

# ALASKA POST

FREE

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## Sergeant Major of the Army visits Fort Wainwright

**Daniel Nelson**  
Fort Wainwright Public Affairs

Sgt. Maj. of the Army Daniel A. Dailey met with Fort Wainwright Soldiers during his visit to the installation Sept. 22. During the visit, Dailey had the opportunity to answer questions from Soldiers and present them with a coin for the excellent work they do for Fort Wainwright, U.S. Army Alaska and the U.S. Army.

As part of his trip to the installation, Dailey toured Basset Army Community Hospital, the post dining facility and the 17th Combat Sustainment Support Battalion motor pool. Soldiers eagerly asked the Army's most senior enlisted advisor questions from wearing earrings and beards in uniform to promotions.

Following each visit, Dailey took time to talk with some Soldiers one-on-one and event take photos with them.

Dailey was returning to Washington, D.C., following a trip to meet with senior enlisted leadership and Soldiers in South Korea.



Sgt. Maj. of the Army Daniel A. Dailey talks with Fort Wainwright Soldiers at the 17th Combat Sustainment Support Battalion motor pool during his visit to the installation Sept. 22. Soldiers had the opportunity to ask the Army's most senior enlisted advisor questions, and were recognized for the excellent work they do for the installation and U.S. Army by being presented a coin for excellence from Dailey. (Photo by Daniel Nelson, Fort Wainwright Public Affairs)



## Soldier honors friends lost to suicide with Denali climb

**John Budnik**  
134th Public Affairs Detachment

Braving snowstorms, hauling gear and risking your life might not sound like fun to most people, but if you're a mountaineer, they can make for an ideal summer vacation.

For Capt. Stephen Austria, project engineer in the Army Corps of Engineers, an unguided expedition in June climbing the highest mountain in North America, Denali (formerly known as Mount McKinley), was a dream come true. He made the climb with his girlfriend, Rebecca Melesciuc, hoping to raise some awareness of Soldier suicide.

"Not many people want to do things like that. It is cool to say I have climbed it," Austria said of the 20,310-foot peak.

During the climb, Austria carried an American flag to honor Soldiers he knew who had taken their own lives, including his best friend and fellow Soldier with the 82nd Airborne Division. The flag had been with Austria on every mission while he was deployed to Iraq.

"[Soldier suicide] is a bigger issue than what some people make it out to be," he said. "I climbed for veterans in general, too. It is a unique family that we are a part of."

Austria and Melesciuc began planning their journey to Denali more than a year ago. The two winter camped in Hatcher's Pass near Palmer to master their

equipment, acclimate to the cold, and practice cooking outside. The duo also trained in avalanche and crevasse rescue and honed their knot-tying skills, Austria said. Preparation was key for the pair.

The couple packed about 280 pounds of supplies for the 28-day trek, including cold weather clothing, avalanche beacons, climbing equipment, sleeping gear, probes, shovels, sleds and 100 pounds of food. As a testament to Melesciuc's toughness, she carried more than her weight in provisions, Austria said.

Aside from the physical demands of the climb itself, the two found the psychological challenges of the excursion (like fighting boredom during bad weather) particularly difficult.

"It is mostly mental," Melesciuc explained. "I really wanted to sprint up that mountain, but it is about making the right call when the weather is bad and waiting it out. You need to take care of yourself."

Inclement weather prevented the couple from reaching the summit, but Austria accomplished a major milestone in life by proposing to Melesciuc on an overlook at 14,000 feet in elevation -- the highest point the two reached.

"We really wanted to see this area

See CLIMB on page 2



The next Northern Alaska Military Retiree Council will be meeting on Thursday, Oct. 5, at 6 p.m., in the Last Frontier Community Activity Center, building 1044.

All retirees, veterans, military and spouses are welcome to attend. Invitations have been sent out for the Retiree Appreciation Day slated for Saturday, Oct. 14, please be sure to RSVP and encourage as many of your Retiree friends to RSVP as well. This will be the last meeting before RAD, #FortWainwright #SoldierForLife.

For more information, contact the Fort Wainwright Retirement Services Officer, at (907) 353-2095.

## Wingman: JBER Airman helps injured officer in New Zealand

**David Bedard**  
Joint Base Elmendorf-Richardson Public Affairs

Running up to the scene of the accident, Air Force Staff Sgt. Todd Noel didn't have time to make calculated decisions, he simply reacted.

Deployed to New Zealand for a site survey for the upcoming Exercise Southern Katipo, the logistics planner with the 773d Logistics Readiness Squadron and the other American Airmen in his van realized the other van they were traveling with and the five Airmen inside were hit during a collision with a 5-ton truck.

What Noel saw looked grim. The small European-style van was crushed like a soda can -- the result of a T-bone collision at an intersection near the Royal New Zealand Air Force Base Ohakea.

