

ALASKA POST

Home of the Arctic Warriors



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Fort Wainwright, Alaska

June 29, 2012

IMCOM boss visits Alaska

Allen Shaw,
Fort Wainwright PAO

A young off-duty Soldier in a white t-shirt and shorts stood in line at the dining facility June 21 with sweat beading on his brow from a morning bicycle ride chatting about his mountain-bike adventure with another Soldier, who was also waiting for a burger. Spc. Masanja Cyrol, 3rd Battalion, 21st Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division was telling Lt. Gen. Michael Ferriter, commanding general of Installation Management Command, how much he enjoyed riding on the trails around Fort Wainwright, as they passed the time swapping stories.

Ferriter and his wife Margie visited Alaska last week and spent the longest day of the year in Fairbanks.

The general, accompanied by IMCOM Command Sgt. Major Earl Rice, started off early with a visit to the Physical Fitness Center and a run around Ladd Army Airfield. The rest of the morning was spent in office visits with Maj. Gen. Michael Garrett, United States Army Alaska commanding general, Ms. Debra Zedalis, director, IMCOM Pacific Region, and Col. Ronald M. Johnson, United States Army Garrison Fort Wainwright garrison commander. Before breaking for lunch, Ferriter and Rice also met with IMCOM Pacific Region Command Sgt. Major Karl Schmitt, USAG Fort Wainwright Command Sgt. Major Wayne Jeffries and various Fort Wainwright IMCOM directors.

Margie Ferriter spent the morning touring Directorate of

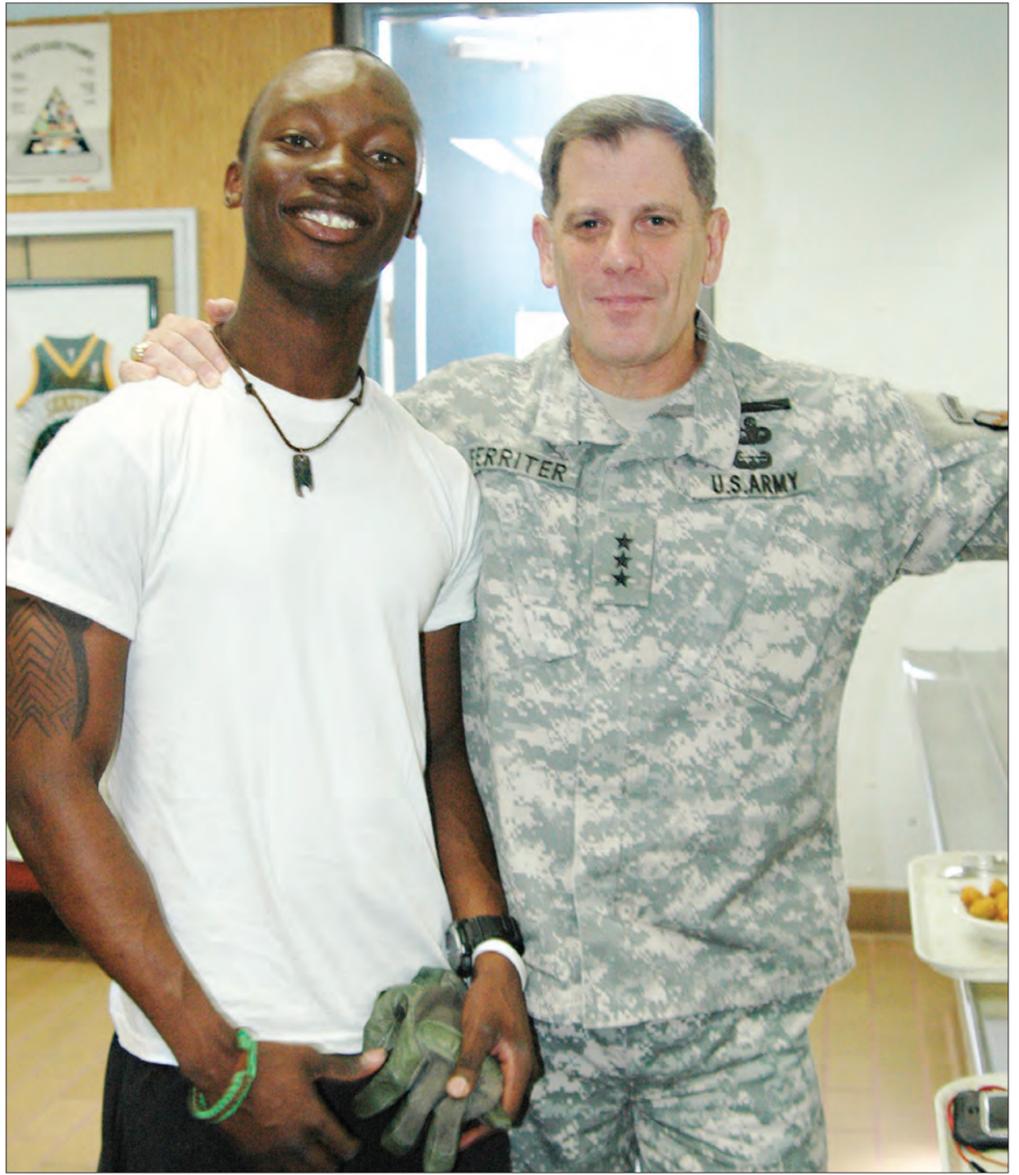
Family and Morale, Welfare and Recreation facilities, as well as paying respects with Gold Star Family members to the fallen Soldiers honored at Monterey Lakes Memorial Park.

After both parties rendezvoused for lunch, IMCOM's commander, also the Army's Assistant Chief of Staff for Installation Management Command, toured Army Community Service, met with Gold Star Family members then assisted Johnson in the presentation of special Customer Service Awards recognizing garrison employees during an event at the Last Frontier Community Activity Center.

