar for Best Cartoon Short in 1951. During his career he published many books, writing and illustrating 44 of them himself. One of his books supposedly written on a bet with his publisher, Bennett Cerf, who prompted him to write a book using only 50 words. This book, now a classic, with a character few people haven’t heard of, Sam I am, in “Green Eggs and Ham”. Probably his best known and all-time biggest seller was “Cat in the Hat.” His final book “Oh, the Places You’ll Go!” was published in 1990 and offered encouragement to young people as they set out on the journey of life.

Geisel died Sept. 24, 1991, in La Jolla, Calif. but his writing style, signature artwork and contributions to the nation have made him an enduring part of American culture in the homes, libraries and theaters, the world over.

Could you, would you,
read some more,
Of Seuss’ work in peace and war.
Read it, read it then you’ll see.
How Seuss served both Soldier and child - literally.

Read more about Read Across America Day at www.readacrossamerica.org/ and Dr. Seuss, his life and accomplishments at:
www.militarymuseum.org/1stmpu.html
airforce.togetherweserved.com/usaf/servlet/tws.webapp.WebApp?cmd=ShadowBoxProfile&type=Person&ID=119412
www.dartmouth.edu/~library/digital/collections/ocm58916242/ocm58916242.html

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 cardholders 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 5 by 7 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 to 5 p.m., Fischer Skeet Range, Building 1172. Stop by to practice your shooting skills. Call 353-7869.

Monday – 5th

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.

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

MOSAIC TILE WORKSHOP, 2 - 5 p.m., Arts and Crafts Center, Building 3727. Four day workshop. Cost is \$65 and includes all materials. Call 353-7520.

Tuesday – 6th

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

GROUP CYCLING 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.

Wednesday – 7th

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

WILD WING WEDNESDAYS, 5 to 7 p.m., Nugget Lanes Bowling Center, Building 3702. Call 353-2654.

BOOT CAMP, 5 p.m., Physical Fitness Center, Building 3709. Call 353-7223

Thursday – 8th

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

NUTRITION AND FITNESS ROMP AND STOMP PLAYGROUP, 9:30 to 11 a.m., Last Frontier Community Activity Center, Building 1044. Call to reserve transportation from the hotel. This activity is a partnership with Army Community Service and Child, Youth and School Services. Call 353-7713.

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 – 9th

SPRING BREAK AT BIRCH HILL, noon to 8 p.m., Birch Hill Ski and Snowboard Area, Building 1172. Call 353-9131.

COSMIC BOWLING, 8 p.m. to 1 a.m., Nugget Lanes Bowling Center, Building 3702. Call 353-2654.
GROUP CYCLING CLASS, 6:30 a.m., 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.

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

EXCEPTIONAL FAMILY MEMBER PROGRAM CRAFT NIGHT, 6 to 7 p.m. Arts and Crafts Center, Building 3727. Open to participants in the EFMP ages 3 and older. Call 353-4243 to reserve a spot.

Saturday – 10th

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

SPRING BREAK AT BIRCH HILL, noon to 8 p.m., Birch Hill Ski and Snowboard Area, Building 1172. Call 353-9131.

YOUTH SKI AND SNOWBOARD DAYS, noon to 8 p.m., Birch Hill Ski and Snowboard Area, Building 1172. Cost is \$20 hour for DoD card holders, and \$30 for Non Dod card holders. Registration is open through day of event. Call 353-9131.

FAMILY DAY AT THE TUBE HILL, noon to 8 p.m., Birch Hill Ski and Snowboard Area, Building 1172. Cost is \$20 per hour for Department of Defense card holders, and \$30 per hour for Non Dod card holders. Registration is open through day of event. Call 353-9131.

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

THE WHITE MOUNTAINS SNOWMACHINE TRIP, 8 a.m. to 5 p.m., Cost is \$50 per person. Age minimum is 18. If the temperature is 20 below or colder, the trip will be postponed to a later date. Call 361-6349 or 6350.

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

TEXAS HOLD'EM, 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.

KIDS CRAFTING: CERAMIC POTS, 10:30 a.m. - noon, Arts and Crafts Center, Building 3727. Ages 4-7. Cost is \$5 and includes all materials. Call 353-7520.

Sunday – 11th

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.

SPRING BREAK AT BIRCH HILL, noon to 8 p.m., Birch Hill Ski and Snowboard Area, Building 1172. Call 353-9131.

YOUTH SKI AND SNOWBOARD DAYS, noon to 8 p.m., Birch Hill Ski and Snowboard Area, Building 1172. Cost is \$115 for DoD card holders, and \$125 for Non Dod card holders. Registration is open through day of event. Call 353-9131.

