

ALASKA POST

Home of the Arctic Warriors



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Fort Wainwright, Alaska

April 6, 2012

Families and friends reunited with their Arctic Warriors

Sgt. Thomas Duval, 1-25th SBCT PAO

When most 4-year-olds are asked who their favorite superheroes are, the question is often answered with the names of famous comic book legends like Spiderman and Batman.

For Aiden Marks, 4, his superhero doesn't wear a cape or have special powers. Instead, his hero wears camouflage and dog tags.

According to Aiden, his hero is his father, Army Spc. Jason Marks, a Soldier with the 25th Brigade Support Battalion, 1st Stryker Brigade Combat Team, 25th Infantry Division, 1st Stryker Brigade Combat Team, 25th Infantry Division.

"My dad's cooler than superman," Aiden said as he flaunted a white T-shirt the words 'My daddy is my hero' written in patriotic colors.

Aiden, his brother Noah, 2, and 10-month-old sister Peyton, welcomed home their hero and father during a reception ceremony March 29 at Fort Wainwright's Alert Holding Area.

"We are relieved to have him back home," said Jenny Marks, Jason's wife, as the Family of four awaited his arrival. "I am very happy to have him home ... we all missed him so much and it's great to be a family again."

Marks was one of more than 200 Soldiers who were reunited with their friends and Family during a ceremony marking the end of a yearlong deployment to Afghanistan in support of Operation Enduring Freedom.

Throughout the deployment the Arctic Wolves conducted missions in southern Afghanistan and worked with the Afghan National Security Forces in an effort to improve security and provide the people of southern Kandahar Province with a stable form of governance.

During this time the 1-25th SBCT reached many historical benchmarks, including the first ever-independent operations in which Afghan security forces planned, coordinated and executed security operations in the Panjwa'i District.

Marks, who also deployed to Afghanistan in 2009, said he could tell a huge difference in the cooperation by Afghan forces and returns home proud of the brigade's accomplishments.

He said he will feel better when all of his battle buddies return home. He won't have to wait long as flights carrying the remaining Soldiers are scheduled to return to Fort Wainwright over the next few weeks.

To follow the Soldiers' return friends and Family members are encouraged to check out the Stryker Brigades social media websites. On Facebook at [1SBCT25ID](#) and on Twitter at [1SBCT_25ID](#).



(Left to right) Jenny, Peyton, Noah, Jason and Aiden Marks share a tender moment after reunited during a reception ceremony at Fort Wainwright's Alert Holding Area, March 29. Spc. Jason Marks deployed with the 25th Brigade Support Battalion, 1st Stryker Brigade Combat Team, 25th Infantry Division to Southern Kandahar, Afghanistan in support of Operation Enduring Freedom. Marks was one of more than 200 Soldiers who returned to Fort Wainwright. (Photo by Sgt. Thomas Duval/1-25th SBCT PAO)

Sustainability starts with individuals, taking care of yourself is taking care of the planet

Allen Shaw, Fort Wainwright PAO

The installation will soon host its second annual Earth Day observance April 20 from 10 a.m. to 4 p.m. The Physical Fitness Center will transform to a meeting hall with a fair-like atmosphere including exhibits and demonstrations to highlight and promote a sustainable lifestyle through education and awareness.

When it comes to Earth Day, which is actually celebrated around the world April 22, topics usually refer to carbon footprints, alternative energy sources and global warming.

See **SUSTAINABILITY** on page 3



It is recommended that personal sustainability can be achieved through exercise and eating right. As the weather gets warmer, the days get longer and the paths get drier, it's a good opportunity to get outside for a brisk walk or a jog. (File photo)

Alaska Post Spotlight on Conni Smith: A member of the force behind the force

Allen Shaw, Fort Wainwright PAO

Volunteering is an unselfish activity intended to promote good or improve the quality of life for the community served. The Fort Wainwright Army Community Service will host a Volunteer Recognition ceremony Wednesday from 6 to 8 p.m. at the Southern Lights Chapel.

Charles Lyons, ACS Army Volunteer Family Programs manager said, "There are 1,845 volunteers registered on Fort Wainwright and those individuals work at 41 different locations. About 600 are active duty, the rest are Family members."

See **SPOTLIGHT** on page 2



Conni (right) wife of Master Sgt. Jeffrey Smith (center), first sergeant, 6th Squadron, 17th Cavalry Regiment, 16th Combat Aviation Brigade, with children (left to right) Jack, 14, Joshua, 17 and Jennifer, 19. "Conni is a tireless volunteer who is willing to help out wherever and whenever she can," said Charles Lyons, Army Volunteer Family Programs manager, U.S. Army Garrison Fort Wainwright. (Courtesy photo)

Spring Eggstravaganza

Saturday from 1 to 3 p.m., hop into spring with a traditional outdoor egg hunt, sponsored by North Haven Communities. Face painting, crafts and more, all at the Birch Hill Ski and Snowboard Area. Egg Hunt age groups are; 2 and younger; 3 to 5 and 6 to 8. Scavenger Hunt for ages 9 and older. For more information call 356-7000.