"Running up to the vehicle, I noticed the driver and the passenger weren't moving, and I see three guys get out the sliding door," recalled Noel, a native of Chino, Calif.

Noel's reaction and the long days he would spend helping the driver of the vehicle would, according to Pacific Air Forces leadership, demonstrate his dedication to duty and care for his fellow Airmen.

His immediate reaction was to carry out a sort of triage. The three Airmen evacuated themselves and had minor injuries.



Staff Sgt. Todd Noel is a logistics planner with the 773d Logistics Readiness Squadron at Joint Base Elmendorf-Richardson, Alaska. During a site survey for Exercise Southern Katipo 2017 in New Zealand, Noel stayed with an Air Force major injured in a vehicle accident and ensured the major received the care he needed during his immediate recovery. (Photo by David Bedard, Joint Base Elmendorf-Richardson Public Affairs)

Turning his attention to the passenger, Noel could see he was slumped over but quickly gained consciousness. When he got out of the van, Noel noticed a nasty cut on the passenger's head.

"So I looked at him and asked, 'Can you wiggle your fingers and toes?'" Noel said. "He said, 'Yeah man.' But he looked a little dazed."

Noel pulled him to the side of the road. Getting a sterile towelette from a bystander, he instructed the passenger to put pressure on the wound before Noel went back to the wreckage.

The driver, a major, was still slumped over and unconscious. Noel asked another Airman to hold the driver's head while he wiped away broken glass from the major's head, face and hands.

"I kept slapping his leg to wake him up and letting him know emergency response personnel were on their way," he said.

Noel said the time it took to run up to the scene, assess the situation, guide walking wounded to the side of the road, help the passenger, and get to working on the major was about 30 seconds.

Emergency services showed up in five minutes. Because the driver-side door took the brunt of the impact, responding personnel had to use a hydraulic rescue tool -- better known as the Jaws of Life -- to extract the major.

"When you looked at the door where the major was, you could see the emblem

See WINGMAN on page 3

### WEEKEND WEATHER

**Friday**  
Partly cloudy, Highs in the low 40s. Lows in the mid 20s.

**Saturday**  
Snow/Rain, high near 40. Lows in the mid 30's.

**Sunday**  
Partly cloudy, high near 50. Lows in the mid 30's.

### COMMUNITY ACTION COUNCIL

The next Community Action Council takes place at the Last Frontier Community Activity Center, building 1044, Wednesday, Oct. 4, starting at 10:45 a.m. Key speaker will be Fort Wainwright Fire Department's Assistant Fire Chief, Jason Berry, who will discuss fire prevention for Fire Prevention Week. All Fort Wainwright community members are encouraged to attend, ask questions and find out more about Fort Wainwright. For more information, call 353-9441.

# Nutrition Corner: Milk and kids

Did you know...there are several safety and nutritional considerations when feeding your infant? Only milk specifically designed for infants is recommended during the first 12 months of age; only breastmilk or formula designed for in-fants should be offered. In fact, exclusive breastfeeding is recommended for the first six months with continued breastfeeding for at least 12 months.

If breastfeeding is not feasible, a formula designed specifically for infants should be used instead. Do not offer cow's milk, rice milk, soy milk, almond milk, or goat's milk during the first 12 months of life. These products are not designed to provide the nutrition required for proper growth and development. Cow's milk, for example, does not provide enough iron and vitamin E and has too much sodium, potassium, and protein. Furthermore, the casein, calcium, and phosphorus in cow's milk can inhibit iron absorption as well.

After 12 months of age, whole cow's

milk can be provided and then once your child is 24 months of age, skim or one percent milk should be offered (unless contraindicated due to growth delays). Complementary foods, such as infant cereals (iron fortified), should not be offered until after 4 months of age but preferably around 6 months and when the infant shows developmental signs of readiness.

Signs of readiness include but are not limited to ability to sit with support, ability to indicate desire for food by opening his/her mouth or leaning in for food and closing his/her mouth when he/she is satisfied. Never offer complementary foods in a bottle.

Do not offer the following foods, that present as choking hazards, to infants (or toddlers who are not developmentally ready)- popcorn, peanuts, raisins and grapes, stringy meats, hot dog pieces, hard/raw fruits and vegetables, sticky foods such as peanut butter, and any pieces of food that the infant cannot completely chew or can block the

airway. Be patient, there is no need to rush your little one.

Once your child is eating baby foods, keep the following in mind. Offer a new food only every three to five days to assess for tolerance and food allergies. Choose single-ingredient foods; many of the combination meals contain fewer nutrients and make it difficult to identify intolerances. Avoid the dessert products because of the added sugar. Introducing sugar too early increases the chance your child will prefer these types of foods over nutritious foods. Wait until after 12 months of age to offer egg whites and never offer honey to any in-fant under 12 months of age, not even a little bit. Honey is a potential source of a life threatening food borne illness called botulism.

