

ALASKA POST

Home of the Arctic Warriors



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April 27, 2012

Fort Wainwright forges a foundation toward solid sustainability

Allen Shaw, Fort Wainwright PAO

There is a movement to reduce, reuse and recycle and Bernie Karl, owner of K & K Recycling said, "Fort Wainwright is leading the parade." Karl spoke during the 2nd Annual Earth Day Celebration, April 20 at the Physical Fitness Center on post. "As far as I know, no other Army base comes close," he said.

The Army has a vision leaders call Net Zero. The premise is that the use of resources and production of resources equal each other. The Net Zero approach means reduction, re-purpose, recycling and composting, energy recovery, and disposal. Karl said the Fort Wainwright community should be proud of what is happening and the direction leadership is taking us. "Your recycled cardboard and paper, right now is producing the electricity being used on the installation."

The Installation Management Command has taken notice that Fort Wainwright is moving in the right direction and the Earth Day event was a celebration of partnerships forged to support sustainability.

More than 25 exhibitors filled the Physical Fitness Center with information tables, displays and plastic furniture made from recycled materials. Library services provided a special story-time as Lt. Col. Robert Ericksen, United States Army Garrison,



The Interior Alaska and Community Sustainability Proclamation was signed in a ceremony at the Fort Wainwright's Earth Day celebration April 20. Local community and military leaders gather to sign; Doug Isaacson, North Pole city mayor (left); Jerry Cleworth, Fairbanks city mayor; Col. Ronald M. Johnson, Fort Wainwright garrison commander; Lt. Col. David K. Sieve, Eielson Air Force Base, 354th Mission Support Group, deputy commander, and Fairbanks North Star Borough mayor, Luke Hopkins (not pictured). (Photo by Connie Storch/Fort Wainwright PAO)

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Arctic Wolves transfer their mission and come home

Maj. David Mattox, 1-25th SBCT PAO

Twelve months in the making, Task Force Arctic Wolves successfully completed their mission in southern Kandahar province and transferred authority to the incoming Task Force Arrowhead and the local Afghan

National Security Forces.

Col. Todd R. Wood and Command Sgt. Maj. Bernie Knight, commander and senior enlisted adviser of Task Force Arctic Wolves, cased the unit colors and transferred their responsibilities to Col. Chuck Webster and Command Sgt. Maj. Samuel Murphy, commander and

senior enlisted advisor of Task Force Arrowhead. 1st Brigade, 205th Atal Corps, commanded by Brigadier Gen. Ahmed Habibi, hosted the ceremony at Camp Hero, Kandahar province, Afghanistan, April 19.

The Soldiers of the 1st Stryker Brigade Combat Team, 25th Infantry Division that made up Task Arctic Wolves deployed from Fort Wainwright to southern Afghanistan in April of last year. Their mission consisted of partnering with local ANSF in order to enable the Afghan forces to conduct independent security operations.

During their 12-month deployment, Task Force Arctic Wolves conducted more than 60 major operations in partnership with the 1/205th, Afghan National Police and Afghan Civil Order Police, resulting in the discovery and destruction of more than 600 improvised explosive devices, 9,300 lbs. of explosives, and more than 144,000 pounds of illicit drugs. Together with their Afghan partners, Task Force Arctic Wolves conducted more than 7,500 combat patrols and reduced enemy attacks by more than 60 percent in the districts of Panjwa'i, Dand, and Daman.

Task Force Arctic Wolves enabled Afghan security forces to conduct two major complex

See ARCTIC WOLVES on page 4



Col. Todd R. Wood, commander of Task Force Arctic Wolves, and Command Sgt. Maj. Bernie Knight case the brigade colors signifying mission complete during a ceremony at Camp Hero, Afghanistan, April 19. (Photo by Maj. David Mattox/1-25th SBCT PAO)

Safety training: New rules for motorcyclists

Gregory J Sanches, Fort Wainwright Safety Office

Riding season is here. You have probably seen the riders over on the motorcycle training course or on the roads here on post and in town, and are itching to get on your bike and ride. Before you do that, the folks at the installation safety office have some information you need to know about motorcycle riding this season.

A recent change to Army Regulation 385-10 implements the Progressive Motorcycle Program and incorporates new changes to training requirements. First, all active duty personnel are required to take the Basic Riders Course prior to riding a motorcycle on- or off-installation, on-or off-duty.

All riders must then take the Experienced Riders Course within one year of

taking the BRC.

If a Soldier is deployed more than 180 days, a motorcycle refresher training class must be taken prior to operating a motorcycle upon return. This refresher class is provided by a unit trainer. Please contact your Unit Motorcycle Mentor or Unit Motorcycle Program manager.

If you have previously received a BRC, ERC or MSRC you have until Oct. 1 to take the ERC to be in compliance with regulatory changes. Once you receive ERC your training is valid for three years. Additional requirements may require you to retake the ERC, prior to your three year period. They are: 1) major geographical change in location, or 2)

See TRAINING on page 2

Month of the Military Child Carnival

Fort Wainwright's Month of the Military Child celebration takes place Saturday, 10 a.m. to 1 p.m. in the Youth Center gym. "Red, White and Seuss" is the theme for a wonderland of carnival booth games and an obstacle course, inspired by the works of Dr. Seuss. Children will receive a free Dr. Seuss book while supplies last. Activities are geared for children 2 and older. For more information, call 353-7713. The Youth Center will also feature an Open House, Saturday from 2 to 6 p.m., Building 4109. This is an excellent opportunity for parents and children to learn more about youth activities, camps, programs and events taking place throughout the summer. For more information, call 361-5437.

WEEKEND WEATHER



Friday
Mostly sunny
NE winds to 10mph
Highs: lower to mid 50's
Lows: lower to mid 30's



Saturday
Mostly sunny
Highs around 55
Lows in the lower to mid 30's



Sunday
Mostly cloudy
Highs: 50's/60's
Lows in the lower to mid 30's

BRIEFS

National Prescription Take-Back Day

National Prescription Take-Back Day is Saturday from 10 a.m. to 2 p.m. at the Exchange. For more information call the Army Substance Abuse Program office at 353-1377 or go online at www.deadiversion.usdoj.gov to find out about the National Prescription Take-Back Initiative.