Easter Sunrise Service

Sunday from 6 to 8:30 a.m., an ecumenical Easter Sunrise Service will be held at Birch Hill Ski and Snowboard Area. All worship services will be at their normal times of 11 a.m. For more information call 353-9825.

Correction: 'Civilian retirees honored'

In last week's photo of Chris Putnam receiving an award during the civilian retirement ceremony March 22, the cutline should have read - "Col. Ronald M. Johnson, garrison commander, presents Chris Putnam with the Department of the Army Meritorious Civilian Service Award." Thank you to our readers who caught that mistake.

EXTENDED WEEKEND WEATHER

Friday	Saturday	Sunday
Mostly cloudy Chance of rain or snow in evening Low 15 Highs 45	Mostly cloudy Light winds Low 15 High 40	Mostly cloudy Lows 20 Highs 40 to 45

Aurora forecast is **LOW** for the weekend

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

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SN/ BIRCHWOOD HOMES

Medical Department Activity - Alaska

Family and self care: A Lifesaving step could be as simple as updating enrollment information



Col. George Appenzeller,
MEDDAC-AK commander

Okay, this is VERY important information that can change your life. All Army medical data bases pull information from the Defense Enrollment Eligibility Reporting System. DEERS information overwrites any locally made changes on a regular schedule. What this means to you is that if DEERS is not right, your medical benefits may not be right. Equally important is that if you contact information is wrong the hospital cannot contact you with critical results, appointment changes or in case of an emergency. So you can see how incredibly important it is. And now to all the details.

DEERS is a worldwide, computerized database of uniformed services members, their Family members, and others who are eligible for military benefits, including Tricare and health benefits. All service members are automatically registered in DEERS. However, the service member must register eligible Family members. After Family members are registered, they can update personal information such as addresses and phone numbers.

Medical computer systems automatically pull

information from the DEERS system to update patient eligibility and contact information. Address and other changes made at the hospital are only stored temporarily and are overwritten once a DEERS pull occurs.

When an eligible Family member receives a military ID card, that information is deposited in DEERS. However, it is highly recommended that you ensure the information is correct. If you marry or re-marry, move, have a new baby, or have a child that becomes an adult, please make sure that DEERS data reflect those changes. For example, if you marry but neglect to register your spouse in DEERS, that person is not eligible for medical benefits until you update the information. If you move but don't submit the current address of each Family member to DEERS, your Family may not receive essential messages regarding medical benefits. If you forget to register a newborn in DEERS, after 365 days the child is not eligible for medical benefits. In addition, newborns can lose eligibility for Tricare Prime medical coverage after 120 days.

Making changes to DEERS is easy to do.

You can make changes through your military support office, the same office that assists you with your ID card. If you are making changes, it's a good idea to take documentation with you, such as a marriage or birth certificate. You can also make address changes and verify data online or by phone. Log on to the Defense Manpower Data Center website at <https://www.dmdc.osd.mil/appj/address/login/SelectLogin>. Do or call the Defense Manpower data center support office (800) 538-9552 to ensure your Family's enrollment information is up to date. The best time to call the center is between 9 a.m. and 3 p.m. Pacific Daylight Time, Wednesday through Friday to avoid delays.

The bottom line is that DEERS is very important and your medical benefits are defined by the information there. Please ensure that it is correct so that we can make sure you get the best medical care possible with the least inconvenience for you and your Family.

If you'd like more information, or would like to suggest a topic for a future column, call Brandy Ostanik, our public affairs officer at 361-5091.



GI Jane: The Golden Rule

GI Jane, Alaska Post Contributor

Do unto others as you'd have done to you! This is the Golden Rule. At it's truest origins it was written, "Love your neighbor as yourself." I would be really surprised if there are people out there who have never heard of this Golden Rule. You're probably wondering what this has to do with being a GI Jane or the end of deployment or anything that we have covered in this column over the past year. Well, as far as I'm concerned, everything.

As GI Janes, here in Alaska at this particular time, we are all in what could be a very challenging time in our lives.

Some of my fellow GI Janes are finally figuring out what normal looks like again after welcoming their Soldiers home just before or during the holidays.

Others are in the midst of the reintegration process, as it may be taking just a bit longer, or their Soldiers just came back within the last couple months. Some GI Janes are in the beginning of that "honeymoon" phase that comes right after their Soldiers return and right before the realities of transition set in.