When you start feeding solid foods, do not feed your infant directly from the jar. Put a portion on a plate or in a bowl. Saliva can promote food spoilage in the event you have to save the rest of the food in the jar for later. Discard the

leftover foods after two days. If you are making your own baby food, ensure you always wash your hands and equipment. Juice should be reserved for infants older than 6 months of age and should be 100 percent juice only.

**BUTTERNUT SQUASH BABY FOOD:**  
Ingredients: (1) Small butternut squash

Preheat oven to 375. Half the squash lengthwise and scoop out the seeds. Place the squash cut side down on a baking dish. Add one-third cup water to the pan. Bake until the squash is tender (about 45 to 60 minutes). Scoop out the flesh and discard the skins. Use a blender or food processor to blend into a very smooth puree depending on your baby's age and chewing ability. Add breast-milk or formula to thin the puree. There is no need to add extra salt, pepper, cinnamon, sugar or other seasonings. Infants learning how to eat prefer simple flavors.

*References: Nutrition Care Manual*

## BLM Alaska Fire Service, U.S. Army to burn debris piles on military lands

**Elizabeth Ipsen**  
Bureau of Land Management  
Alaska Fire Service Public Affairs

The Bureau of Land Management Alaska Fire Service, in cooperation with the U.S. Army Alaska, will be burning piles of woody debris on Fort Wainwright's main post and military training areas south of Fairbanks.

Burning operations may start as early as Saturday, Sept. 30 and continue as conditions allow, until Oct. 31.

Some of the 500 piles targeted for the burn plan are located on a section of Birch Hill and an area below Birch Hill on Fort Wainwright's main post.

The piles in the Yukon Training Area are scattered throughout an area directly north of Eielson Air Force Base. More piles are located on the Tanana Flats Training Area 11 miles south Fairbanks across the Tanana River.

Debris piles have been created over the past two years as part of BLM AFS hazardous fuels reduction projects, during which hand crews removed dead and decaying vegetation along with black spruce in an effort to reduce the chances of wildfires in those areas.

The piles will be ignited when weather conditions are favorable and winds are predicted to direct the smoke away from populated areas.

BLM AFS and USARAK only conduct prescribed fires when precise weather conditions and site prescriptions are met, and an approved burn plan is in place that includes a burn permit approved by the Alaska Department of Environmental Conservation.

The BLM AFS and USARAK are working with the ADEC and the National Weather Service to monitor smoke conditions and air quality during the planning phase to ensure compliance with local, state, and federal policies and regulations governing air quality.

For more information about prescribed fires on Fort Wainwright lands, contact the BLM AFS dispatch in Fairbanks, at (907)356-5554.

## MEDDAC Minute

### IMPORTANT PHONE NUMBERS

Emergency: 911  
24 Hour Nurse Advice Line:  
1-800-874-2273 Opt. 1  
Appointment Line: 361-4000  
Behavioral Health: 361-6059  
Benefits Advisor: 361-5656  
Immunizations: 361-5456  
Information Desk: 361-5172  
Patient Advocate: 361-5291  
Pharmacy Refills: 361-5803  
Substance Abuse/Clinical  
Counseling: 361-4054  
Tricare On-Line:  
[www.tricareonline.com](http://www.tricareonline.com)  
United Health Care:  
[uhcmilitarywest.com](http://uhcmilitarywest.com),  
877-988-9378

**Performance Triad Tip –** Optimizing your performance and health can be just as challenging as an obstacle course or any special skills qualifying course. It too, can be conquered. Make a plan, write it down, share it with a friend, and you will be more successful in achieving your goals.

**Don't let the flu get you –** MEDDAC-Alaska's Family Flu Vaccination Clinic will run one more week; Oct. 23 to 27 and 30, 7 a.m. to 5 p.m.; Oct. 28, 9 a.m. to 2 p.m., Oct. 31, 7 a.m. to 2 p.m., and Nov. 1 thru 3, 7 a.m. to 5 p.m. at the Education Center, building 4391. Beneficiaries over the age of 6 months are eligible for the flu vaccination. We ask beneficiaries to wear a short sleeved shirt that allows for a shot to be administered to the upper arm, as private rooms will not be available. For questions, call 361-3057.

**Walk-in Clinic –** Beneficiaries can utilize the Walk-in Clinic Nurse option when needing to be seen for strep throat screening, urinary tract infection

screening, pregnancy testing, blood pressure monitoring, suture removal, wart removal and sexually transmitted disease checks. The clinic is open 7:30 to 11:30 a.m. and 1 to 3:30 p.m., Monday through Friday. For more information call 361-5833.