College Commencement Ceremony

Graduates of Fort Wainwright and Eielson Air Force Base will be honored in Joint College Commencement Ceremony Monday, 7 p.m. at the Southern Lights Chapel, Building 4107. Commencement address speaker, Col. Ronald M. Johnson, garrison commander. Reception will follow in the chapel reception hall.



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SN/ BIRCHWOOD HOMES

Medical Department Activity - Alaska

Patient Advisory Council

Medical Department Activity-Alaska and Bassett Army Community Hospital consistently looks for ways to learn and improve. We have used community feedback through online comments, surveys, and our patient advocate's office as one of the cornerstones in developing new services, programs and procedures. We are now ready to take this to the next level. We plan on bringing our patients and families perspectives directly into the planning, delivery, and evaluation

of health care. We believe this is the next step to improving quality and safety for all of our U.S. Army Alaska Family.

We are establishing a Patient Advisory Council. The council will work in partnership with members of the USA MEDDAC-AK team to maintain, create and enhance an environment of patient-centered care, with the goal of incorporating the patient's view and community needs in the planning and execution of the hospital's operations, as well as our strategic vision.

The philosophy that will govern the work of

the Council will be driven by the MEDDAC's mission statement: "...provide high quality, safe, accessible medical and psychological health care to our military community while relentlessly pursuing improvement, providing outstanding service, providing outstanding service, leveraging innovative technology and developing the next generation of Army healthcare leaders."

The Patient Advisory Council's discussions and decisions will drive activities designed to enhance the quality of the patient and families experience at USA MEDDAC-AK and

provide feedback regarding patient-centered activities across all areas of our community.

We are looking for enthusiastic Soldiers, spouses, Family members, and retirees motivated to enhance the patient-centered care experience for all members of our community. Applicants must be:

Able to listen to differing opinions and share different points of view;

Positive and supportive of the mission of the hospital;

Share insights and information about their experiences in ways that others can learn from;

See beyond their per-

sonal experiences; Show concern for more than one issue or agenda;

Respect diversity and the perspectives of others; Adhere to the operating principles of respect, trust, collaboration, communication and integrity;

Speak comfortably in a group with candor;

Work in partnership with others;

If you are interested in enhancing the patient-centered care experience for all current and future members of our community, applications are available from the Patient Services representatives at our clinics'



Col. George Appenzeller
MEDDAC-AK commander

front desks, the Bassett information desk and on our website at www.alaska.amedd.army.mil. You can also contact the patient advocate at 361-5291 or michael.v.duncan@amedd.army.mil to get a copy of an application.

The early signs of Autism: What to watch for

Shari Lopatin, TriWest Healthcare Alliance

Did you know a child as young as 1 year old can show signs of autism, according to Autism Speaks?

"If your child does have autism, early intervention may be his or her best hope," the organization says on its website.

If you're planning to have a baby or are currently pregnant, getting to know the early warning signs of autism can be a huge advantage for you and your kids. In fact, research suggests if you already have one child with autism, your risk of having another autistic child increases by about 20 percent, says Daniel Openden, vice president and clinical services director of the Southwest Autism Research and Resource Center.

The following is a list of early warning signs that should serve as "red flags" to get your child checked, from SARRC and Autism Speaks:

- No good eye contact with you: babies learn through engaging with others.
- No large smiles or other happy expressions by 6 months.
- No variety of sounds (i.e. ba, ma, da) starting around 6 months.
- No interest in exploring the world around them.
- No back-and-forth sharing of sounds and facial expressions by 9 months.
- No babbling by 12 months.
- No single words by 16 months.
- No meaningful phrases (without imitating or repeating) by 24 months.

"Thus far, research presented by experts at several autism conferences suggests that, while we typically cannot reliably diagnose autism until children are

about 2 years-old, the earliest signs of autism may begin to emerge between 6 and 12 months of age," Openden says.

If a baby shows signs, talk to your pediatrician. Together, you will determine the best steps to get your child evaluated for an autism spectrum disorder as quickly as possible.

The Centers for Disease Control and Prevention say that early intervention methods can greatly improve a child's development. Therefore, if you suspect anything, don't wait—have your child evaluated and if necessary, begin early intervention right away.

Tricare, the military healthcare benefit, covers Applied Behavior Analysis therapy for eligible children under its Enhanced Access to the Autism Services Demonstration.

To get ABA services, children must have an active duty sponsor and be enrolled in Tricare's Extended Care Health Option—or ECHO. Then, they must have an eligible diagnosis, be living in the United States and be 18 months or older.

The Autism Demonstration covers all therapies that fall under the umbrella of "Educational Interventions for Autism Spectrum Disorders," which includes ABA. It also covers services from more providers than are available under the basic Tricare coverage. Available providers must be Tricare-authorized in order for the treatments to be covered.

For more information on ECHO and the Autism Services Demonstration, visit www.Tricare.mil/echo. To get in touch with your local Exceptional Family Member Program office call 361-5959.

Children at risk of unintentional poisoning

Trish Muntean, Fort Wainwright PAO

More than 60,000 young children are seen in emergency departments each year because they got into medicines while their parents or caregivers were not looking.

According to the Center for Disease Control, 91 percent of unintentional poisoning deaths are a result of drug overdose. Drugs commonly involved in unintentional poisoning deaths include opioid pain medications such as methadone, hydrocodone or oxycodone.

On average, 87 people die each day as a result of unintentional poisoning; another 2,277 are treated in emergency departments. The Center for Disease Control says that the number of deaths is rising. In 2010, over 2,000 people a day—a total of 831,295, were seen in emergency departments because of poisoning. Nearly a quarter of these patients (206,479) were hospitalized or transferred to another facility for treatment.