There are GI Janes who are in the anticipation phase, as they wait just another week or even just days for their Soldiers to finally be home.

Still there are those who know the end is close enough to see the light at the end of the tunnel, but still far enough out to not be getting all excited just yet.

Each of these unique situations presents its own unique challenges and each Family will experience

each stage in its own very unique way. No matter where you are at on this continuum or what your individual circumstances are, there are bound to be some difficult times somewhere along the way.

Difficult times call for difficult choices. This is where the Golden Rule comes in. It is easy in the midst of the transitions to allow ourselves to compare our situation with others we are close to or we feel are like us. This, in general, is never a good thing to do, but especially not during times like this. Comparing most often leads to envy, resentment, misunderstanding and many other, usually not positive things. So, I challenge you, my fellow GI Janes, no matter where you are in the journey of the end of this deployment or reintegration process: Choose love.

When you are having a hard time with the fact that your friend's Soldier is home and yours is not, choose to be excited for her and use the extra time to prepare to welcome your Soldier home.

When you can't quite figure out why it feels like normal is never going to return even though your Soldier has been home for months now,

choose to lovingly communicate with one another and seek help if needed, rather than ignoring what might be a big elephant in the room.

When you finally feel like you are getting things under control, but you know that your fellow GI Jane is struggling, choose to offer an ear or whatever else may serve to show her love in her situation.

When the honeymoon phase ends and your Soldier is leaving the toilet seat up and his dirty laundry finds its way everywhere but in the laundry basket, choose to lovingly be grateful that he is home to do those things.

In these and all other situations, I challenge you: Choose love.

This is not an easy life that we live, and the highs and the lows can be drastically different for everyone, but one thing I know is this: When I choose to love others and treat them the way that I would like to be treated, I am greatly blessed in return and life just seems much easier.

It is my hope that as much as we have been there for our fellow GI Janes throughout this deployment, we will continue to be there for one another on this side as well.

SPOTLIGHT: Conni Smith

Continued from page 1

One of those Family member volunteers who Lyons said will do whatever is needed when she is available, is Conni Smith. Smith is the wife of Master Sgt. Jeffrey Smith, first sergeant, 6th Squadron, 17th Cavalry Regiment, 16th Combat Aviation Brigade and mother to Jennifer, 19, Joshua, 17 and Jack, 14.

"My husband (who returned from his fourth deployment in December 2011) and I have been in the Army for 21 years and will have been married that long in May," said Smith. "I home-school the younger two of our children and our oldest has already graduated."

Smith said she has volunteered off and on in the military community since she and her husband were newlyweds. "I did my first volunteer work at the Army Community Services while stationed at Fort Eustis, Va."

Smith took a break from volunteering in the community while raising their children, but remained an active volunteer with Family support groups and later Family Readiness Groups. "I have been a key caller, a treasurer, a general volunteer and an FRG Leader," she said.

Last year, a few months after they arrived in Alaska, Smith said her daughter began volunteering at ACS. A short time after that, she became a certified instructor for the Army Family Team Building program. According to www.myarmyonesource.com, the mission of the AFTB is to empower individuals to maximize their personal growth and professional discipline through specialized training which in turn

transforms the community into a resilient and strong foundation to meet today's Army mission.

Smith is now the volunteer program manager for AFTB and considers this one of the most rewarding things she's ever done. "I like to help others understand Army life," she said, "especially when teaching the module on acronyms. For a new spouse who has never been around the military and they're all of a sudden throwing alphabet soup at you, it's enough to make your head spin. Things can get confusing right away."

Smith herself said she didn't know anything about the military while growing up, but has made up for it since then. In addition to AFTB and FRGs, she has been involved with two Army Family Action Plan conferences while at Fort Wainwright. She was one of the delegates during the 2010 conference and a member of the staff in 2011.

"Because I do still home educate our younger children, I am not able to volunteer as often as I would like, but I do as often as I am able and when I am needed. I enjoy giving back to our community and being a help to others," Smith said.

Lyons said Smith walked into his office in Feb. 2011, about a month after he arrived at Fort Wainwright. "She came in, laid out her portfolio, told me her qualifications and background, and when she could work," he said, "I thought to myself, wow, this is the

kind of volunteer all volunteers should be. She said I'm here to help you and I said I need your help." Since then she has been at ACS just about every day. "The incentive for her is just helping," said Lyons.

Due to the reshaping of the Department of Defense budget, Lyons said the need for volunteers has dramatically increased. "We are seeking qualified volunteers and can offer them work experience and knowledge that will make them more desirable in a competitive work environment," he said.