FAMILY DAY AT THE TUBE HILL, noon to 8 p.m., Birch Hill Ski and Snowboard Area, Building 1172. Cost is \$20 per hour for DoD card holders, and \$30 per hour for Non Dod card holders. Registration is open through day of event. Call 353-9131.

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

Open recreational ice skating at the Physical Fitness Center



Individual daily fees

4 years and younger, free
Ages 5 to 17, \$2.50
Adults, \$3.50
Family of four or more, \$8
Skate rental, \$1.50

Physical Fitness Center, Building 3709
Call for information at 353-7294.



Birch Hill Ski and Snowboard Area is open for Spring Break

Skiing, Tubing, Snowboarding and Skeet and more.



Call 353-9131 for more information.



18390656
LASKA REFINISHING &
UPHOLSTERY
AK POST/MARCH
1 x 4.0

**HELP
STOP
DOMESTIC
VIOLENCE**

CALL

388-2260

**NO NAME
REQUIRED**

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 from birth to 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.

Tuesday, 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.

FARMERS SOW NEW PATRONS

Visitors to the Noel Wein Public Library will have an opportunity to meet seven local farmers during a free presentation of Community Shared Agriculture, 2 to 4 p.m. Sunday. The farmers from Basically Basil, Bender Mountain Farm, Calypso Farm and Ecology Center, Dart-AM Farm, Dogwood Garden, Feedback Farm and Wild Rose Farm will be available to answer questions about their programs, among them - Community Shared Agriculture - offering a weekly supply of fresh, local vegetables over the season for a fee. For more information, call 451-0691.

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.

STATIONS OF THE CROSS

Every Friday of Lent, March 2, 9, 16, 23 and 30, 7 p.m. at the Southern Lights Chapel, Building 4107. Service is followed by a meatless, meager meal of soup and bread. Please bring some to share.

REUNION AND REINTEGRATION

WEDNESDAY WORKSHOPS

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.

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.

PROTESTANT WOMEN OF THE CHAPEL

The PWOC present the last First Friday of the deployment season: "Flashback Fiesta" tonight, 6:30 p.m. at the Northern Lights Chapel. Join women of the Fort Wainwright community as they flashback through the deployment year and celebrate their accomplishments. Great food, pinatas, a slide show, free childcare and more. School-age children can join in laser tag at the Last Frontier Community Activity Center, Building 1044, drop off begins at 6 p.m. Preschool and younger childcare available at Northern Lights. Please feed all children before dropping off. Email wainwright@pwoc.org for more information.

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.

Applicants may download an application from: www.wainwrightcsc.org or pick up a paper copy at the Fort Wainwright Education Center. Applications must be postmarked by March 14. For more information, contact scholarship@wainwrightcsc.org

RUN FOR FUN

A Shake Your Shamrock 5K run sponsored by 3rd Battalion, 21st Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Regiment is set for March 17. Soldiers, Families and leashed pets are welcome to participate. Strollers are OK and costumes are encouraged. Register online at www.active.com or drop form at either Beaver Sports on College Road or at 3-21st battalion headquarters, Building 3211 Santiago Avenue. Registration is also available before 9 a.m. on race day. Cost: Kids 5 and younger free; children 6 and older and adults are \$20. Runners must be registered by 9 a.m. race day. The race starts March 17 at 10 a.m. at 3-21st battalion headquarters. Bib pickup is available from 3 to 7 p.m. March 16 at headquarters or no later than 9 a.m. race day. There is a heated indoor pre- and post-race meeting area; hot and cold beverages and post-race snacks will be provided for race participants. The fire department will host their bounce house.

North Haven's educational commitment to safety of residents

Staff Report, North Haven Communities

To compliment North Haven Communities' commitment to residents' safety, North Haven has created an array of educational programs and developed information to help families with emergency preparedness.

Grilling season is just around the corner. The North Haven Resident Guide addresses fire-prevention and hazards. Gas grills, charcoal grills, portable outdoor fireplaces and large fryers may be used in accordance with local safety codes and regulations. They must be 15 feet from any building. These items are not to be used on decks and balconies, storage sheds or in garages.

- North Haven emphasizes fire safety in every New Resident Orientation.
- North Haven requires residents watch a fire safety video during the leasing process. The New Resident package contains a variety of safety and emergency preparedness information for incoming residents.
- North Haven provides a five-pound ABC fire extinguisher in every home in close proximity to the kitchen area, where many fires originate.
- North Haven provides smoke detectors that are interconnected throughout each residence for early detection of smoke.
- North Haven formed a strategic partnership with the Fort Wainwright Fire Department to combine resources in order to reduce the potential of house fires.
- North Haven partnered with the Fort Wainwright Fire Department to offer a series of events titled, "Fire Safety Days."