**Eye Health -** Bassett ACH Optometry Clinic provides services to retirees and dependents. Anyone over the age of three is encouraged to schedule a comprehensive eye exam once a year for optimal eye health. To book an appointment, or for questions, call 361-5212.

**Save Time and Travel with Secure Messaging -** Want instant access to your healthcare team? Request an appointment, check labs, ask questions, get forms filled out and more. Scan the QR link or go to <https://app.relayhealth.com/Patients/Registration.aspx> to register. You will have access to your team within one business day.

**Handling Food? –** Anyone serving food on post, including bake sales, must have a valid food handler's card. The card, valid for one year, can be obtained from Preventive Medicine at building 4077, adjacent to Bassett ACH. The Food Handler's course slides can be found and studied on our website at [www.alaska.amedd.army.mil/Preventive\\_Med/Preventive\\_Medicine.htm](http://www.alaska.amedd.army.mil/Preventive_Med/Preventive_Medicine.htm). After reviewing the slides, a proctored test must be taken and passed with a 70 percent or better. Call 361-5182 for test times and more information.

**Patient Travel Vouchers –** Two weeks turn-around time is the expected timeframe for vouchers to be approved for patients traveling for care outside of Fairbanks. For patients who have vouchers outside of this two week window please contact the Patient Administration Department at 361-5001.

## Weekly Financial Tips: Bank Fees

**Ryki Carlson**  
Survivor Outreach Services Support Coordinator

If you've ever felt like your banking institution charged you a fee for something you didn't anticipate, this list is for you. Here is a list of the most common fees financial institutions charge and tips to avoid them.

1. Paper statement fee – Some banks now charge you to mail your monthly statement to your home. TIP: You can avoid the charge by opting out of getting a mailed version and view statements online for free or upgrade to an account that waives this fee.

2. Minimum balance fee – Some accounts have minimum balance fees, especially "rewards" accounts. TIP: Banks often waive their fee if you keep a minimum amount in your account or meet other requirements such as linking checking and savings accounts.

3. Overdraft transfer fee – Overdraft coverage or protection allows purchases to go through, for a fee, even if you don't have enough funds in your checking account. You can set up an automatic transfer from another account to your checking account, but there is usually a transfer fee. TIP: Set up a low-balance alert for your checking account and do a free transfer before an overdraft occurs.

4. ATM non-network usage fee – This fee is charged when you stray outside your financial institution's ATM network. TIP: Stay in the network, or get cash when you pay with your debit card at the grocery store; often there is no fee. Also, you can find an ATM that is surcharge-free by visiting [www.allpointnetwork.com](http://www.allpointnetwork.com). Allpoint provides you with the freedom to get your cash wherever you are without the ATM fees at over 55,000 ATMs worldwide.

5. Insufficient funds fee – When making a purchase or other transaction that is more than the amount in your checking or savings account, and you haven't opted into an overdraft program, the bank may decline the change or return it unpaid. TIP: Set up low-balance alerts to notify you when your account is low.

6. Early closure fee – Banks charge you for closing an account sooner than they would like, especially if they offered an incentive to open it. TIP: When opening an account, ask how long you need to keep it open to avoid a closing fee; typically it's three to six months. Then ensure you keep the minimum balance for that duration.

7. Excessive activity fee – Federal rules limit certain withdrawals and transfers from savings or money market accounts to six per month, and most banks charge a fee if you exceed this. TIP: Make savings account transactions in person at your bank or at an ATM; those are limited by these regulations.

8. Wire transfer fee – A wire transfer fee can be the best way to send money fast, however, most financial institutions charge for this service. TIP: For some official transactions, like a loan payoff or an escrow transaction, a wire may be your best option. If not, try other methods for transfers, using online banking or a person-to-person transfer via your financial institution's app.

9. Check image service fee – If you need a copy of your cashed checks with each month's statement, it going to cost you. TIP: View checks through online banking for free. You can print them if necessary. Better yet, you can use bill pay and send checks for bills through your bank or credit union and avoid the cost of postage.

## CLIMB

Continued from page 1

of camp called 'Edge of the World,'" Melesciuc said. "There were two park rangers out there moving a weather station, and Stephen asked if they could take our picture. The ring was hiding in the coat. He dropped down and proposed. It was a surprise."

Ultimately, the three weeks on the side of a mountain and the days they spent trapped in a tent served as a good test for the newly-engaged couple.

"We were not killing each other, yet,"

Austria joked. "We were still talking."

Both agree that scaling more mountains is in their future. They plan to return to Denali and eventually reach the summit. In the meantime, they will focus on Austria's Army career and other expeditions. Melesciuc adores the Chugach Mountain Range and hopes to climb several of its peaks this year.

Until their return, Denali will be waiting for them.

"Being up there in the Denali Range, a lot of people do not understand how huge the mountains are there and what is in Alaska," Austria said. "It is out of this world."