For information on volunteering through the ACS programs, call Charles Lyons at 353-2382.

For more information on AFTB training, call Cheri Weber at 353-4332 or email cheri.l.weber.civ@mail.mil.

ALASKA POST

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SUSTAINABILITY: Healthy you, healthy planet

Continued from page 1

For more than five decades we have heard these phrases. People are well aware that we have to take responsibility and should do whatever is necessary to protect the environment for future generations. "While we might not be willing or able to go to Washington and lobby for clearer air or cleaner water, there are many things we can do right here at home that will ultimately help protect the environment," said Cynthia Henley, health educator, Arctic Health Link, Bassett Army Community Hospital.

Henley said one of the most important things we can do is to take care of our health. "Preventable health concerns including obesity, heart disease, respiratory problems associated with smoking, high blood pressure and others increase health-care utilization, generating millions of tons of solid waste, using energy for heating, cooling and transportation, and using paper, packaging and disposable supplies," she said.

The health-care industry consumes an enormous amount of natural resources such as metals, rubber and petroleum. Many organizations such as Health Care without Harm, www.noharm.org and the Sustainable Hospitals Project of the Lowell Center for Sustainable Production in Lowell, Mass., are working to find more environmentally friendly ways of delivering health care services. Henley said, "We can all help by doing everything that we can to minimize our need for

medical services in the future."

A good place to start is with a well-balanced, doctor-approved exercise program. The United States President's Challenge website promotes the benefits of wellness by

to running a marathon," said Henley, "that would be enough to discourage anyone. All you have to do is get up and go for a walk. The weather is getting nicer and soon it will be a joy to be outside. Start out small and gradually increase the

right foods is also a must. Having a good exercise program is only part of the puzzle. Perhaps the hardest thing to do is eat a balanced, healthy diet. "There are so many fad diets out there and you could spend a lot of time

Ways to Eat Healthy" and there is good information at www.usda.gov. Just like with exercising, it is recommended to start off with small changes in your diet.

Henley said, "By the time you develop a healthy exercise program, change your lifestyle and eating habits, you probably will have already seen the benefit of stopping such unhealthy behaviors as tobacco use, over-consumption of alcohol or other risky behaviors." She said everyone should know that smoking contributes to disease. Over-consumption of alcohol also leads to disease, in particular, liver problems, but it can also foster risky behavior such as drinking and driving that can result in increased health care costs.

Many people agree that if personal sustainability is achieved and lifestyle changes are made, it will contribute to a healthier population. This is turn will reduce healthcare costs and help protect our environment from further harm. "Sometimes, big results can come from small changes," Henley said. For more information or help with making lifestyle changes such as quitting smoking, call Bassett Army Community Hospital's preventive medicine Arctic Health Link at 361-4148.

For more information on the Earth Day event, call Andy McDonough at 353-9746.



Staff Sgt. Emily Beers takes advantage of the workout equipment available at the Physical Fitness Center on post. Fitness coordinators are available to assist patrons with setting up a program or suggesting an activity to help improve personal sustainability. For more information call, 353-7223. (File photo)

reminding everyone that the human body was designed for activity, and by exercising regularly and making smart food choices, you'll look and feel better every day. "Fitness is about improving muscular strength and endurance, cardio-respiratory strength and endurance, and flexibility through regular physical activity," states the website found at www.presidentschallenge.org.

"You don't have to go from being a couch potato

distance and speed of your walk."

If the gym is more your style, the Physical Fitness Center on post has a variety of exercise equipment, sports activities and classes. There are also fitness coordinators to help you design a program that works for you. For more information call 353-7223.

Fueling your body with the

and money trying to find one that works," Henley said. "Should you eat more protein and less fat? Should you cut out sugars and white flours? Do you count calories? It can become very confusing."

The President's Challenge website has a section called "Eight

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March Madness 2012, snow, sun and fun



Literally on top of Birch Hill, Judah Pernell, 7, Paris Pernell, 6 and Gabriel Pernell, 3, celebrate the warm weather and the beginning of outdoor activities at this year's March Madness, the final winter season event at Fort Wainwright's Birch Hill Ski and Snowboard Area. The outdoor enthusiasts are the children of Melody Ostler, Recreation Specialist for Family and Morale, Welfare and Recreation. (Photo by Melody Ostler/FMWR)



During the March Madness sled race, North Haven Communities' Haven's Heroes sled riders, Sharisse Watkins (left), Shannan Merriweather and Shannon Mora speed down the Birch Hill Ski and Snowboard Area's tub run, March 30. Lori Glassco, marketing manager, North Haven Communities said they used this event as a teambuilding activity. "Employees from Maintenance and Property Management broke up into two groups. Each team worked together to come up with a team name, elect a team captain, team accountant and note-taker and then design and build a sled that would safely send three riders down Birch Hill for the regatta." Glassco said. "We're very proud of our teams." (Photo by Brian Schlumbohm/Fort Wainwright PAO)