Those IMCOM civilians who received the awards were staff members of the Central Issue Facility: Stephen Shugars, Joyce Goins, William Lambert, Adam Rost, Edward Martin, Kevin Tirban, Marcia Rhodes, Miguel Guzman-Perez, Ricky Beaver and Angelo Atienza. Two other awards for outstanding customer service were presented to Michelle Benjamin for her work with Survivor Outreach Service and Timothy Mayhak for his dedication to the Garrison Safety Office's motorcycle safety program.

Ferriter took the opportunity to tell the IMCOM employees in attendance the importance of customer service, reminded everyone "who we work for," the things "we are doing right" and "the things we can do better."

The group concluded the visit with a boat ride on an Outdoor Recreation vessel up the Chena River through downtown Fairbanks under a warm, crystal-clear blue, sun-drenched sky for dinner on the deck of a local eatery.



Spc. Masanja Cyrol, 3rd Battalion, 21st Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division chatted with Lt. Gen. Michael Ferriter, commanding general, Installation Management Command, June 21 at the dining facility on Fort Wainwright. The two Soldiers were waiting for their cheeseburgers. Ferriter and his wife Margie were visiting Army installations throughout Alaska. (Photo by Allen Shaw/Fort Wainwright PAO). *See more photos, page 4.*

U.S. Army's top leader in Alaska shares initial guidance, expectations



Maj. Gen. Michael X. Garrett
United States Army-Alaska commander

Col. Michael X. Garrett
United States Army Alaska
commander

The purpose of this memorandum is to share my 30-day assessment with leaders in USARAK. I intend to continue to get out and see more units, meet more key leaders, and learn more about USARAK for the next 60 days prior to developing a commander's vision for the next two years. Overall, in the last 30 days, I am confident USARAK is meeting its mission requirements and maintaining a great reputation among our partners in Alaska, U.S. Army Pacific and the Department of the Army.

Our USARAK staff, installation, and support processes are on track and we are able to deliver ready units to combatant commanders and take care of our Families via lean but effective staffs and a civilian workforce committed to taking care of Soldiers, Families and units.

I have seen that USARAK has

met or exceeded expectations with respect to our Pacific Theater Security Cooperation Program requirements. We can expect more requirements in this part of our mission set and we can expect to host more Pacific armies in Alaska for TSCP training events. Our units will need to be responsive in training and exercise support that demonstrates the very best in METL (Mission Essential Task List) task proficiency and professional execution of well-planned training events.

I have not had the opportunity to observe USARAK during an exercise related to our obligations to Defense Support to Civil Authorities and JTF Alaska. I look forward to upcoming exercises of this type and I am confident we will make a valuable contribution to the collective efforts of JTF Alaska, FEMA Region IX, and Alaska Army National Guard team. My question is: Are we ready for a 1964-type earthquake tomorrow? If not, what are we doing to be ready? How do we

balance this requirement with our other missions?

With respect to leader development, discipline, and small unit readiness, you need to know that this has always been important to me as a leader in our great Army and this tour as the USARAK Commander will be no different. I expect leaders to know the standard, and enforce the standard. Our standards in garrison are found in the USARAK Blue Book. I want to see junior leaders taking charge, and making the tough call.

I expect to see quality training that is planned and executed in accordance with our training doctrine. I expect the chain of command to own the barracks and ensure that leaders are checking and enforcing standards in the barracks both during the duty day and after hours and during the weekends. We must take care of each other. We need to get back to the basics, and in this area I have seen some room for improvement.

WEEKEND WEATHER



Friday
Cloudy with scattered showers.
Highs in the 60s
Lows in the 50s
West winds to 10mph



Saturday
Mostly cloudy
Chance of showers
Highs in the 60s/70s
Lows in the 50s/60s



Sunday
Cloudy with a chance of showers
Highs in the 60s/70s
Lows in the 50s/60s

BRIEF

Freedom Fest events this weekend

Friday: MMA cage fights at the Carlson Center. The band, Lucid and a DJ. General admission for military: \$20. Shuttle service from Fort Wainwright (details page 2)

Saturday: Motorcycle Freedom Ride for Awareness, (on-the-spot registration at Ladd Parade

Field on Gaffney Road, Building 1555 at 8:30 a.m.; 5K fun run at the Alert Holding Area—Building 2116 Montgomery Road. Activities for all ages and Battle of the Bands (details page 8).

Family and MWR will share updates online at www.fortwainwrightfreedomfest.com

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SN/ BIRCHWOOD HOMES

Medical Department Activity - Alaska

Greetings to the United States Army

Alaska, I am Col. Dennis LeMaster, the commander of Medical Department Activity-Alaska and Bassett Army Community Hospital. I would like to take this opportunity to introduce myself to the U.S. Army Alaska Family.

First however, I would like to publicly thank Col. Appenzeller and his Family for the tremendous positive impact they have made on this community. Their great leadership and sacrifice over the past two years has positioned MEDDAC-AK

for continued future success and enduring excellence. I wish them the very best luck possible in their next assignment at Senior Service College.

I am originally from Washington State and put myself through school as a logger and a forest fire fighter. I have spent the last 25 years in the Army, and like most of you, I have been assigned to posts all across the world including deployments to the Balkans and Iraq.

I understand the sacrifices that our Soldiers

and our Families make in support of our country and I am honored to be a part of such a community.

My son and I are truly excited to become a part of this great Alaska team, with its joint partnerships and experiences, the incredible outdoor opportunities and the privilege of providing health care to our Soldiers, their Families and our veterans.

For the past three years I have watched MEDDAC-AK from Joint Base Lewis-McChord,

Wash., where I served as the Western Regional Medical Command chief of staff.

Bassett Army Community Hospital is an outstanding organization with a global reputation for excellence. I'm humbled to be a part of such a fantastic group of professionals who are experts at what they do.

My top priority will be ensuring the continued enthusiastic delivery of health care to those we serve, professionally, compassionately and efficiently. Our beneficiaries

are the best and as such, they deserve the best.