# ALASKA POST

## The Interior Military News Connection

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# History Snapshot: Attu

NUMBER TR-5330	DATE JULY 1943
TAKEN BY: LT. CDR. HORACE BRISTOL	
LOCATION: ATTU, ALUTSIANS	
SUBJECT: USN 43819 JULY 1943 PERCHERON SEAPLANE WRECK AT ATTU IN THE ALUTSIANS TO TAKE ON GASOLINE. SEAPLANE CREWMAN, SURROUNDED BY DEPTH CHARGES, HOLD OFF PLANE BY SHEDDING BAMBOO POLES AGAINST HER PROPELLOR.  PLEASE CREDIT: DEFENSE DEPT. PHOTO (U.S. NAVY)	
REL.	
RELEASED FOR PUBLICATION:  <b>RELEASED</b>	
DATE: ISSUED TO:	
Return to: U.S.N.P.C. NAS, Anacostia, D.C.	

U.S. NAVY NO. 43819 WLS 043819

PRNC-NPC-438

STAFF PHOTO

NOTES: (File photo Fort Wainwright Environmental Division)

# Holly Days Bazaar

**Delaina Bonnet**  
Fort Wainwright Community  
Spouses' Club

Every year, for the last 35 years, the Fort Wainwright Community Spouses' Club hosts an annual Holly Days Bazaar. This bazaar brings in the best of Alaska's hand crafters and artisans from all over the state. Each year, these crafters gather on Fort Wainwright to share their small businesses and support our local community.

One hundred percent of the profits from vendor booth fees and entry fees goes back into the local community in the form of educational scholarships and welfare grants. Eligible military family members can apply for scholarships in January and February each year, and are awarded anywhere from \$500 to \$1,500 toward their educational pursuits.

Local non-profit organizations that contribute to the Fort Wainwright and Fairbanks community with projects directly impacting and improving local conditions are also eligible to receive grants up to \$500 each.

Not only does this event raise funds for the Fort Wainwright Community Spouses' Club's mission, but it also provides a fun fundraising opportunity for Family Readiness Groups from the various units on Fort Wainwright.

A few of the FRG's set up food vendor booths with hot lunch and snack items each year. They also partake in an annual decorating competition between their booths. Some fun holiday cheer and friendly competition that contributes to the overall success of the Holly Days Bazaar.

This year, the Holly Days Bazaar is welcoming over 90 different vendors and small businesses into the event space. Six different FRG units will be serving food, there will be Pictures with Santa Claus and a coat check opportunity at the door.

There are over 70 door prizes to be handed out with equal opportunity tickets provided with your entry at the door.

This year's bazaar will take place on Saturday, Oct. 14th from 10 a.m. to 6 p.m., and Sunday, Oct. 15th from noon to 5 p.m. in Hangar 4, Building 3007, on Montgomery Rd.

The CSC, FRGs, and Alaskan vendors invite you to join them for a weekend of fun holiday shopping!

# Playing it safe

**Airman 1st Class Eric Fisher**  
354th Fighter Wing Public Affairs

In 2015, there were 340 deaths and 97,200 injuries related to all-terrain vehicle incidents, according to the U.S. Consumer Product Safety Commission. To help combat these statistics and increase safety for Airmen and their families, the 354th Fighter Wing safety office provides classes teaching proper riding habits and equipment to ride safely.

On Sept. 14, 2017, seven Airmen from the 354th FW became certified to instruct ATV safety courses to improve awareness of safe ATV use and to allow for riding on base.

"Each year we train about 150 people through the ATV course," said Master Sgt. Christopher Blasengame, a 354th FW occupational safety manager. "All together, we teach around 200 people on all recreational vehicles, such as ATVs, dirt bikes, and side-by-sides."

While the courses train families and dependents, their priority is to train Airmen who use those vehicles to complete their mission.

Detachment 460, the civil engineer squadron, security forces, etc. all use ATVs, snow machines and other vehicles to complete their jobs, said Blasengame. The courses exist for their training, but it's also important to train others so they can practice riding safely on base.

Through both mission essential and recreational training courses for these types of vehicles, the safety office reduces risk of injury and death related to improper use.

"The course does a great job of explaining that an ATV is a rider active machine, meaning your body weight and position control the machine just as much as your hands and head," said Tech. Sgt. James Kot, a 354th Contracting Squadron command support staff. "I have been riding on Eielson for 6 years now

and I have seen friends make simple mistakes which resulted in roll overs and concussions."

The base's ATV safety course teaches individuals the importance of staying engaged in the activity, conscious of the environment and their skills.

"The mistake was either overconfidence in their ability or misunderstanding of how the ATV would react in a path of travel," said Kot. "The course highlights these two items well with SIPDE thinking process."