Capt. Christopher Gormley, Medical Department Activity-Alaska offered this advice:

"Take everything as prescribed by their doctor, and no more than what is prescribed."

He also said that "people should always ask a pharmacist if they don't think something is appropriate for their needs."

Personnel from Bassett Army Community Hospital Preventive Medicine section are helping to keep the children in the Child Development Centers and Family Child Care homes safe from accidental poisoning.

According to Maj. Randall Freeman, chief of Preventive Medicine, they conduct monthly inspections that include child development centers and family child care homes to insure that any harmful or poisonous materials and chemicals are not within reach of children under care.

In addition, they provide safety training on prevention of toxic or poisonous exposures on a monthly basis to new child care providers. Finally, the hospital's staff is available upon request to schedule classes for any group that wants additional

child safety training.

The CDC offers these additional tips to keep yourself and your children safe from unintentional poisoning:

Never share or sell your prescription drugs.

Follow directions on the label when you give or take medicines. Read all warning labels. Some medicines cannot be taken safely when you take other medicines or drink alcohol.

Turn on a light when you give or take medicines at night so that you know you have the correct amount of the right medicine.

To avoid drug interactions, check with your doctor or pharmacist if you are taking more than one prescription medication at a time.

Never tell children medicine is candy to get them to take it, even if your child does not like to take his or her medicine.

Store all medicines and household products up and away and out of sight, for example in a cabinet where a child cannot reach them.

Keep medicines in their original bottles or containers.

When you are taking or giving medicines:

Do not put your next dose on the counter or table where children can reach them—it only takes seconds for a child to get them.

If you have to do something else while taking medicine, such as answer the phone, take any young children with you.

Secure the child safety cap completely every time you use a medicine.

After using them, do not leave medicines out. As soon as you are done with them, put them away and out of sight in a cabinet where a child cannot reach them.

Be aware of any legal or illegal drugs that guests may bring into your home. Ask guests to store drugs where children cannot find them. Children can easily get into pillboxes, purses, backpacks or coat pockets.

If despite your best efforts, drugs are accidentally ingested, immediately call the Poison Control Center at (800)-222-1222. This number works from anywhere in the United States.

Training: Motorcycle safety classes



Pete Mathias, motorcycle safety instructor, leads his class of motorcyclists through the Basic Riders Course at the back of Fort Wainwright's Park and Sell lot. The class is part of the Army's Traffic Safety Training Program and one of three classes provided for motorcyclists. (Photo by Greg Sanches/Fort Wainwright Safety Office)

Continued from page 1

purchase of a larger motorcycle.

The Fort Wainwright Motorcycle Safety Foundation Range Facility is located on the south side of the Park and Sell on the corner of Neely and Meridian roads, west of the Physical Fitness Center. The first day of Basic Rider Course is academic; students will report to the Army Traffic Safety Training Program classroom in the basement (west end) of Building 1001, Gaffney Road. You must be on time or risk not being allowed to attend.

To register for a BRC or ERC course, go to the AIRS website at <https://apps.imcom.army.mil/AIRS/login.aspx>. Region: Pacific --- Garrison: Fort Wainwright --- Course: Basic or Experienced --- then click on the desired course date on the calendar and sign up for the applicable course.

Courses are offered on a first-come, first-served priority. Registrations are dated and time-stamped on the website.

Due to regulatory changes and contract restrictions Fort Wainwright may only offer PMP training to active duty Army,

National Guard, or Reserve personnel.

For more information, see the Garrison Commander's Policy Letter 25 Seatbelt/Motorcycle Operation/Personal Protective Equipment Usage.

While riding your motorcycle you must always wear the proper PPE which consists of the following:

Certified DOT or SNELL approved helmet, goggles, wraparound glasses or full face shield which will meet or exceed ANSI Z87.-1 safety code.

Sturdy footwear or leather boots that covers the ankle that affords protection for the feet and ankles.

A long sleeved shirt or jacket, long trousers and full fingered gloves made of leather or abrasion resistant material.

In accordance with Army Regulation 385-10, Rapid-action revision Oct. 4, 2011 and ALARACT 381-2011, Notification of Recent Rapid Action Revision Changes to the Army Safety Program - Motorcycle jackets and pants constructed of abrasion resistant material are strongly encouraged. Riders are also encouraged to wear PPE that incorporates fluorescent colors and retro-reflective material.

ALASKA POST

Home of the Arctic Warriors

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The ALASKA POST - Home of the Arctic Warriors

How to Report an Emergency

Sarah Chapman,
Fort Wainwright Fire Inspector

Emergencies are a part of life, it is how we react during these emergencies that can save lives. Reporting an emergency may seem simple enough, until you have to do it. During an emergency nerves take over and some people can't even remember their name. It is a good practice to write your address close to your phone in the event this happens to you.

If you are having an emergency, take a deep breath and remember these instructions. If you are the person discovering a fire, regardless of the size make every attempt to notify all occupants by shouting "FIRE". Pull the nearest fire alarm pull station on your way out of the building if one is available. Dial 9-1-1 to notify the fire department.

Information to be reported to 9-1-1 Fire Dispatch:

- If known, describe what is on fire (grass, trees, car, building, kitchen, house, etc.).
- Report the building number, apartment number, or other location nearest the fire.
- Name of person reporting the fire and the telephone number from which they are calling.
- If not personally in danger, stay on the line until released by the emergency operator.

Report other pertinent information, such as, physically challenged individuals that need assistance, suspicious events and the exact location in the building.

Fires are not the only emergency to be reported by dialing 9-1-1. Other examples of emergencies to be reported via 9-1-1 include traffic accidents, oil and gasoline spills, release of hazardous material, natural gas leaks, discovery of unexploded ordnances, confined space rescues, bomb threats and infants locked in a vehicle or home. Keys locked in a vehicle do not constitute an emergency unless the vehicle is running.