The MEDDAC-AK team has made great strides over the past few years, but to move forward we must continue our health care partnership. I ask our beneficiaries to continue to let us know how we are doing to meet your needs and to give us feedback on how we can make our services better. Whether they are big issues or small suggestions we know they can make a big difference for you as beneficiaries; your feed-



Col. Dennis LeMaster
MEDDAC-AK commander

back is important to me.

Again, I want to say how excited my son and I are to be here. I am overjoyed and proud to be part of the United States Army Alaska Team and I look forward to serving its Soldiers and Families.

MEDDAC welcomes new commander

Brandy Ostanik,
Medical Department
Activity-Alaska PAO

Medical Department Activity-Alaska changed command during a ceremony June 21 at Fort Wainwright's Ladd Parade Field. Col. George Appenzeller relinquished command to Col. Dennis LeMaster in front of a crowd of MEDDAC staff, Family, friends and distinguished guests. The ceremony was hosted by Maj. Gen. Richard Thomas, commander of Western Regional Medical Command.

Following the change of command ceremony LeMaster signed the Army Medicine Healthcare Covenant as a pledge of MEDDAC-AK's commitment to Soldiers, Families and veterans.

During remarks following the ceremonial passing of the colors, outgoing commander, Col. George Appenzeller spoke to those in attendance, sharing his gratitude, and recognizing the many accomplishments of the team in the past two years.

"It is the people that make MEDDAC-AK so special. Military and civilian, top to bottom, MEDDAC-AK has great people who will sacrifice over and over again to make sure our community is cared for," said Appenzeller. "I could talk for hours about the accomplishments of the staff from Bassett, to Greely to Joint Base Elmendorf-Richardson; deployments, redeployments, patient satisfaction, outcome measures and pilot projects, I am honored to have been a small part of it."

Appenzeller and his Family

will be moving to Washington, D.C., where he will attend a War College Fellowship at the Department of Health and Human Services, followed by a command at Blanchfield Army Community Hospital, Fort Campbell, Ky.

The new commander spoke of his enthusiasm of being in Alaska and becoming a part of MEDDAC-AK.

"I am excited. I look forward to being a part of this great Alaska team with its joint partnerships and experiences, the incredible expansive outdoor opportunities and the privilege of providing healthcare to our Soldiers, their Families and our veterans," LeMaster said.

"Bassett Army Community Hospital is an outstanding organization with a global reputation for excellence," LeMaster said. "I'm humbled to be a part of such a fantastic group of professionals who are experts at what they do."

LeMaster also thanked Thomas for the opportunity to serve as commander of MEDDAC-AK. "I promise to give you my best, to continue the great tradition of healthcare excellence that the Soldiers, their Families and our veterans have come to know so well while in Alaska."

LeMaster, who was raised in Washington State, comes to Fort Wainwright from his most recent assignment as Western Regional Medical Command Chief of Staff at Joint Base Lewis-McChord. His Army career spans 25 years and includes 11 years in Germany and deployments to the Balkans and Iraq.



Maj. Gen. Richard Thomas (left), commander of Western Regional Medical Center, passes the colors to incoming MEDDAC-AK commander Col. Dennis LeMaster during a change of command ceremony June 21 at Ladd Parade Field. (Photo by Brandy Ostanik/Medical Department Activity-Alaska PAO)

Freedom Fest: Reunited

Friday, June 29
Mixed Martial Arts Cage Fights

Fort Wainwright FMWR's Freedom Fest Reunited "Fight for Freedom"

Featuring Main Fight Fighter MMA David Knight vs. MMA Jorge Cordoba and Co-main Fight: MMA James Gillen vs. MMA Clinton Teeple and three other fights.

Featuring music from the band Lucid, and DJ VMAX from KWOLF 98.1

Doors open 6 p.m. Action begins at 7 p.m.

Freedom Fest shuttle bus schedule

5 p.m. Building 4075; 5:10 p.m. Building 3717;

5:15 p.m. Building 3205;

5:20 p.m. Building 3207;

5:25 p.m. The Exchange;

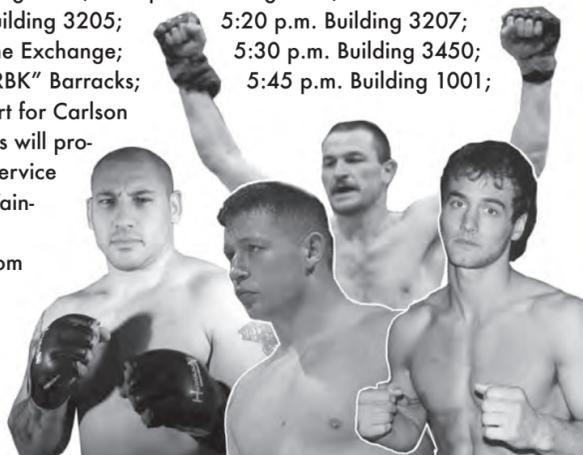
5:30 p.m. Building 3450;

5:35 p.m. "RBK" Barracks;

5:45 p.m. Building 1001;

6 p.m. depart for Carlson

Center. Buses will provide return service to all Fort Wainwright stops departing from the Carlson Center between 10:45 and 11 p.m.



See Saturday Schedule on page 8.

ALASKA POST

Home of the Arctic Warriors

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The ALASKA POST - Home of the Arctic Warriors

Garrison commander's safety message

On July 4, 2012, America will celebrate the 236th anniversary of our Nation's independence. I would like to thank each member of the Fort Wainwright community, whether Soldier, civilian, or Family member, for your selfless service and professionalism. This is a time to reflect on our heritage, core values, and enjoy outdoor activities with friends and Family. I fully support the spirit of independence but, if tradition prevails, we will see an increase tempo of Family and recreational activities.

This being said, I am concerned with the potential for tragic accidents.

I strongly encourage leaders to stay engaged with their personnel and conduct preholiday briefings to educate Soldiers and civilians on good safety processes and practices. Discuss in-

creased risks associated with holiday travel, recreational activities and the consequences of excessive alcohol consumption, especially when it involves vehicle operations such as cars, motorcycles, boats and all-terrain vehicles.