The weekend events were not only fun for adults and kids alike, but provided important fire safety education. The interactive training offered at the events included: fire extinguisher training using live extinguishers, grease fires, and a smoke house where both children and adults could experience and understand the difficulty in exiting a smoke filled environment.

- The Fort Wainwright Fire Department in cooperation with North Haven will provide fire safety inspections and evacuation planning for residents at no charge. Many residents have taken advantage of this free service to enhance fire safety awareness and pre-planning in the event of an emergency.
- North Haven created a safety brochure titled, "Safety Features of Your North Haven Home" and includes it in every Resident Move-In Packet.
- North Haven provides fire safety information on its website, www.nhcalaska.com. Fire safety information includes safety tips for smoke detectors, an informative North Haven fire safety video, and links to other safety sites such as the Home Safety Council.
- FWA and FGA routinely shares safety and emergency preparedness information that North Haven will forward to residents using a variety of social media
- North Haven regularly posts fire safety tips on its Facebook page.

North Haven cares for our residents and safety is the most important part.



North Haven Communities partners with Fort Wainwright Fire Prevention to teach Soldiers and Families about fire prevention. Darren Amos, Assistant Chief of Fire Prevention for the Fort Wainwright Fire Department presents North Haven Director of Property Management, Chris Anderson with a Certificate of appreciation for support of Fort Wainwright's Fire Safety Days Campaign. Even the youngest residents received hands-on fire extinguisher training at, "Fire Safety Days" by putting out a typical stovetop fire. (Courtesy photo)

North Haven safety tips:

- The leading cause of fires in homes is unattended cooking
- Most cooking fires in the home involve the stovetop
- Stay in the kitchen while you are cooking. If you leave the kitchen, even for a short time, turn off the stove

Available to GCI Cable subscribers on post



CHANNEL 5 Watch for Current Facility Information, Photos and Special Community Events

Also find it online under the Command Channel 5 link @

WWW.WAINWRIGHT.ARMY.MIL

12393189
FAIRBANKS CHORAL SOCIETY
AK POST/CONCERT FOR
1 x 2.0

18390658
PURE ESSENTIALS DAY SPA
AK POST/MARCH
2 x 2.0



(Photo illustrations by Brian Schlumbohm/Fort Wainwright PAO)

The 2012 World Ice Art Championships begin

The ice park opened Tuesday and will continue daily 10 a.m. to 10 p.m. through March 25.

The Single Block Classic competition took place between Feb. 28 and March 1. The Multi-Block Classic competition starts March 4 and lasts through March 9. Amateur Open Exhibition competition started Feb. 29 and lasts through March 16. Youth Classic competition is March 13 through 16.

Fees vary so visit www.icealaska.com for more information.



Women who made history and changed lives

Commentary by **Trish Muntean**, Fort Wainwright PAO

When I think about Women's History Month, the women I want to honor are those whose actions, even years later, truly affected my life or the life of someone I care about, although many people may never have heard of them. If you have ever loved a Soldier, take a moment to honor Stephanie Kwolek. Her life's work may have saved your Soldier's life. She did not invent a weapon, or develop a medical procedure used on the battlefield, but she did invent Kevlar, used to make bulletproof vests.

A well-known expression says "behind every great man there is an even greater woman." President Franklin Delano Roosevelt was a lucky man. Not only did he have Eleanor as his wife, but he had Frances Perkins serving as his Secretary of Labor, the first woman to hold a cabinet position.

Perkins changed life for the American working class. She helped to shape the Social Security Act and was instrumental in formulating the New Deal which provided much-needed jobs for unemployed Americans. Many of her efforts went into the Wagner Act, giving workers the right to organize unions and the Fair Labor Standards Act, establishing a minimum wage and a maximum work week. The Fair Labor Standards Act also placed restrictions on child labor.

While her professional accomplishments were great, there are other reasons I admire Perkins. One of those reasons is that she chose to keep her own identity by using her family (maiden) name after she married, fighting in court for her right to do so. I also kept my family name and it caused much aggravation for me when my husband joined the military a few years later. When the warrant officer in charge of the ID-card section told me he would "allow" me to use my last name on my ID card if I could give him three examples of other women who had done this, I used Perkins as one of those.

I am also in awe of Perkins for the fact that she supported her family after her husband was unable to do so and protected him and their daughter, who also suffered from mental illness, from public scrutiny.

Have you ever heard of Iris Rivera? Rivera, a legal secretary, was fired after refusing to make coffee because "(1.) I don't drink coffee, (2.) It's not listed as one of my job duties, and (3.) Ordering secretaries to fix coffee is carrying the role of homemaker too far."

In February 1977, many secretaries used their lunch hours one day and took to the streets to protest Rivera being fired.