Remember, all fires, regardless of how minor in nature, and fires which have been extinguished, must be reported to the fire department immediately. For all non-emergencies, dial Fire Dispatch at 907-353-9170. For any questions please contact the Fire Prevention Office at 353-9140.

Fort Wainwright civilians recognized for customer service

Sonja Taylor,
Customer Evaluation Analyst

Fort Wainwright awarded its first Customer Service Award earlier this month. The 1st Quarter of Fiscal Year 2012 produced two winners, one for the individual category and a separate team award. The winners were presented a Certificate of Appreciation as well as a coin from both Maj. Gen. Raymond P. Palumbo U.S. Army Alaska commander and Col. Ronald M. Johnson, garrison commander at the April Community Action Council, April 11.

Joel Duncan with the Installation Security and Intelligence Office at Director of Plans, Training and Mobilization is the recipient of the individual award. Duncan has been serving the Army community here at Fort Wain-

wright as a security specialist since 2004. He has a deep understanding of our Soldiers' needs because he served as one in the Army for over 20 years. This experience uniquely positions him to serve our customers. Duncan understands his customers' mission, organizational structure and what is needed to get the job done. He routinely puts forth 110 percent effort to serve his customers as quickly and efficiently as possible and it shows.

The Last Frontier Community Activity Center received a team award to recognize their support of both the command and our community by exhibiting a culture of excellence in both their attitude and conduct. Shawn Johnson, Erika Kiker, Kimberly Saucedo, Donald Zigga, and Helga Polsey serve an average of 6,600 patrons a

month and continually go out of their way to exceed expectations by putting their customers first.

The quarterly and annual awards were established in an effort to promote a customer service climate throughout the garrison. We are recognizing outstanding employees and teams for their exemplary customer service attitudes and efforts. Each directorate or staff agency attached to the garrison may nominate one employee and one team quarterly. The nomination packages will include a simple yes-no questionnaire and a short narrative explaining the customer service attitudes and contributions of the nominee or team.

Congratulations to all our winners and thank you for showing us what "I care and I can do" really means.



The winners of the first-ever Garrison Quarterly Customer Service Awards receive their awards from Col. Ronald M. Johnson, garrison commander, April 11. Last Frontier Community Activity Center's staff, Kimberly Saucedo (from left), Helga Polsey, Erika Kiker and Shawn Johnson (not pictured Donald Zigga) with Johnson and individual award recipient, Joel Duncan. (Photo by Connie Storch/Fort Wainwright PAO)

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AMERICAN TIRE WRHSE
AK POST/BRIDGESTONE
3 x 10.5

Alaska Post spotlight is on Deanna Holt



Deanna Holt often sets up shop in the food court of the Fort Wainwright Post Exchange. Here she is shown chatting with Staff Sgt. Bradford Livingston and Sgt. James Holloway, both of the 472nd Military Police Company. (Photo by Trish Muntean/Fort Wainwright PAO)

Trish Muntean, Fort Wainwright PAO

After being a stay-at-home mom with three children for seven years, Deanna Holt felt it was time for new challenges. However, she knew working for anyone else may be difficult because it wouldn't give her the flexibility she needed for her Family.

"I started my own business because I had been a stay-at-home mom for seven years and felt it was time to do something a little different," she said. "I realized that I would have a hard time working for anyone else because I wouldn't have a flexible schedule that was conducive to raising a Family."

Holt, the wife of Staff Sgt. Landon Holt, 9th Army Band, and the mother of Macey, Haden and Ally Reese started her business in 2010 while her Family was stationed at Fort Rucker.

When the opportunity presented itself to purchase "Deanna Holt Nuts" she chose this particular business because it had low overhead with a lot of versatility and potential.

The business was also portable, making it suitable for a military spouse.

Making it even more appealing was that she was able to work close to home and her Family, which always comes first with her and her husband.

Even with good time-management and a flexible schedule, sometimes things don't always go as planned. Holt said mornings are "like a three-

ring circus trying to get everyone out the door on time."

The end of the school day isn't any less hectic. One day while she was doing some grocery shopping and her husband was picking up her daughter from day care, she got a phone call from her son asking if they were going to pick him up from school.

"Oops," Holt said with a laugh.

She started the business without formal education or going into debt. She used funds saved from her husband's deployments and said that although she has some college and a few years of hands-on experience in accounting, her most relevant training came from being a stay-at-home mom for seven years and managing a Family of five.

"My life experiences contributed more to my knowledge that was needed to run my own business than any degree could have," she said.

She believes that all military spouses can start their own businesses, if they are willing to take some risks and have families that will stand behind them no matter what.

"You have to want it," she said. "Failure is not an option and you must have a can-do attitude. I strongly encourage any spouse that has the desire to own their own business to get out there and make it happen. The sky is the limit."

Army Birthday Ball

Staff report, U.S. Army Alaska PAO

U.S. Army Alaska will celebrate the Army's 237th birthday with an all-ranks ball at 6 p.m., June 22 at the Hilton Hotel in Anchorage. Guest speaker will be Lt. Gen. Michael Ferriter, commander of U.S. Army Installation Management Command and assistant chief of staff for Installation Management. Tickets go on sale Tuesday through June 8 and are available through unit representatives.

Ticket prices are \$50 for staff sergeant and below; \$60 for sergeant first class to sergeant major and lieutenants; \$70 captains, field grade and general officers; \$75 for civilians and military retirees.

Military uniform for the event is dress mess, dress blues, Army service uniform, or class A with black bow tie. Civilian dress is tuxedo, business suit or ball gown. For dual military couples, at least one service member must be in uniform while the other may wear appropriate civilian attire. For information or to purchase tickets contact your unit representative or call 384-2067.



Arctic Wolves: Come home

Continued from page 1

operations; Operation Hope Hero in November 2011 and, just recently, Operation Kalak Hode II in April 2012. The operations were the first to be independently planned, coordinated and executed by Afghan National Army and Afghan police forces in southern Kandahar. In addition to these operations, ANSF conducted two Afghan independent air assault operations.