Scan, identify, predict, decide, execute; is a process that teaches riders to look at their environment, identify possible hazards, predict what could happen, decide to how to respond, and finally implement the plan they've formulated. By doing this, riders will be less likely to make risky decisions that could result in injury or death.

Through the ATV safety course, and others like it, the 354th FW safety office propels the Air Force mission by keeping Airmen and their families safe, both while working and playing.

# WINGMAN

Continued from page 1

of the truck, so it was a direct hit," Noel recalled. "He took almost all of the impact."

Noel said the extraction took 25 minutes.

Because Noel was the Airman talking to and helping the major when emergency services arrived, they asked the sergeant to accompany the officer during the ambulance ride to the hospital.

Though he was conscious when they got the major to the room, he couldn't tell them what number to call to reach his wife. He could speak, but he could only rattle off random numbers.

Though Noel had a mission to tend to, he had a decision to make on what he would do for the rest of his trip to New Zealand.

"During that timeframe, there was a choice of what to do at this point: whether I go back or whether I stay," Noel said. "It made sense for me to stay because he wasn't talking."

## KEEPING FAITH

The first night Noel spent at the hospital, he made it his mission to get to know the staff, so he could ensure the best care for the major. He would leave the room for two or three minutes at a time to introduce himself to individual staff members, before returning to check on the major.

He didn't sleep the first night.

When the morning shift arrived, Noel repeated the previous night's drill of getting to know them.

Noel was able to get in touch with the major's wife, and he relayed the details of the accident and his medical situation. Noel said the major couldn't hide his frustration when he still couldn't string together sentences to speak to his wife.

"It was a difficult time for her and a difficult time for him, I'm sure, because he wanted to talk to her, but he couldn't communicate," Noel said.

Chief Master Sgt. Anthony Johnson, PACAF

command chief, paid a visit to the hospital to ensure the major was getting the care he needed. Noel briefed Johnson, the two swapped phone numbers, and Noel would keep the chief, the PACAF first sergeant, and his own leadership updated on a continual basis as to the major's status.

Given the choice to return to the exercise and leave the major's care to chance, or to stay and ensure he was okay, the decision was an easy one to make, Noel said.

"I was okay staying as long as he needed me to because my goal was to make sure he was fine and to make sure he got home," he said. "I still had a job I needed to complete, and I was hoping to be a part of it. So I was trying to relay as much information as I could about what I knew, which would benefit the team while delivering care at the same time to get him what he needed."

During the second day, the major could stay awake for about ten minutes at a time. By nightfall, he could relay numbers back, but his words were still muddled.

Noel stayed by his side, sleeping in a metal chair.

"There was no way to get comfortable with it, so I had to stay up walking around and drinking a whole lot of coffee," he said.

By the third day, the swelling in the major's head came down. He could talk, pass memory tests and walk around for brief periods of time.

Noel was communicating with TriCare's medical insurance department to ensure the major's care was paid for, and he was in constant communication with leadership to keep them up to date.

Noel moved his belongings from his lodging to the hospital, sleeping in a bay the staff set aside for him.

"I wasn't getting enough sleep," he said. "But it was worth it."

## JUST DOING HIS JOB

When it was time to discharge the major, TriCare flew a doctor from Sydney, Australia, to escort him back to the states.

The timing of the discharge, the discharge paperwork itself, and the logistics of moving the major all fell on Noel's shoulders. It was a burden the sergeant was more

than willing to carry.

"This way, he didn't have to worry about it," he said. "He didn't have to think or worry about it. All I wanted him to do was to get better."

Noel may think he was simply doing his job helping the major as a fellow Airman, but the PACAF command chief, in an email written to Noel's leadership, expressed his thoughts otherwise.

"[I am proud] of Staff Sergeant Noel and how selfless and considerate he was in helping a fellow Airman get home safely after being injured in a major vehicle accident," Johnson wrote. "That sounds relatively easy, but the task he had was very complex and something we don't usually ask of a staff sergeant. We asked him to take on a huge burden in that he was the primary focal point of the Air Force, and he handled himself in an extraordinary fashion."

When he brought the major to the airport, Noel rendered military honors to the new wingman he helped through a traumatic accident and his immediate recovery.

"I shook his hand, gave him a salute, and said 'It was an honor and a pleasure,'" Noel said. "My mission to make sure he was back home was complete."

# FONSS make historic restoration at Nike Site Summit

Senior Airman Javier Alvarez  
Joint Base Elmendorf-Richardson  
Public Affairs

Atop the frozen wilderness of Mount Gordon Lyon, past the meandering semi-compacted road, which leads past the Arctic Valley ski area, stands a relic of the Cold War.

Once a technological marvel, all that now remains is the gutted and overgrown infrastructure of a Nike Hercules Missile site.