Soldiers, Families and local snow sport enthusiasts attended the weekend-long March Madness event at Birch Hill Ski and Snowboard Area. Nicholas Pulice, Birch Hill Ski and Snowboard Area manager said more than 500 people showed up on Sunday, the March Madness big event day. (Photo by Brian Schlumbohm/Fort Wainwright PAO)

Fishers of men



Soldiers took a lesson in fishing from Chaplain (Col.) Richard G. Quinn, (with gear and pole) during the installation's annual National Prayer Luncheon on post March 28. Quinn, command chaplain, U.S. Army Alaska said his presentation was entitled Go Fish, like the card game. Audience members included Fairbanks and North Pole leaders from the mayors' offices and congressional representatives. Military and civilian attendees often laughed as the avid fly fisherman spoke of his introduction to fishing in Alaska; that being combat fishing on the Kenai River, close to his duty station, Joint Base Elmendorf-Richardson. Quinn said there were struggles and discoveries on the banks of the river. The best hook to use is love, Quinn said. He challenged audience members to love and reach out to those who seem unlovable at times. (Photo by Connie Storch/Fort Wainwright PAO)

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FAIRBANKS ICE DOGS/ARCTIC

Friday - 6th

TONGUE TWISTER DAY 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.

WHITE MOUNTAINS SNOW MACHINE RUN, 8 a.m. to 5 p.m., Outdoor Recreation Center, Building 4050. Cost is \$50. Call 361-6349 or 6350.

Saturday - 7th

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

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

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

SPRING EGGSTRAVAGANZA, 1 to 3 p.m., Birch Hill Ski and Snowboard Area. Hop into spring with a traditional outdoor egg hunt, face painting, crafts and more. Egg Hunt age groups are: 2 and younger; 3 to 5 and 6 to 8. Scavenger Hunt for ages 9 and older.

LIVE JAZZ, 6 to 8 p.m., Nugget Lanes Bowling Center, Building 3702. Call 353-2654.

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

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

CROSS COUNTRY SKI TRIP, 9 a.m., Outdoor Recreation Center, Building 4050. Cost is \$10. Call 361-6349/6350.

Sunday - 8th

EASTER SUNRISE SERVICE, 6 to 8:30 a.m., at Birch Hill Ski and Snowboard Area.

FORT WAINWRIGHT GOSPEL SERVICES, 9:45 a.m., Sunday school, 11 a.m., Worship service, Bassett Army Community Hospital, Third floor conference room, Building 4076.

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.

MASTERS GOLF TOURNAMENT, 11 a.m., Nugget Lanes Bowling Center, Building 3702. Call 353-2654.

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

Monday - 9th

NEWCOMERS ORIENTATION, 9 a.m. to 3:30 p.m., Last Frontier Community Activity Center, Building 1044. Call 353-4227.

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

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

ROMPANDSTOMPPLAYGROUP:ARTEEXPLORATION, 9:30 to 11 a.m., Last Frontier Community Activity Center, Building 1044. Call 353-7372.

Tuesday - 10th

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

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

GROUP CYCLING CLASS, 5 p.m., Physical Fitness Center, Building 3709. Call 353-7223.

EXCEPTIONAL FAMILY MEMBER PROGRAM SIP AND SOCIAL, 1 to 2 p.m. Last Frontier Community Activity Center, Building 1044. Open to participants in the EFMP. Call 353-4243.

FORT WAINWRIGHT GOSPEL SERVICES BIBLE STUDY, 6:30 p.m., Bassett Army Community Hospital, Medical Library, Building 4076. For more information email ac2.claxton@us.army.mil.

CUDDLE CURE CLASS, 6:30 to 8:30 p.m., Child Development Center 1, Building 4024. Call 353-7713.

Wednesday - 11th

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

VOLUNTEER RECOGNITION CEREMONY, 6 to 8 p.m., Southern Lights Chapel. No childcare provided, but this is a Family affair where parents are encouraged to bring their children. Call 353-2382.

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

Thursday - 12th

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

ROMPANDSTOMPPLAYGROUP:ARTEEXPLORATION, 9:30 to 11 a.m., Last Frontier Community Activity Center, Building 1044. Call 353-7372.

PROTESTANT WOMEN OF THE CHAPEL, 9:30 a.m., Northern Lights Chapel, Building 3430. Childcare provided, for more information email wainwright@pwoc.org.