The partnership between Wood's task force and Habibi's 1/205th was instrumental for the sustained peace and security throughout the historically volatile district of Panjwa'i. The partnership with the local police forces in Daman and Dand enabled those Afghan forces to assume primacy in security for their districts and bring sustainable security and stability to the region, setting conditions for transition of all security operations in southern Kandahar.

During the transfer of authority ceremony at Camp Hero, district-level government leaders and security commanders commended Wood on the success of the task force and the Afghan partnership over the past 12 months.

Habibi noted the increased security in areas that were known Taliban strongholds one year ago.

"The enemy that used to have headquarters and were strong in Panjwa'i have been pushed out," he said.

Security leaders commended the Task Force Arctic Wolves' leadership for the successes over the

past year and credited the task force for the future peace and prosperity of the region.

The ceremony represented the conclusion of the mission and partnership for Task Force Arctic Wolves, and the start of the mission and partnership for Task Force Arrowhead.

This is not just a transition between Col. Wood and Col. Webster but an example of the way ahead, said Maj. Gen. Jim Huggins, commander of the 82nd Airborne Division and International Security Assistance Forces Regional Command-South.

"This is the future," he added.

At the conclusion of the ceremony, Wood and Knight said their good-byes and good wishes to

their Afghan partners and departed Afghanistan to reunite with more than half of the 1-25th SCBT, which have already returned to Alaska.

Over the next few weeks, the remaining soldiers of the 1-25th SCBT will redeploy to Fort Wainwright, Alaska, and join their Families and loved ones back home after having completed their mission and having brought security to more than 100,000 Afghan people who have not known security or freedom in more than 30 years.

Task Force Arrowhead is expected to continue to set conditions for the transition of security operations and to prepare Afghanistan for the projected 2014 withdrawal of U.S. forces.

Earth Day reading



Wyatt, 3, son of Angelia and Master Sgt. Rick Phebus, first sergeant, 184th Military Intelligence Company, 1st Stryker Brigade Combat Team, 25th Infantry Division takes a seat on a hippity-hop next to Lt. Col. Robert Ericksen, United States Army Garrison, Fort Wainwright, chief of staff during a storybook reading during the Earth Day event at the Physical Fitness Center on post, April 20. Ericksen read "The Three Questions" to a group of eager children. (Photo by Allen Shaw/Fort Wainwright PAO)

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Facebook
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Flickr
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Twitter
twitter.com/PAOFWA

LATE AD
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Fort Wainwright Families skate with the Nanooks



Some Nanook players spent as much time signing autographs and posing for pictures as they did skating. Here, Trevor Campbell posed for a picture with Sgt. Isiah Hall, Forward Maintenance Company, 25th Brigade Support Battalion, 1st Stryker Brigade Combat Team, 25th Infantry Division and his daughters, Leah and Jayla. Hall was happy for the opportunity to spend some quality time with his family following his deployment. (Photo by Trish Muntean/Fort Wainwright PAO)

Trish Muntean, Fort Wainwright PAO

More than 100 Fort Wainwright Soldiers and Family members took advantage of the opportunity to skate with member of the University of Alaska, Fairbanks, Nanook hockey team when they visited Saturday.



Brennan, daughter of Christina and Sgt. Joseph Seeley, 2nd Battalion, 8th Field Artillery Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division took a spin around the ice with her dad on Saturday at the Fort Wainwright ice rink. Seeley recently returned from deployment to Afghanistan. (Photo by Trish Muntean/Fort Wainwright PAO)

"We wanted to do something for the community and show appreciation for all that they do," said Coach Dallas Ferguson.

Delynn Fairchild, the wife of civilian employee and retired Air Force Master Sgt. Michael Fairchild brought seven of her children, whose ages ranged from four to 18 out to skate.

"They enjoy hockey. I know they are going to have a good time and enjoy getting the autographs and such," she said.

Nanook Steve Thompson seemed to spend more time signing autographs and posing for pictures than skating. He was raised in a military family and appreciated the opportunity to interact with the community.

Jennifer and Capt. Patrick Gargan, Alaska Army National Guard brought their son Kieran, 3 out to skate wearing his Nanook jersey. Kiernan had a great time skating with his dad and even posed for pictures with player Trevor Campbell.

The hockey team's support of the Fort Wainwright community began during the deployment with a conversation between Col. Ronald Johnson, garrison commander and Ferguson.

Ferguson asked if there was anything he could do to support the Fort Wainwright community. Johnson told him there were lots of hockey fans deployed who would appreciate tapes of the games. Ferguson then offered pucks, hats, t-shirts, posters, etc which were sent with visiting dignitaries to wounded warriors at Walter Reed Army Medical Center.

"It was a huge hit," Johnson said about the generous gifts to Wainwright's wounded warriors.

Johnson said that he looks forward to seeing more events like this in the future now that Fort Wainwright and the athletic department at UAF have started to develop a relationship.

McHugh: Important time for sale TRADOC missions

Anthony C. O'Bryant,
U.S. Army Training and
Doctrine Command

Secretary of the Army John McHugh traveled to U.S. Army Training and Doctrine Command headquarters to receive briefings from TRADOC leaders on the Army Profession, doctrine, leader development, and training and education, April 20.

Gen. Robert W. Cone, TRADOC commanding general, began the briefing by discussing TRADOC's 'big three' missions -- supporting the current fight, structural transitions and human transitions -- as the command works to transition the force to the Army of 2020.

McHugh cited the importance of TRADOC's mission.

"We are coming out of 10 years of warfare. We have a new national military strategy, and we need to take lessons learned, and measure our way ahead, and put that into doctrine and training programs in a way that positions us to take the best of the recent past, and build toward a better future. And, all of that starts right here [at TRADOC]," said McHugh. "Throughout the history of the Army, our development of our training programs and our educational initiatives have always been important, but this is amongst the most important times in recent memory."