Built at more than 4,000 feet of elevation, Nike Site Summit was one of three launch sites constructed in the Anchorage area, said Jon Scudder, Friends of Nike Site Summit volunteer. One hundred and forty-five Nike Hercules sites would be constructed nationally, strategically placed to fend off potential Soviet attacks.

Appropriately named for the Greek goddess of victory, Nike missiles were the first nuclear capable anti-aircraft missiles, and the answer to the advanced Soviet bombers of the 1950s.

Unlike many other sites, the Anchorage Nike rockets were test-fired annually. From 1960 to 1963 unarmed Nike Hercules missiles soared across

the Anchorage skyline at speeds of more than 3,000 miles per hour. Locals would reportedly break from work or pause during the school day to watch the rockets take flight.

Technological improvements and the advent of the intercontinental ballistic missile ultimately led to the Nike missiles' obsolescence. Sites across the nation closed in the late 1970s, with Site Summit as one of two final locations to close in 1979.

By the mid-1990s, Site Summit was a deteriorating landscape.

To combat further disrepair, the Army proposed a management plan that would have demolished almost half of the site, Scudder said. The demolition would have greatly diminished the ability to use Nike Site Summit to interpret a historic working missile battery of the Cold War era.

Enter FONSS, National Park Service and the Alaska Association for Historic Preservation. With support from Joint Base Elmendorf-Richardson, these different agencies began working to stabilize and restore parts of the site in 2010.

"We want to make it look the way that it did in 1976," said Ivan Hodes, FONSS



Greg Durocher, Friends of Nike Site Summit volunteer stands next to a photo of himself from the 1970s at a sentry station at Nike Site Summit, at Joint Base Elmendorf-Richardson, Alaska, Sept. 9, 2017. Nike Site Summit was constructed in 1959 as a response to the advanced Soviet bombers of the 1950s. The site was then decommissioned in 1979. (Photo by Senior Airman Javier Alvarez, Joint Base Elmendorf-Richardson Public Affairs)

deputy director. "That's our goal, that's our mission."

Annually, FONSS offers five tour days in the summer months. Tours are open to the public. At 40 dollars per person, 35 with a military discount, the cost covers transportation expenses.

On Sept. 9, McKinley Heights High School students were the first public school students to attend one of the site tours.

"Part of the 6th grade curriculum in the Alaska School District is 20th century history, which includes a unit on the cold war," Hodes said. "What I've been trying to do is get 6th grade classes up here. Especially those on JBER, as a way of connecting the curriculum to their own heritage and their own lives as military members on this base. Our other goal is acquiring a missile. That's another priority."

Largely through voluntary efforts, the site continues to morph into a version from days past. Not just the buildings, but some of the regular volunteers on site were stationed at Site Summit when it was operational.

"There's always something to do,"

Hodes said. "Painting the exterior [of buildings] is an ongoing process because of the harsh Alaska weather. We've painted all the sentry stations, and they are already in need of a fresh coat."

"I was sort of the last generation of cold war kids," Hodes said. "I was 7 years old when the [Berlin] wall came down; 9 years old when the USSR collapsed, so I have childhood memories growing up under this threat of nuclear annihilation. I remember that fear from my childhood, but the kids that just went on this tour, the kids who were maybe born in 1999 or 2000, that's something they don't have to fear."

As the alpenglow radiates from the Chugach State Park, nearly 100 million years since the mountain range was formed and nearly 59 years since the site was commissioned, volunteers work tirelessly to ensure Nike Site Summit remains.

To participate in a Nike Site Summit tour for the 2018 season visit, [www.nikesitesummit.net](http://www.nikesitesummit.net)



Joint Base Elmendorf-Richardson and downtown anchorage are seen through barbed wire at Nike Site Summit, Sept. 9, 2017. Nike Site Summit was constructed in 1959 as a response to the advanced Soviet bombers of the 1950s. The site was then decommissioned in 1979. (Photo by Senior Airman Javier Alvarez, Joint Base Elmendorf-Richardson Public Affairs)

## Coast Guard medevacs man from Chinese research vessel near Nome, Alaska



A smallboat crew from the Coast Guard Cutter Alex Haley medevacs a man suffering a broken arm from the Chinese research vessel Xue Long, 15 nautical miles from Nome, Alaska, Sept. 23, 2017. The smallboat crew embarked the man and transferred him to the Alex Haley for further transfer to Nome, Alaska. (U.S. Coast Guard photo)

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#### Fairbanks Helmets to Hardhats Courses

<b>Carpentry 80 Hour</b> Sept. 25th - Oct. 6th 8:00am - 4:00pm Training covers the proper use of hand and power tools along with math, layout, materials, and fasteners used in the construction trade. Stairs, basics of interior and exterior wall framing, and sheetrock application will also be covered.
<b>Sheetrock Installation and Taping</b> Oct. 30th - Nov. 3rd 8:00am - 4:00pm Training covers materials, handling, storage, layout, cutting, application and installation of sheetrock (Drywall). Proper application of joint compound, tape and corner bead are also covered.
<b>Electrical Pre-Apprenticeship</b> Nov. 6th - Nov. 10th 8:00am - 5:00pm Training covers basic electrical theory, electrical code, blueprints, tool safety and hands on training including wiring of switches, GFI receptacles, duplex receptacles, panels, 3-way and 4-way switches, bending EMT and rigid conduit.
<b>Ironwork &amp; Welding</b> Nov. 27th - Dec. 1st 8:00am - 4:00pm Training covers the basics of metals, electrode selection, and welding used in the Pipefitter Trade. Stick welding (SMAW) and oxy acetylene cutting will be covered.