Stress the importance of wearing proper personal protective equipment. Everyone should integrate the Composite Risk Management tool into their holiday activities.

Don't rush to recreate. Whatever is on your agenda "be prepared," listen to news and weather reports of highway conditions. Information can be found at <http://511.alaska.gov/alaska511/reports/alerts> or call Alaska Traveler Information at (511) for more details. Always watch and heed traffic warning signs.

Boaters and fisherman need to be prepared for deeper and swifter wa-

ters than normal, submerged objects and unusual floating debris. Always wear personal floatation devices and never go alone. Hikers, campers and sightseers must be prepared for swollen and swift waterways, loose or slippery rocks, dirt and encounters with wild life.

For additional information and assistance you may contact our Installation Safety Office at 353-6473.

Please have a safe and enjoyable holiday and remember fun can immediately turn into tragedy when proven safe practices are ignored.

Ronald M. Johnson
 Ronald M. Johnson
 Col. SF
 Commanding



Col. Ronald M. Johnson
 Fort Wainwright garrison commander

Make safety part of your yard work

Tim Mayhak, Fort Wainwright safety office

Yard work! These two words can either mean dread or enjoyment. Like it or not, someone has to do the yard work because the snow is no longer hiding the yard. Whether it's you or the hired hand who does the work, safety needs to be a major part of these activities.

As you plan yard work, remember these simple points:

- Always read the manufacturer's operation manual for the equipment you intend to use.
- Always wear the recommended protective gear for the equipment being used. Consult the operating manual for this information. Safety glasses, hearing protection, long pants and safety shoes should be standard protective equipment

when using powered lawn equipment.

- Always check the fluid levels in gasoline-powered equipment. Never add fuel to hot equipment. Gasoline could be ignited by the hot surface of an exhaust pipe or engine. Always add fuel to equipment in a well-ventilated area and properly store the fuel away from direct sunlight or other heat sources.
- Disconnect the spark plug to gasoline-powered equipment before working on, cleaning or adjusting the equipment.
- Always inspect the area to be mowed before starting work. It should be clear of branches, stones, glass or other debris that could be thrown from the mower.
- Never mow the lawn when it is wet. There is danger of slipping and falling in the path of

a moving mower, as well as the hazard of shock from an electric mower and the temptation to clear the clogged chute without turning off the machine.

- Make sure people and children are not in the area being mowed, they could be struck by flying objects or step into the path of the mower.
- Firmly grip the lawn mower handle with both hands at all times. Never over-reach while operating a mower; it's important to keep your balance at all times.
- Be especially careful when mowing on sloping ground where you have less control. Mow across the fall of the slope, never up and down.
- Never operate a lawn mower if you are barefoot or while wearing sandals. Always wear sturdy and/or safety-toed

shoes, they provide traction and protection if your foot slips into the cutting blades.

- It's much safer to cut the grass while pushing forward rather than pulling the mower backward toward you. This is emphasized in the operator's manual.
- Do not allow children to operate a mower. Do not give rides if you are using a riding mower.
- Never remove clippings from the underside of your mower with your hands. Use a long handled scraper. (...and disconnect the spark plug or electric connection)
- Use a cutting line of the correct diameter for the weed-eating equipment. The wrong size line can cause the machine to malfunction and might result in eye or other injuries.

• Never remove the safety line guard on the weed-eater. It is there to protect you.

• Keep pesticides locked up and out of reach of children and pets. Know the chemicals you are using and protect everyone with the proper PPE. Consult your local garden center for information about organic matter available for use. The chemicals you use should come with a Material Safety Data Sheet which will tell you what you need to do to protect yourself.

Regardless of your view of yard work, make safety a part of your experience. Then sit back, sip your lemonade and enjoy the results of your hard work.

For more information, contact your unit safety officer or call the garrison safety office, 353-7079.

Cut that grass

- To prevent injuries from flying objects, pick up rocks or toys before mowing
- Keep children a safe distance away from lawn mowers at all times
- Wear sturdy shoes while mowing



11396847
 LOOSE MOOSE CAFE
 AK POST/BUCKS
 2 x 3.0

11396841
 BABULA, DR.
 AK POST/AK POST
 2 x 3.0

17399456
 FAIRBANKS NORTH STAR BORO
 AK POST/JULY 4TH AK
 4 x 6.0

IMCOM Commanding General Ferriter's visit



Lt. Gen. Michael Ferriter, IMCOM commanding general, speaks with Spc. Benson Mantes, 539th Transportation Company, at Fort Wainwright Army Community Service. Mantes was there using the computers for training. (Photo by Allen Shaw, Fort Wainwright PAO) **See story page 1.**



Lt. Gen. Michael Ferriter visits with Wyatt, 8, a Gold Star Family member whose father, Sgt. 1st Class Jonathon B. McCain, 1st Stryker Brigade Combat Team, 25th Infantry Division was killed in November 2011 while supporting Operation Enduring Freedom in Afghanistan. (Photo by Allen Shaw, Fort Wainwright PAO)

Soldiers offered free entrance to all national parks

Compiled from staff reports,
National Park Service

To show appreciation for those who serve in the U.S. military, the National Park Service is offering an annual pass offering free entrance to all 397 national parks for active duty military members and their Family members.

"We all owe a debt to those who sacrifice so much to protect our country," said National Park Service Alaska Regional Director Sue Masica. "We are proud to recognize these brave men and women and hope that a visit to a national park will offer an opportunity to unwind, relax, rejuvenate, and just have fun with their families."

In Alaska, only Denali National Park and Preserve charges an entrance fee (\$10 per person, ages 16 and older). The fee provides the visitor with an en-

trance permit valid for seven days. Several other national parks in Alaska have fees associated with particular amenities, such as camping, but these are not covered by the military pass. Denali NP visitors reserving shuttle bus seats online should look for instructions on how the fee waiver will be applied.