Cone and Lt. Gen. David Perkins, the Combined Arms Center's commanding general, briefed McHugh on the latest initiatives underway to implement changes identified with the Army Profession Campaign.

TRADOC released the Army Profession report earlier this month, which, according to Perkins, was the most comprehensive study of the profession ever conducted, gathering feedback from more than 40,000 surveys from Army personnel across all cohorts. He compared the effort to a similar study in 1987 that only involved feedback from 400 officers.

The TRADOC-governed



Secretary of the Army John McHugh listens as Commander of the Combined Arms Center Lt. Gen. David G. Perkins briefs during a visit at the U.S. Army Training and Doctrine Command, to discuss how the future force will train to fight and win our nation's wars, April 20, 2012, at Joint Base Langley-Eustis, Va. TRADOC develops, educates and trains Soldiers, civilians, and leaders; supports unit training; and designs, builds and integrates a versatile mix of capabilities, formations, and equipment to strengthen the U.S. Army as America's Force of Decisive Action. (Photo by Staff Sgt. Bernardo Fuller/U.S. Army Training and Doctrine Command)

campaign was led by the U.S. Army Combined Arms Center and designed to determine ways to identify and strengthen weaknesses in the profession, and to leverage its strengths.

"[The Army Profession] is as old as the Army itself, and is built on certain core principles that have always set this Army apart from other militaries from across the planet and throughout history," McHugh said.

He said he sees the Army at an inflection point, where it needs take its last 10 years of combat experience and use that to define the Army as a profession with the "guidance and the input from those great warriors who have been out there doing the hard fight."

McHugh said he believes the Army needs to reestablish and reaffirm the foundational principles that have always been important to the Army and embed them with new lessons.

"We find ourselves today with a force that is very rich in combat experience, and has demonstrated over ten years that they certainly have the

skills with soldiering and prevailing on the battlefield well in hand," McHugh said. "But, as I think Gen. Cone and his team here are helping us to do each and every day, we want to make sure that they have that full professional development and education. The schoolhouse is an important part of that, and this team [TRADOC] is working very hard, along with the Army leadership, to try and provide the means and the way forward to make that happen."

McHugh ended his visit with a message to TRADOC expressing his appreciation for their role in the Army.

"I just want to say to the team here that this a critically important time for this mission. All of us in the Pentagon who depend upon them are very grateful for the effort they bring each and every day. And I think I can say for Soldiers -- whether they know it or not -- [they] benefit from the hard work that happens [at TRADOC], and we are all in great debt to them," McHugh said. "Keep up the good work."

Sustainability:

Continued from page 1

Fort Wainwright, chief of staff read, "The Three Questions" to an audience of children. They also provided activities that emphasized the need to reduce, reuse and recycle.

"This year's Earth Day Celebration was a huge success," said Andy McDonough, plans specialist, Plans, Analysis and Integration Office and event chairman. More than 200 people attended the event and participated in demonstrations, discussions and give-a-ways. He said, "Fort Wainwright and our partners highlighted what we do every day in support of Earth Day and sustainability."

The finale of the event was the signing of a Sustainability Proclamation by the local community leaders including Col. Ronald M. Johnson, Fort Wainwright garrison commander; Lt. Col. David K. Sieve, Eielson Air Force Base, 354th Mission Support Group, deputy commander; Luke Hopkins, Fairbanks North Star Borough mayor; Jerry Cleworth, Fairbanks city mayor and Doug Isaacson, North Pole city mayor. The signing was followed by a cake cutting ceremony symbolizing a commitment to sustainability with community recycling leaders, partners and community leaders.

"There were many leaves added to our commitment tree which symbolized individual commitments from those who attended the event toward sustainability and Earth Day. It was their way to say "Me and Now" to our theme of "If not you, who and if not now, when," McDonough said.



University of Alaska, Fairbanks, Office of Sustainability student, Alexander Bergman, watches a voltage meter go up as he demonstrates multiple practices of sustainability using a bike from UAF's Green Bike program, a little personal effort and an electric generator, powering both a light bulb and a laptop at the Fort Wainwright's Earth Day event, April 20. (Photo by Brian Schlumbohm/Fort Wainwright PAO)

Friday-27th

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

ARBOR DAY: PLANT A TREE, 4 to 5:30 p.m., SAC, Building 4166. Call 361-9051.

EXCEPTIONAL FAMILY MEMBER PROGRAM ROCK CLIMBING, 6 p.m. Melaven Gym, Building 3452. Open to participants in the EFMP. Cost is \$3. Call 353-4243.

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

Saturday-28th

BEAR SAFETY COURSE, 9 a.m., Outdoor Recreation Center, Building 4050. No cost. Call 361-6349.

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

MONTH OF THE MILITARY CHILD CARNIVAL, 10 a.m. to 1 p.m., Youth Center Gym, Building 4109. No Cost. Call 353-7713.

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

SUMMER ACTIVITY CLINIC, 1 p.m., Outdoor Recreation Center, Building 4050. No cost. Call 361-6349 or 361-6350.

ATV SAFETY COURSE, 1 to 5 p.m., Outdoor Recreation Center, Building 4050. Call 361-6349.

SUMMER FUN AT THE YOUTH CENTER OPEN HOUSE, 2 to 6 p.m., Youth Center, Building 4109. Call 361-5437.

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

GAMING TOURNAMENT: MODERN WARFARE 3, 6 p.m., The Warrior Zone, Building 3205. Open to Department of Defense cardholders, 18 and older. Call 353-1087.

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

Sunday-29th

GOSPEL SERVICES, 9:45 a.m. Gospel Sunday school; 11 a.m. Gospel Worship service, Bassett Army Community Hospital, third floor conference room, Building 4076. Call 353-9825.

PROTESTANT SERVICES, 10 a.m., Sunday school, 11 a.m., Sunday Protestant worship, Northern Lights Chapel, Building 3430. Call 353-9825.