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

FAMILY MOVIE NIGHT, 5:30 to 7:30 p.m. (dependent on movie length), Last Frontier Community Activity Center, Building 1044. All movies rated G or PG. Call 353-7755.

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

Friday - 13th

BAT APPRECIATION WEEK 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.

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

OPEN MIC POETRY READING, 6:30 p.m., Youth Center, Building 4109. Call 353-5437.

Saturday - 14th

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

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

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

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

TEXAS HOLD'EM, 6 p.m., The Warrior Zone, Building 3205. Open to Department of Defense cardholders, 18 and older. Call 353-1087.

BACK COUNTRY COOKING CLINIC, 1 p.m., Outdoor Recreation Center, Building 4050. Cost is \$10. Call 361-6349.

Sunday - 15th

FORT WAINWRIGHT GOSPEL SERVICES, 9:45 a.m., Sunday school, 11 a.m., Worship service, Bassett Army Community Hospital, Third Floor conference room, Building 4076.

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.

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

Construction upgrades, fiscal reality affects FMWR facilities

Allen Shaw, Fort Wainwright PAO

Things are changing around post: Some facility hours are being reduced and one facility is closing, for now at least. Soldiers, Family members and other patrons of Family and Morale, Welfare and Recreation are likely to notice. FMWR patrons on Fort Wainwright may also have an impact on future cost-saving decisions, as managers and Army leaders look to customer traffic as an indicator of priorities.

The United States Department of Defense is currently weathering impending budget reductions and facing the challenges of a new fiscal reality. Along with reshaping the workforce and maintaining the promised quality of life for Soldiers and Families, difficult decisions must be made. Some of these decisions involve the Directorate of FMWR.

Many of the FMWR programs and facilities are run like a business. In most cases, the fees collected help keep the doors open.

Among the first of the facilities to see operating hours curtailed, the Post Library's new hours of operation went into effect Tuesday. Stephanie Jilek, community recreation officer, said due to reduced staff and usage history, the library will no longer be open Saturdays or holidays. "Saturday is our slowest day, plus with summer coming Saturdays will be even slower," Jilek said. The new operating hours will be Monday through Friday from 10 a.m. to 6 p.m.

The Arts and Crafts Center will close its doors May 14. Besides the limited usage and restricted hiring imposed by the Department of the Army, vacant positions cannot be filled. The Arts and Crafts Center is having a liquidation sale through May 13. The center has reduced resale inventory items by half as part of the liquidation sale.

Classes and programs scheduled for April will go on as planned at the Arts and Crafts Center. The First Friday Art Bash will take place between 6:30 and 7:30 p.m. today and the picture-framing class is Saturday between 10:30 a.m. and 2 p.m. The cost is \$35 and patrons are asked to bring a 5-by-7-inch image to frame. The craft class for the Exceptional Family Member Program is scheduled for April 13 from 6 to 7 p.m. and Kids' Crafting-building a bird house set for April 14, for ages 4 to 7 and April 21 for children 8 to 11. Both classes are 10:30 a.m. to noon; the cost is \$5 per child and includes all materials. Children must be accompanied by a parent. For more information, call 353-7520.

"The Arts and Crafts facility is moving

forward with closing, as they received approval from local command and Maj. Gen. (Raymond P.) Palumbo (U.S. Army Alaska commander), last month," said Jilek, "We will begin the contracting process to find a local vendor that would like to re-open the facility to (provide) service to customers in the fall."

Jilek said that with the downsizing of the military budget, our local FMWR programs have suffered a \$2.5 million loss in funding for Fiscal Year 2012 and there will likely be additional cuts in FY13.

"The Business Operations facilities are generally self-sustaining businesses. We pay our own way, in regards to expenses, payroll for employees, etc. Any profit generated from business operations is put back into our programs, to purchase equipment (and provide) programming," said Jeffrey Suis, DFMWR business operations chief.

With additional budget cuts in the future FMWR will be looking closely at the "return on investment" for all facilities and, Jilek said, "Only those that maintain high usage will continue to be funded. We are in a new fiscal reality and it is important for our ID cardholders to make the businesses inside the gate their first choice if we are going to maintain the operation."

The Melaven Physical Fitness Center will also see some closures this summer, but it will be for necessary renovations. Jilek said. "Phase one will be the cardio-weight half of the facility. They are completely redoing electrical and plumbing, installing a heating, ventilation and air conditioning system and some of the floors will be resurfaced." Walls will be repainted and new light fixtures will be installed. Jilek also said the men's locker room adjacent to the free-weight room will be redesigned to include a women's locker room with new lockers. "Work will begin May 14, with a projected completion date around the end of September 2012," she said. All exterior doors will also be replaced.