Active duty members of the U.S. Military and their dependents can pick up their pass at Denali National Park, at the park's ranger station in Talkeetna, or at the Alaska Public Lands information Center in Anchorage or Fairbanks. They must show a current, valid military identification card to obtain their pass. More information is available at www.nps.gov/findapark/passes.htm. The pass can also be obtained at any national park which charges an entrance fee. A list of national parks with entrance fees in the Lower 48 is avail-

able at <http://www.nps.gov/findapark/feefreeparksbystate.htm>.

This military version of the America the Beautiful National Parks and Federal Recreational Lands Pass also permits free entrance to sites managed by the U.S. Fish & Wildlife Service, the Bureau of Land Management, the Bureau of Reclamation, and the U.S. Forest Service. The pass is also available at those locations. "Through the years, military members, especially those far from home in times of conflict, have found inspiration in America's patriotic icons and majestic landscapes, places like the Statue of Liberty and the Grand Canyon that are cared for by the National Park Service and symbolize the nation that their sacrifices protect," said National Park Service Director Jonathan B. Jarvis. "This new pass is a way to thank military members and their families for

their service and their sacrifices."

National parks and the military have strong ties going back to the establishment of Yellowstone as the world's first national park in 1872.

The U.S. Cavalry watched over America's national parks and did double duty, serving as the first park rangers until the National Park Service was created 44 years later. During World War II, many parks (including Denali) were set aside for the training and care of military personnel. Today, dozens of national parks commemorate military battles and achievements.

More than 20,000 National Park Service employees care for America's 397 national parks and work with communities across the nation to help preserve local history and create close-to-home recreational opportunities. Learn more at www.nps.gov.



Denali National Park - Although not a guaranteed-sight, wildlife such as moose, fox and caribou are sometimes seen in Denali National Park. 92 miles long, the Denali Park Road parallels the Alaska Range and travels through low valleys and high mountain passes. It is the only road in the park. During summer, roughly late May through early September, private vehicles may drive the first fifteen miles of this road, to a place called Savage River. Mount McKinley can be seen as early as Mile 9, if the day isn't too overcast, and animals of all sorts can sometimes be seen on this stretch of road - although chances to see wildlife increase greatly with a bus trip farther down the Park Road. Beyond mile 15, the road turns to gravel and traffic is primarily restricted to buses. The National Park Service encourages all visitors to take some kind of bus trip while in Denali, as it is a great way to experience the park and build lasting memories. More at www.nps.gov (File photo by Linda Douglass/Fort Wainwright PAO)

Sinise thanks Soldiers for their service

Allen Shaw, Fort Wainwright PAO

Soldiers and Family members of the Warrior Transition Battalion gathered under a warm summer sun Saturday to celebrate each other and welcome actor-musician-USO supporter Gary Sinise, and Medal of Honor recipient Drew Dix to Fort Wainwright. Sinise and Dix stopped by the Family barbecue Saturday to talk with Soldiers who have been injured and their loved ones before Sinise and the Lt. Dan Band performed a free concert in the Thunderdome at Eielson Air Force Base.

Sinise is known for his roles in CSI: NY, Apollo 13 and Lt. Dan Taylor in Forrest Gump. As Sinise posed for pictures and signed autographs at the WTB facility, Dix said, "We're here to recognize the troops but a lot of it is also for the Families and the sacrifices they make as well."

The performance and the "visiting" with the Soldiers and Families are a personal thank you Sinise said. Many concert goers agreed the band's performance in the percussion and vocals echoed brilliantly providing the true concert feel. During the first notes of their entrance song, fathers put their sons and daughters on their shoulders and the crowd erupted into applause.

"The concert is geared to bring Families together for an evening of fun," Sinise said. He personally invited everyone he spoke with to come to the show.

"You see the looks on the faces of the troops and their Families and kids and people that are having a good time and you just can't replace that, it's a great reward to be able to entertain folks," Sinise said. The show is set up so that all the songs are familiar.

"We do a little something for everybody," Sinise said. "The purpose of that is to make sure everybody has a good time, feels positive and uplifts their spirits. It's a

good feeling to know we can help do something like that."

"It was great," said Lt. Col. Carl Casey, commander, United States Army-Alaska Aviation Mission Control Element, 16th Combat Aviation Brigade. "Gary Sinise is an awesome guy" Casey continued, the USO group are "very talented performers."

Rachel Oldfield, program coordinator for Alaska Armed Forces YMCA said, "It was the best cover band I have ever seen. I don't think I've ever seen that amount of talent on one stage before."

"They closed with 'Proud to be an American'," she said, "which is one of my favorite songs and has so much meaning being surrounded by the very people who protect our freedoms."

The band also brought the kids on stage for the "Life is a Highway" and at the end, Gold Star Family-McCain took center stage. Their Soldier, husband and father, Sgt. 1st Class Jonathan B. McCain, 1st Battalion, 5th Infantry Division, 1st Stryker Brigade Combat Team, 25th Infantry Division, was killed in November 2011 while supporting Operation Enduring Freedom in Afghanistan.

Michelle Benjamin, Survivor Outreach Service coordinator escorted a group of survivors to the concert.

"It was amazing," Benjamin said. "They really had a lot of fun and enjoyed themselves. The best part for them was at the end when they got the chance to actually meet with him. They are still talking about the concert."

"Our message to the Soldiers is clear and simple," Sinise said. "It's thank you for serving our country. We try to leave everyone with an understanding that we came especially to see them and their Families and we're grateful. We can't forget our defenders. It's a dangerous world out there and we just have to do everything we can to show our appreciation and keep them strong."