CATHOLIC SERVICES, 11 a.m., Catholic Mass, Southern Lights Chapel, Building 4107. Call 353-9825.

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

Monday-30th

ROMP AND STOMP PLAYGROUP: ART EXPLORATION, 9:30 to 11 a.m., Last Frontier Community Activity Center, Building 1044. Call 353-7372.

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.

Tuesday-1st

GROUP CYCLING CLASS, 6:30 a.m., Physical Fitness Center, Building 3709. No cost. Call 353-7223.

KINDERGARTEN REGISTRATION, 9 a.m. to 3 p.m. at Arctic Light Elementary School. For more information, call 356-2038.

HOOR OF POWER GROUP STRENGTH CLASS, noon, Physical Fitness Center, Building 3709. No cost. Call 353-7223.

GROUP CYCLING CLASS, 5 p.m., Physical Fitness Center, Building 3709. No cost. Call 353-7223.

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.

Wednesday-2nd

FINANCIAL READINESS TRAINING, 9 a.m. to 4 p.m., Post Library, Building 3700. Call 353-7438 to register.

KINDERGARTEN REGISTRATION, 9 a.m. to 3 p.m. at Arctic Light Elementary School. For more information, call 356-2038.

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

GROUP CYCLING CLASS, noon, Physical Fitness Center, Building 3709. No cost. Call 353-7223.

WILD WING WEDNESDAY, 5 to 7 p.m. no-cost (while they last), Nugget Lanes Bowling Center, Building 3702. Call 353-2654.

BOOT CAMP, 5 p.m., Physical Fitness Center, Building 3709. No cost. Call 353-7223.

Thursday – 3rd

ROMP AND STOMP PLAYGROUP: SUPER SCIENCES, 9:30 to 11 a.m., Last Frontier Community Activity Center, Building 1044. Call 353-7372.

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

GROUP CYCLING CLASSES, 6:30 a.m. and 4 p.m., Physical Fitness Center, Building 3709. No cost. Call 353-7223.

HOOR OF POWER GROUP STRENGTH CLASS, noon, Physical Fitness Center, Building 3709. No cost. Call 353-7223.

Friday – 4th

STORY HOUR and CRAFTS: STAR WARS, 4 to 5 p.m., Post Library, Building 3700. No cost. Call 353-4137.

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

FREE RIDE HOME SADD, 10 p.m. to 4 a.m., Soldiers Against Drunk Driving Open to DoD cardholders ages 21 and older. Call 353-6610.

Saturday – 5th

CINCO DE MAYO GRAND OPENING, 11 a.m. to 3 p.m., Chena Bend Golf Course, Building 2092. Call 353-6223.

STRONG BANDS SPIN CLASS, noon, Physical Fitness Center, Building 3709. No cost. Call 353-7294.

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

CHESS CLUB, 3 to 5 p.m., Last Frontier Community Activity Center, Building 1044. No cost. Call 353-7755.

CINCO DE MAYO FIESTA, 4 to 7 p.m., Nugget Lanes Bowling Center, Building 3702. Call 353-2654.

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

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

FREE RIDE HOME SADD, 10 p.m. to 4 a.m., Soldiers Against Drunk Driving Open to DoD cardholders ages 21 and older. Call 353-6610.

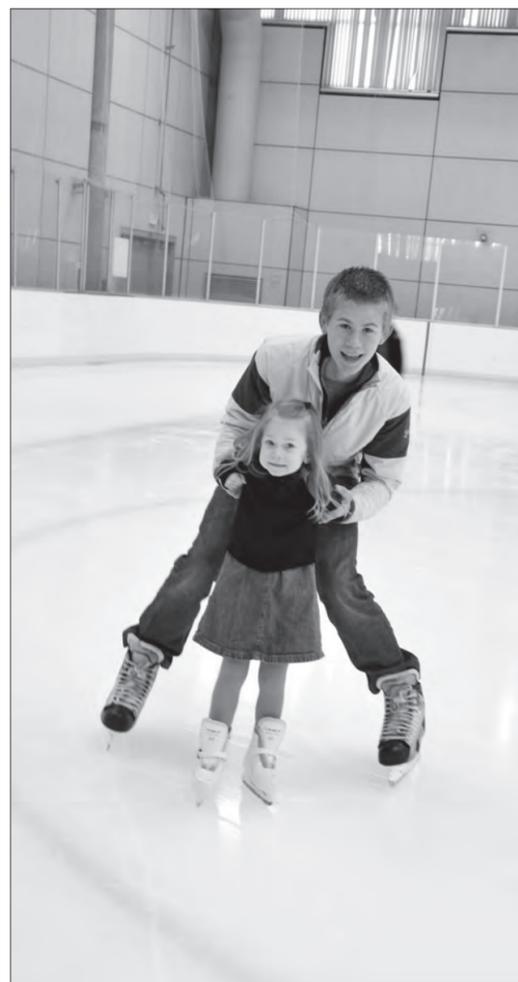
Sunday – 6th

GOSPEL SERVICES, 9:45 a.m. Gospel Sunday school; 11 a.m. Gospel Worship service, Bassett Army Community Hospital, third floor conference room, Building 4076. Call 353-9825.

PROTESTANT SERVICES, 10 a.m., Sunday school, 11 a.m., Sunday Protestant worship, Northern Lights Chapel, Building 3430. Call 353-9825.

CATHOLIC SERVICES, 11 a.m., Catholic Mass, Southern Lights Chapel, Building 4107. Call 353-9825.