Phase two of the project will not begin until phase one is completed. The swimming pool and front area will then be closed for the same type of renovations.

On the swimming pool side, ceiling tiles will be replaced. Jilek said this work is expected to take four to five months and the swimming pool and front areas will be closed.

"During phase two, the cardio-weight areas will re-open and customers will be asked to use the back entrance while phase two work is being completed," Jilek said. In the summer of 2013 the facility is expected to receive the final touches on the project as work is done on the parking lot and roof as well as painting the exterior of the facility.

For more information on FMWR facility closures and renovations, call Stephanie Jilek at 353-7691.

Open recreational ice skating at the Physical Fitness Center



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.

COMMUNITY OF FAITH

Fort Wainwright Community of Faith Lent and Easter event schedule.

Today at 6 p.m. is Catholic Good Friday Service at the Southern Lights Chapel.

Saturday, beginning at sundown is Easter Vigil at the Southern Lights Chapel, Building 4107.

Sunday from 6 to 8:30 a.m., Easter Sunrise Service will be held at Birch Hill.

All worship services will be at their normal times of 11 a.m.

An egg hunt will take place after the Southern Lights Chapel Service.

ARMY EMERGENCY RELIEF

The Army Emergency Relief annual fundraising campaign is underway. Soldiers interested in donating to AER should contact AER campaign coordinator, 1st Sgt. Tornald Hall at 353-7617. Soldiers, retirees and their Family members who find themselves in an emergency situation can visit Army Community Service and pick an application or call for information. The AER office is located with ACS in the Welcome Center, Building 3401 Santiago Avenue. For more information about the AER program, call, 353-7453.

FREE SECURITY AND SAFETY TIPS

Your antiterrorism officer can provide individual and family protective measures to combat terrorism; provide antiterrorism awareness briefings and briefings for travel in and out of the United States. ATOs also provide residential and overseas security tips and hostage survival tips. For more information contact your unit ATO or the garrison antiterrorism officer at 353-6094.

DRINKING? DON'T DRIVE

The purpose of the Soldiers Against Drunk Driving program - to prevent Soldiers from drinking and driving. If a Soldier has had at least two drinks, they run the risk of getting a DUI and should call a friend, taxi or SADD volunteer to drive them home. Soldiers can call SADD at 353-6610. Pick-up hours are 11:30 p.m. to 3:30 a.m. on Fridays, Saturdays and training holidays. Volunteers in the SADD program can be Soldiers, DoD cardholders or spouses. Civilian attire is authorized for Soldiers during volunteer times and a Transportation Motor Pool vehicle is available. Soldiers participating in the program qualify for day passes after accumulating volunteer hours. A three-day pass for 50 hours, a four-day pass after 80 hours and a four day pass plus eligibility to be awarded the Military Outstanding Volunteer Service Medal, worth 10 points towards promotion which helps with Staff Sgt. and Sgt. 1st Class selection after completing 150 hours of volunteer service. To volunteer call, (573) 680-6085 or (805) 878-4971.

FOR YOUR HEALTH CLASSES

Arctic Health Link offers monthly classes on diabetes, cholesterol, hypertension and tobacco cessation. For more information call 361-4148.

JOINT PACIFIC ALASKA RANGE COMPLEX PUBLIC HEARING

Alaskan Command, on behalf of the U.S. Army and U.S. Air Force, will host public hearings for the Draft Environmental Impact Statement for the Modernization and Enhancement of Ranges, Airspace, and Training Areas in the Joint Pacific Alaska Range Complex in Alaska.

The JPARC currently consists of all land, air and sea training areas used by the Army, Air Force, Navy and Marine Corps in Alaska to support military exercises. The proposed JPARC enhancements would:

- Enable realistic training and testing to support new technologies
- Respond to recent battlefield experiences
- Enable the military to train with new weapons systems and tactics so military personnel can succeed in actual combat.

Pursuant to the National Environmental Policy Act, the Army and Air Force EIS analyzes potential environmental consequences associated with expanding and/or establishing new military operations areas, restricted airspace, airspace corridors, ground maneuver training areas, and training complexes. The EIS addresses action alternatives as well as no action alternatives, in which the military would

FAREWELL LUNCHEON

The Community Spouses Club will honor U.S. Army Alaska's most senior spouse, Alice Palumbo during a luncheon April 11 at noon in Fairbanks. Please make reservations by Thursday. To arrange to pre-pay the \$20 luncheon fee or for more information, visit the CSC website at www.wainwrightcsc.org.