Jeff Vezain sings vocal as Gary Sinise plays bass guitar. (Photo by Brian Schlumbohm/Fort Wainwright PAO) **See more photos page 8.**



A reluctant Senior Airman Zachary Villano from the 354th Security Forces Squadron, Eielson Air Force Base, endures an unexpected serenade by Julie Dutchak (left) and Mari Anne Jayme as they sing to him Aretha Franklin's "A Natural Woman." (Photo by Brian Schlumbohm/Fort Wainwright PAO)



Kimo Williams performed the Jimi Hendrix classic, "Purple Haze" to an ecstatic crowd of music-lovers. Before playing, Williams shared that he had been assigned to a combat engineer company during 1970 in Vietnam where he first took up the guitar. Forming a band called "The Soul Coordinators," Williams spent two months that year, by request from an Army entertainment director, traveling to remote fighting areas throughout Vietnam playing for the troops. (Photo by Brian Schlumbohm/Fort Wainwright PAO)



Gary Sinise and the Lt. Dan Band took Alaska Interior military members and their Families on a 2-hour, musical rollercoaster ride-to-remember in Eielson Air Force Bases' Thunderdome, June 23. The band played a wide range of musical genre from Stevie Wonder and Jimi Hendrix to Evanescence and Beyonce, a mix of music styles that appealed to all ages. (Photo by Brian Schlumbohm/Fort Wainwright PAO)

Friday-29th

READING IS DELICIOUS STORY HOUR and CRAFTS, 4 to 5 p.m., Post Library, Building 3700. Call 353-4137.

EVENING BOAT RIDES, 5:30 p.m., Outdoor Recreation Center, Building 4050. Call 361-6349.

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

FREEDOM FEST MIXED MARTIAL ARTS CAGE FIGHTS, 7 to 11 p.m., Carlson Center. Call 353-6043.

Saturday-30th

ALASKA RANGE MOUNTAIN HIKE, 7 a.m., Outdoor Recreation Center, Building 4050. Cost is \$10. Call 361-6349.

FREEDOM FEST MOTORCYCLE POKER RUN, 9 a.m., Garrison Commander Headquarter, Bldg 1555. Call 353-6043.

FREEDOM FEST 5K FUN RUN, 10 a.m., Physical Fitness Center, Bldg 3709. Registration begins at 9:30 a.m. Call 353-6043.

BOATER SAFETY CLASS, 1 p.m., Outdoor Recreation Center, Building 4050. For more information, call 361-6349.

FREEDOM FEST, 1 to 10 p.m. Alert Holding Area Building 2116. Featuring Battle of the Bands, Children's Tundra Adventure Zone with pony rides from 1 to 6 p.m. Call 353-6043.

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

Sunday-1st

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.

Monday-2nd

SCHOOL AGE CENTER WEEKLY SUMMER CAMP and FIELD TRIPS, School Age Center, Building 4166. Call 361-7394.

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

ROMP AND STOMP PLAYGROUP: GREAT OUTDOORS, 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.

Tuesday-3rd

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

HOOR 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.

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 -4th

RED, WHITE and BLUE SHAMBLE TOURNAMENT, 8 a.m., Chena Bend Golf Course, Building 2092. Call 353-6223.

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

FOURTH OF JULY COOK-OUT, 4 p.m., The The Warrior Zone, Building 3205. Open to all DoD cardholders 18 and older. Call 353-1087.

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

Thursday-5th

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

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

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

GROUP CYCLING CLASS, 4 p.m., Physical Fitness Center, Building 3709. Call 353-7223.

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

Friday-6th

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

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

Saturday-7th

GULKANA GLACIER DAY HIKE, 7 a.m., Outdoor Recreation Center, Building 4050. Cost is \$20. Call 361-6349.

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

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

SUMMER LOCK-IN, 7 p.m., Youth Center, Building 4109. Call 361-5437.

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

Sunday-8th

ROCK CLIMBING, 9 a.m. Outdoor Recreation Center, Building 4050. Cost is \$10. Call 361-6349.

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.

July 4th – Celebrating Independence Day

Fort Wainwright Soldiers will join the Fairbanks community in the celebration of our nation's birthday July 4th **at Pioneer Park**

The 9th Army "Arctic Warrior" Band will play a pre-ceremony concert in front of the Riverboat Nenana at 11 a.m.

The birthday ceremony starts at noon and will feature a salute to the 50 states and an Air Force flyover.

There will be games, music, food and fun for all ages throughout the park after the ceremony.



Fort Wainwright Soldiers and Airmen from Eielson Air Force Base participate in the Salute to the States flag ceremony during the 2010, 4th of July Celebration aboard the Riverboat, S. S. Nenana, in Pioneer Park. (Photo by Brian Schlumbohm/Fort Wainwright PAO)

Fort Wainwright PAO website:
www.wainwright.mil

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VEITNAMESE
TEA & COFFEE
HOUSE
AK POST/AK
POST
1 x 3.0

18399380
ESTHER BARBER
& STYLES
AK POST/COME
SEE ME
1 x 2.0

13398903
FAIRBANKS SHOE REPAIR
AK POST/AP/SEW, PATC
2 x 2.0

17399441
MONROE FOUNDATION
AK POST/FAITH AK P
2 x 2.25

13398824
GALLO'S MEXICAN RES-
TAURAN
AK POST/STV FREE A
2 x 1.5



**ARE YOU A
VICTIM OF
OR WITNESS
TO SPOUSE
ABUSE?
CHILD
ABUSE?**

CALL
388-2260

NO NAME REQUIRED

LEGAL NOTICE

Anyone having claims against or who is indebted to Pfc. Vincent Ellis, 4th Brigade Combat Team (Airborne), 25th Infantry Division, may contact 2nd Lt. Augustin Paulo, Rear Detachment, by mail to 1-40 CAV, Fort Richardson, Alaska 99505, or call (817) 501-7791.

FREE NATIONAL PARK PASSES

Are you traveling to a national park this summer? Military personnel can apply for free passes which entitle them to free park admission. For more information, visit www.nps.gov.

VOTING ASSISTANCE

Alaskans in the Interior will have the opportunity to vote August 28. The Voting Assistance Program officer is available if anyone has questions or needs assistance with voter registration in or out-of-state. For more information, call 353-7624 or check out the installation's voting agency webpage for general voting information at www.wainwright.army.mil/armyVote/default.asp.

JOINT PACIFIC ALASKA RANGE COMPLEX

U.S. Army and U.S. Air Force, on behalf of Alaskan Command, will continue accepting comments on proposed changes to the Joint Pacific Alaska Range Complex through July 9. Comments may be submitted via the website, www.jparceis.com, or for more information contact ALCOM Public Affairs at 552-2341 or email alcom.j08@elmendorf.af.mil.