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

Nanook fans

Jordan and Sarah, the children of Michael and Delynn Fairchild came out on Saturday to skate with the Nanooks and collect autographs. Jordan is a big fan and holds season tickets. (Photo by Trish Muntean/Fort Wainwright PAO) *See story, page 5.*

11394614
LOOSE MOOSE CAFE
AK POST/BUCKS AK PO
2 x 3.0

18395010
PURE ESSENTIALS DAY
SPA
ALASKA POST/YENSID
2 x 2.0

18395015
DEREMER, DOUG
ALASKA POST/
CLOCK RE
1 x 1.0

**Fort Wainwright
PAO website:**
www.wainwright.mil

13396159
FAIRBANKS ECONOMIC
DEVELO
AK POST/CSA-AK POST
2 x 4.0

11394653
BABULA, DR.
AK POST/AK POST
2 x 3.0

18396914
SEOUL GATE RESTAU-
RANT
AK POST/AK POST
2 x 3.0

GOLF COURSE DINING

Chena Bend Café opens for the season this Sunday. The café will open 7 days a week from 7 a.m. until 7 p.m. Chena Bend Golf Course is located at the end of west end of the airfield off Ketcham Road. Call 353-6147.

RECREATIONAL SHOOTING

The Sports Fire Range is available for all active-duty military and DoD ID cardholders. The range began operating under summer hours Wednesday. Summer hours extend the normal operating times of 8 a.m. to 4 p.m. Monday through Friday to include more hours Wednesday evenings from 4 to 8 p.m. and Saturdays from 10 a.m. to 5 p.m. Military training has priority over all other range use. Fees do not apply for normal range use. For more information on safety training, requirements and availability of the Sports Fire Range, call range control, 353-1266.

MARK YOUR CALENDAR

Upcoming events: Fort Wainwright's Spring Cleanup, May 7 through 11; STOMP - Salute To Our Military Parade, May 12; 1st Stryker Brigade Combat Team, 25th Infantry Division redeployment events and ceremonies from May 15 through 17 and the Army Ten-Miler Qualifier event is May 18. For more information about Fort Wainwright events, a calendar is available on www.wainwright.army.mil or call 353-6780.

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.

VETERAN WEIGHT-MANAGEMENT

A weight management program, VA Move, is offered the first Thursday of every month with the Veterans Administration Clinic. There are no restrictions to who can participate in the VA Move class and a referral is not necessary to attend class. If you receive VA medical care, you are eligible. Call 361-6370 ext. 1 for more information or go online at www.move.va.gov.

KINDERGARTEN ENROLLMENT

Kindergarten is an exciting first step in a child's formal education. The Fairbanks School District welcomes parents to enroll their children in kindergarten for the 2012-2013 school year on Tuesday and Wednesday. In order to register, children must be 5 years-old on or by September 1. Parents must also provide proof of their child's age, residence and re-

quired immunizations. Registration will be held at the child's attendance area school. Attendance area schools and other practical information including an explanation of kindergarten schedules, breakfast and lunch menus, district transportation and more can be found at www.k12northstar.org/kindergarten.

FEEDING OUR OUTSTANDING DEPENDENTS

The F.O.O.D. program invites Family members of deployed Soldiers and recently returned Soldiers and their Families to an evening where we cook for you. The last F.O.O.D. program event will be held Sunday, May 6. Food will be served at 5:30 p.m. in Southern Lights Chapel, Building 4107. All are welcome.

YOUTH OF THE CHAPEL

Youth of the Chapel will have their End of Year BBQ and Food Fight event at 5 p.m., May 6, outside the Southern Lights Chapel Building 4107. This event is only open to Fort Wainwright youth in grades 6 through 12. Wear clothing you don't mind ruining.

ASIAN-PACIFIC AMERICAN HERITAGE

The 2012 Asian-Pacific American Heritage Month observance will take place May 11, from 1:30 to 3 p.m. at the Physical Fitness Center, Building 3709. This year's theme is "Striving for Excellence in Leadership, Diversity and Inclusion", the event is being hosted by Medical Department Activity - Alaska. The guest speaker will be Shiva Hullavarad and live entertainment by the Tafa'ifa Polynesian Dance Productions, also Asian and Pacific Islander food sampling. RSVP no later than May 9, to paul.wayfield@us.army.mil or elliott.hardee@us.army.mil.

VACATION BIBLE SCHOOL

Catholic Vacation Bible School for children from grades kindergarten through sixth will sing songs, watch skits, create crafts and play games during Catholic Vacation Bible School May 21 through 25. They'll discover Jesus provides what they truly need in every challenge of life. Sessions take place from 12:30 to 4 p.m. at Southern Lights Chapel, Building 4107. Registration packets are available at both SLC and Northern Lights Chapel. Space is limited to 50 participants. Contact Marissa McGrath at 361-4261 or 361-4463 with any questions.

PREVENT ABUSE AND NEGLECT

Help for abused and neglected children is available locally and through a toll-free hotline. The 24-hour Childhelp National Child Abuse Hotline at (800) 4-A-CHILD and on post, call Army Community Service at 353-7317. If you suspect a child is being hurt or neglected, contact the local police. Parenting, caregiver and volunteer tips and resources are available at www.myarmyonesource.com.

TRAVEL SECURITY AND SAFETY TIPS

When traveling, check the surrounding area for anything suspicious before leaving a building to get into your vehicle. Vary routes to and from work and home if possible. Avoid late travel. Travel with a companion. Avoid isolated roads or dark alleys when possible. Keep seat belts buckled, doors locked and windows up. Be alert while driving or riding. Do not allow your vehicle to be boxed in. Maintain at least a car length between you and the vehicle in front of you when approaching intersections. For more information contact your unit Antiterrorism Officer or the garrison ATO at 353-6094.

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.

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 Army Community Service in the Welcome Center, Building 3401 Santiago Avenue. For more information about the AER program, call 353-7453.

**SOLDIERS
AGAINST
DRUNK DRIVING
353-6610
Have a Plan,
Call Someone.**

**40395989
AFC/GEICO
AK POST/GREAT RATES
3 x 10.0**

**18395045
RISSE GREENHOUSE
AK POST/TOUR OF GREE
3 x 11.5**

50396321
STANLEY NISSAN
AK POST/BUY SMART
6 x 21.0
Full / olor /