CRIMINAL INVESTIGATORS

The United States Army Criminal Investigation Command commonly known as CID, is currently seeking qualified applicants to become highly-trained criminal investigators. Special agents are responsible for investigating felony-level crime of Army interest, conducting protective-service operations, and working with other Federal, state and local law enforcement agencies to solve crime and combat terrorism. To qualify, applicants must be U.S. citizens, be at least 21-years-old with at least two years of military experience but not more than 10, have no record of mental or emotional disorders and no record of unsatisfactory credit. Applicants must be able to speak and write clearly, have two years of college or at least 60 semester credit hours (fewer credits may be accepted if applicant meets remaining prerequisites), maximum grade of E-5 sergeant (non-promotable), be able to complete 60 months of service obligation upon completion of the Apprentice Special Agent Course. Soldiers with civilian or military law-enforcement experience are preferred, but it is not a requirement. To apply or for more information visit www.cid.army.mil or contact the Fort Wainwright CID office at 353-6213.

ARMY LEADERS SEEK OPINIONS

Take a short, 10-question survey about the Military Family Life Consultant program if you've used counseling or other MFLC services, Army leaders would like to know if you've benefitted from the program. The survey link is online at www.surveymonkey.com/s/NQKQPX3.

BOWLING MENU BACK ON

Renovations have been placed on hold at the Nugget Lanes Bowling Center's, Motherlode Snack Bar. Regular food services are available until further notice. For more information, call 353-2654.

FREE TAX SERVICE

The Tax Center office is open for walk-ins during hours of business. Mondays through Wednesdays, 9 a.m. to 5 p.m. and Thursdays noon to 7 p.m. For more information call 353-2613. The Tax Center will be closed today.

ALASKA POST SUBMISSIONS

Submit a photo, story idea or place an event or class in the Alaska Post by sending an email to pao.fwa@us.army.mil no later than noon Monday prior to the print week.

VOLUNTEER RECOGNITION

The 2012 Volunteer Recognition Ceremony with guest speaker, Alice Palumbo is slated for April 11 from 6 to 8 p.m. in the Southern Lights Chapel. The event is a Family affair, according to the host, Charles Lyons, volunteer resource coordinator. Parents are encouraged to bring their children. The annual event is organized by Army Community Service. The theme this year is "The force behind the force." For more information, call 353-2382 or 353-1977.

MILITARY CHILD, FAMILY THERAPY

Family members of active and retired military can consult the Child and Family Assistance Center for assistance with youth and Family issues. Individual and group therapy is available. Referrals are not required. For more information or an appointment, call 361-6284 or 361-6059.

PURPLE UP

April marks the nation's "Month of the Military Child," a time to honor youth impacted by deployment. In celebration, Alaska Operation: Military Kids, invites you to join us for Alaska's first "Purple Up! For Military Kids." We are encouraging everyone across the state of Alaska to wear purple on Friday, April 13th as a visible way to show support and thank military children for their strength and sacrifices. Purple is the color that symbolizes all branches of the military, as it is the combination of Army green, Coast Guard blue, Air Force blue, Marine red and Navy blue. OMK hopes everyone will take this opportunity to appreciate and celebrate these young heroes.

BENEFITS TRAINING

A free Civil Service Retirement System and Federal Employees Retirement System Benefits Training presented by Snow Federal Seminars and Chartered Federal Employee Benefits Consultants. An informational, hands-on, no-cost seminar is to help understand government benefits and learn how to become financially ready to retire. For all members of the CSRS, FERS, Firefighters, Air Traffic Control, Law Enforcement Officers and federal employees and spouses are welcome. Class is set for April 17 from 8:00 a.m. to 4:00 p.m., at the Fairbanks, Weskmark Hotel, 813 Noble Street. To register go to: <http://snowseminars.com/register/FortWainwright/897>. For more information about seminars, please visit www.snowseminars.com.

LIBRARY HOURS CHANGING

The Post Library new hours of operation began Tuesday. The library will no longer be open Saturdays or holidays based on historical customer use and reduced staff. "Saturday is our slowest day," said Stephanie Jilek, Community Recreation officer, Family and Morale, Welfare and Recreation. It's expected even fewer customers will be indoors as the weather improves. The library will be open Monday through Friday from 10 a.m. to 6 p.m. For more information, call the Community Recreation Division, 353-7691.

PRE-RETIREMENT BRIEFING

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

ALASKA POST HOME DELIVERY

Housing residents who no longer want home delivery of the Alaska Post should e-mail the Public Affairs Office at pao.fwa@us.army.mil or call 353-6780.

11394614
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BABULA, DR.
AK POST/AK POST
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ALASKA FUN CENTER SALES
AK POST/4-1 STV PU A
2 x 5.0
RED

50394841
AGENCY 49/GENES CHRYSLER
AK POST/WELCOME BACK
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