LEVY, MOVE, SEPARATION BRIEFINGS

Separate Levy and pre-separation briefings are set for July 12. All Soldiers who are separating or plan on taking transitional leave in the next six months should attend. The levy and pre-move briefing is at 9 a.m. The separation briefing takes place at 1:30 p.m. Briefings are in the Welcome Center, Building 3401 in the basement, room 122. For more information, call Reassignments and Transitions, 353-2120.

GEOTAGGING, PERSONAL SECURITY

Geotagging is the process of adding geographical identification to photographs, video, websites and SMS messages. It is the equivalent of adding a 10-digit grid coordinates to everything you post on the internet. Many people are unaware of the fact that photos taken with some Smartphone and loaded on the Internet have been automatically geotagged by their phone. Photos posted to photo sharing sites like Flickr and Picasa can also be tagged with location, but it is not an automatic function. For more information about geotagging, go to <http://icanstalku.com/how.php#disable>. For more information on personal security, contact your unit Antiterrorism Officer or the garrison ATO at 353-6094.

JULY ROAD DETOURS

Motorists on Gaffney Road will encounter road work and detours in July and the first week of August. The work involves reconstructing the mainline pavement along Gaffney between 602nd and Old Meridian intersections. The Alaska Railroad will also be improving their Gaffney track crossing during this project. In Phase 1 of the project, contractors will reconstruct the usual westbound lanes of Gaffney between 602nd and River Road intersections. Traffic in this stretch of road will be two-way, single lane in the lanes yet to be reconstructed. Access to and from 602nd, 9th, 10th, River, Meridian and Old Meridian will be maintained during work, but there will be no access between Tamarack/east and Gaffney during this time. Phase 1 is expected to last from July 5 through July 15.

Phase 2 is reconstruction of the usual eastbound lanes of Gaffney between 602nd and River Road intersections. The traffic will be two-way, single lane in the lanes already reconstructed. For more information, call 353-6701.

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.

SPONSORSHIP TRAINING

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

FREE ELECTRONICS RECYCLING

Free electronics recycling for the public at the Alaska Waste Recycling Center, 3050 Phillips Field Road - West of Peger Road will take place the third weekend of every month on Friday and Saturday from 10 a.m. to 4 p.m. Individuals may drop off personal, consumer electronics no longer needed. For more information, contact Andrea Miller, executive director, Interior Alaska Green Star, at www.iagreenstar.org or 452-4152.

FOR YOUR HEALTH CLASSES

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

SAVE THE DATE

Periodically Nonappropriated Fund sales are slated for Fort Wainwright. The next NAF Sale is July 13 and 14. The first day, July 13, is for DoD ID cardholders only and is set for 5 to 9 p.m. Day two is July 14 from 9 a.m. to 2 p.m. The event is open to the public July 13. For more information or to find out what's available, call 361-7258.

OPEN BURNING PROHIBITED

Open burning is not permitted on Fort Wainwright property. Campfires, use of portable fire pits and outdoor fireplaces are prohibited in all areas including housing. For more information, call the fire safety inspector, Sarah Chapman at 353-9140.

EDUCATION FAIR

An education fair is set for July 12 from 10 a.m. to 3 p.m. Look for the "big top" tent beside the library, Building 3700. On post colleges such as Central Texas College, Embry Riddle Aeronautical University, University of Alaska Fairbanks, and UAF's Community Technical College and Wayland Baptist University will be on hand to assist Soldiers and visitors interested in improving their education. For details, call 353-7486.

RECREATIONAL SHOOTING

The Sports Fire Range is available for all active-duty military and DoD ID cardholders. The range is open weekdays 8 a.m. to 4 p.m., Wednesdays 4 to 8 p.m. and Saturdays 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.

DIVORCE BRIEFING

Questions and concerns about divorce are addressed at weekly briefings offered by the Legal Assistance Office Tuesdays at 9 a.m. The divorce briefing is available to military members and spouses and is located in Building 1562 on the corner of Gaffney and Freeman Roads. For more information about legal services or an appointment, call 353-6534.

PREVENT ABUSE AND NEGLECT

Help for abused and neglected children is available locally and through a toll-free hotline. The 24-hour Child help 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. Tips and resources are available for parents, educators, caregivers and volunteers at www.myarmyonesource.com.

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.

CAFE OPEN

Chena Bend Café is open for the summer golf season. Under new management, the café is open 7 days a week. Their hours are 7 a.m. to 9 p.m. Friday through Tuesday and 7 a.m. to 7 p.m. Wednesday and Thursday. Offering breakfast, burgers, baskets, hot and cold sandwiches and more, the menu is available www.dugrill.com. Call DW Grill and Catering for more information or to place an order at 353-6147.

WEIGH TO STAY

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

IWATCH ARMY

Be alert to strangers who are on government property or military installations for no apparent reason. Report all suspicious persons loitering near your building, office or residence, and try to provide a complete description of the person and/or vehicle to police or security personnel. Always remember the 5 W's: Who, What, When, Where, Why and How. Our most effective weapon against terrorism is you. If you see something suspicious, say something immediately. The Fort Wainwright Police phone number is 353-7537, for iWATCH and Crime Tipline call 361-TIPS (8477) and for emergencies, call 911. For more information contact your unit Antiterrorism Officer or the garrison ATO at 353-6094. Alert and aware in the arctic.