Demonstrators from the organization, Women Employed in Chicago, conducted a detailed lesson on how to make coffee. Step five was "turn switch to on. This is the most difficult step, but with practice, even an attorney can master it." The demonstration made the network nightly news and generated hundreds of minor revolutions by clerical workers in offices across the country. Rivera got her job back and since then, I suspect male bosses were hesitant for years after to ask female members of their staff to make coffee.

Some women are simply not meant to be mothers. I am one of them. Surprisingly my 23-year-old son David survived my parenting, but he was the only one who had to endure, because after that I took the pill.

I am grateful for Margaret Sanger as well. Sanger was an American woman who made it her life's work to promote birth control as a means by which a woman could exercise control over her life. She was a controversial woman, and while I do not agree with all of her beliefs, I still admire her.

As a nurse working in New York City, Sanger became aware of the effects of unplanned and unwanted pregnancies, not just on the woman who had to carry the child, but on the entire family.

In 1912 she gave up nursing to devote herself to providing birth control information, even though it was illegal. When she and her sister opened a clinic to dispense advice on birth control in 1916 they expected to be arrested, tried and possibly jailed for the act. What she did not expect was that in the 10 days before the New York City vice squad shut them down, more than 500 women would seek their assistance. In 1921 she founded the American Birth Control

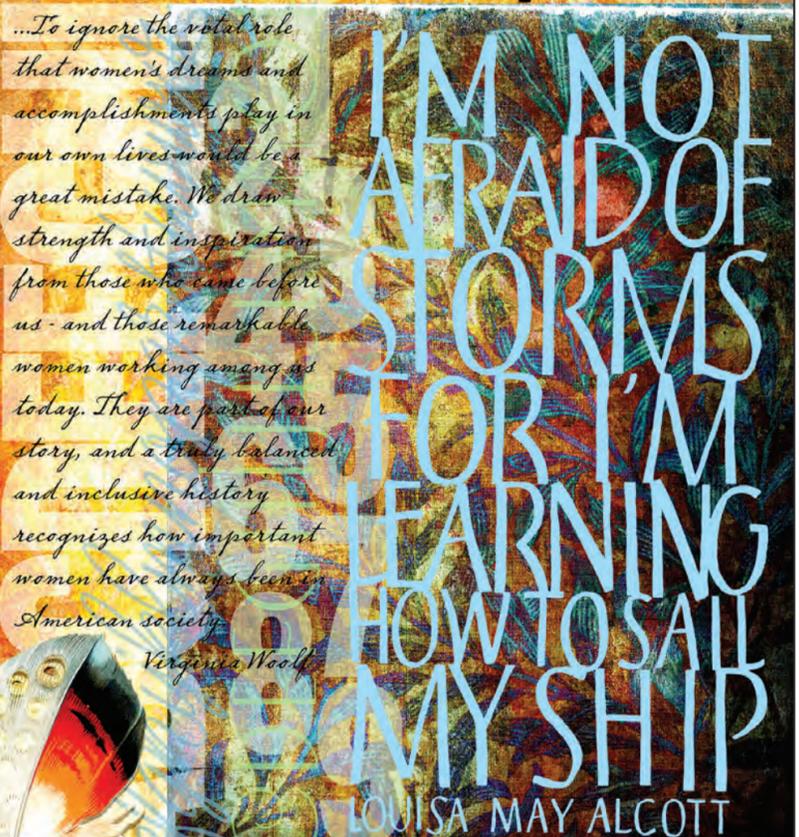
League, the forerunner to Planned Parenthood, and spent her next three decades campaigning to bring safe and effective birth control to the women of America.

Throughout the years Sanger dreamed of a "magic pill" to prevent pregnancy, something as easy to take as an aspirin. In 1960, her dream came true when the FDA approved Enovid, the first oral contraceptive. She died six years later, but lived long enough to see the Supreme Court rule that the private use of contraceptives was a constitutional right.

There it is: My list of women I admire. Who is it who impacted your life? Did they make the history books? Even in this day and age I don't think women get their fair share of space in the textbooks our children learn from. It is our job to teach them a complete and total history, women's history.

For more information about the women mentioned in this article, read the book "What Every American Should Know about Women's History" by Christine Lunardini. Information about Stephanie Kwolek can be found www.women-inventors.com.

Women's History Month



Women's Education - WOMEN'S EMPOWERMENT

2012 Women's History Month poster entitled, "Women's Education - Women's Empowerment". Fort Wainwright's Women's History Month observance is set for March 27, 2 p.m., at the Physical Fitness Center. (Illustration by Peter Hemmer/Defense Equal Opportunity Management Institute)

50392890

ALASKA FUN CENTER SALES
AK POST/DON'T JUST R

2 x 5.0
RED

11392684

IMAGE OPTICAL
AK POST/AK POST
2 x 3.0

18392650

LINENS & LACE
AK POST/WEDDINGS
2 x 2.0