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CARLSON CENTER
AK POST/GLENN BECK
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Sinise thanks Soldiers for their service, entertains at concert

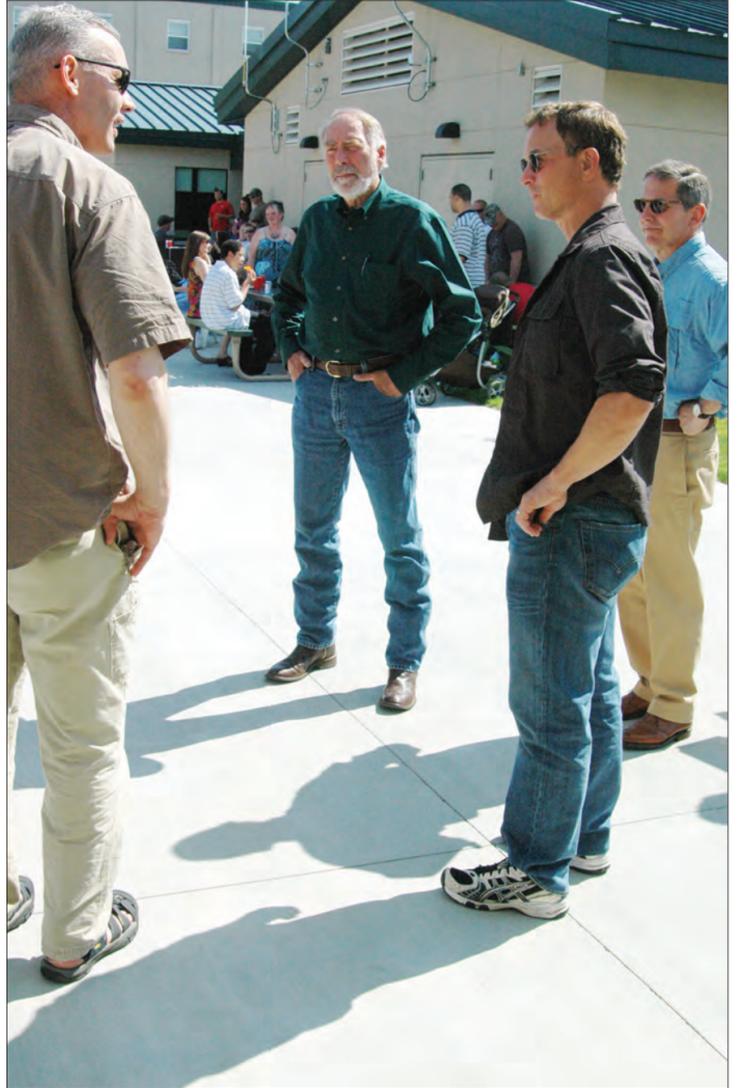


Gary Sinise and the Lt. Dan Band took Alaska Interior military members and their families on a 2-hour, musical rollercoaster ride-to-remember in Eielson Air Force Bases' Thunderdome hangar, June 23. They played a wide range of musical genre from Stevie Wonder and Jimi Hendrix to Evanescence and Beyonce, a mix of music styles that appealed to all ages. Also attending the event were Medal of Honor recipient Drew Dix; USO president, Sloan D. Gibson and David J. McIntyre, Jr., president and CEO of TriWest Healthcare Alliance. (Photo by Brian Schlumbohm/Fort Wainwright PAO) *See story on page 5.*



Molly Callinan (left), Julie Dutchak, Jeff Vezain, Mari Anne Jayme and Dan Myers on stage during the concert show their choreography skills along with their vocal talents. (Photo by Brian Schlumbohm/Fort Wainwright PAO)

For more images go to Fort Wainwright's Flickr page at www.flickr.com/photos/fortwainwright



(From left to right) Col. Dennis LeMaster, commander, Medical Department Activity-Alaska, greeted Drew Dix, Medal of Honor recipient, Gary Sinise, actor-musician, and Sloan D. Gibson, USO president, Saturday as Sinise and Dix visited Soldiers of B Company, Warrior Transition Battalion and their Families on Fort Wainwright before an evening concert on Eielson Air Force Base. Sinise and the Lt. Dan Band spent the week touring Alaska and performing at military installations. (Photo by Allen Shaw, Fort Wainwright PAO)



Freedom Fest: Reunited

Schedule for Saturday, June 30 See Friday Schedule on page 2.

8:30 a.m. Freedom Ride for Awareness Registration
(Register at Ladd Parade Field next to Headquarters Building 1555, Gaffney Road)

9:25 a.m. Safety brief and Riders' Prayer

9:30 a.m. to 12:30 p.m. Freedom Ride for Awareness
(Bikes will return to Alert Holding Area, Building 2116)

1 p.m. Official Kick Off featuring Country Singer Ray Scott

1:30 p.m. Freedom Ride for Awareness awards (Main Stage)

11:30 a.m. Freedom Fest 5K Fun Run Registration

Noon 5K Fun Run Kick Off

1 to 9:30 p.m. Food and Beverage Vendors will be open

1 to 6 p.m. Children's Tundra Adventure Area will be open

1 p.m. Zumbatomic (For kids)

1:30 p.m. Zumba (For adults)

1 to 8 p.m. Alaskan Pony Rides

Battle of the Bands start times

1:40 p.m. Feeding Frenzy
2:05 p.m. Searching For the Real
2:30 p.m. Dasia Sky
2:55 p.m. The Jesse Quandt Band
3:20 p.m. Candela Band
3:45 p.m. Lady & the Tramps
4:10 p.m. 5 Miles
4:35 p.m. Young Fangs
5 p.m. Loose Gravel Band
5:25 p.m. Sanity Project
5:50 p.m. Naked Men
6:15 p.m. Burnt Orange
6:40 p.m. Danny & The J a.m. pires
7:05 p.m. Arly-Jylz
7:30 p.m. The Avery Wolves
7:55 p.m. Live as Lions
8:20 p.m. The Ian Lynch & Matthew Rolffs Experience 3000
8:45 p.m. Barabbas
9:10 p.m. Closing Act- Country Singer Ray Scott/Guitar Jimmy Weber
9:45 to 10 p.m. Battle of the Bands Judging and Awards

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June is Adopt a Shelter Cat Month



According to the website for the American Society for the Prevention of Cruelty to Animals, five to seven million companion animals enter shelter life each year. If homes are not found for these animals in a timely manner, approximately three to four million are euthanized (60 percent of dogs and 70 percent of cats).

Make a lifelong commitment, save a life and adopt a shelter cat today!