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- Provide proof of military service (Military photo ID, DD214, or Orders, etc.)
- Register for free to become a member of Alaska's Helmets to Hardhats at [www.alaskah2h.org](http://www.alaskah2h.org)

**Active Duty Military must see Mrs. Lenora Handy in the Welcome Center, Building 3410, Room 252 or call 353-2096**

Alaska's Helmets to Hardhats is a program for Transitioning Service Members, Veterans, and Guard and Reserves to educate on the opportunities in Alaska through apprenticeship, provide construction training for needed experience and help guide members towards a career in Alaska's Construction Workforce through apprenticeship.

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## Fort Wainwright Family &amp; MWR

## Weekly Events

## September 29 –October 6

**29-30** **Cosmic Bowling**  
September 29 and 30  
9 p.m. to Midnight

With pumping music, lively friends, and glow-in-the-dark bowling, Cosmic Bowling is the place to be on Friday and Saturday nights! Head on over to Nugget Lanes Bowling Center on weekend nights for a high-energy night of fun.

Nugget Lanes Bowling Center, building 3702  
Call 353-2654, reservations recommended

**30** **Saturday Family Movie Day**  
September 30  
10 a.m. to 2 p.m.

Sit back, relax, and enjoy a family movie at the Post Library. Every Saturday, the Post Library shows family-friendly movies on request, and they are absolutely free!

Post Library, building 3700  
Call 353-2642

**1** **Fit for Fall Fitness Challenge**  
October 1 through 31

Let's make a commitment; a commitment that together we will stay healthy through the season of copious amounts of candy. Join a fun and supportive group of people, and challenge yourself with planned workouts, weigh-ins and measurements. Register at the Physical Fitness Center.

Physical Fitness Center, building 3709  
Call 353-7223, registration required

**4** **Key Caller FRG Training**  
October 4  
Noon to 2 p.m.

Understand the critical importance of the Key Caller role within an FRG. Register through Army Community Service.

Army Community Service, building 3401  
Call 353-4332, registration required

**5** **Read and Roll**  
October 5  
1 to 3 p.m.

Read and Roll is back! Celebrate fun, games, and learning with the Post Library at Nugget Lanes Bowling Center every Thursday for Read and Roll. With a variety of kids activities and specials on bowling and food, the fun is endless!

Nugget Lanes Bowling Center, building 3702.  
Call 353-2654.

**7** **ATV Safety Course**  
October 7  
2 classes: 9 a.m. to Noon, 1 to 4 p.m.

The ATV Safety Course is conducted to increase safety awareness and skills, to identify your abilities and the ATV capabilities, demonstrate the significance of an ATV being ride-reactive, and to introduce strategies to identify and manage risks.

This course is required for all who plan to take one of the ATV trips scheduled by the Outdoor Recreation Center.

Outdoor Recreation Center, building 4050  
Call 361-6349, registration required

**13** **Pumpkin Decorating**  
October 13  
5 to 7 p.m.

Get in the Halloween spirit with the kick-off event of the spooky season: Pumpkin Decorating at the Last Frontier Community Activity Center! It's time to get creative! Make your pumpkin as scary or as silly as you'd like-- tonight has no "boo"ndaries! This event is open to the entire family, and costumes are highly encouraged!

Last Frontier Community Activity Center, building 1044  
Call 353-7755, reservations recommended



COME JOIN LFCAC STAFF AT THE  
LAST FRONTIER COMMUNITY ACTIVITY CENTER TO

# PUMPKIN DECORATING

OCTOBER 13 5-7 PM  
\$9 PER PUMPKIN

This event is open to DoD Card holders and their dependents.  
\$9 Must pre-register for this event as space is limited. LFCAC, Bldg. 1044 353-7755

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# Eielson Air Force Base

Friday – 29th  
LAP SWIM, 6 to 8 a.m. and 11 a.m. to 1 p.m., Pool inside Baker Field House, Eielson AFB, Call 377-1925.

FREE BOUNCE, 10 a.m. to 7 p.m., Eielson City Center, Eielson AFB, Call 377-2642.

YOGA MIX, 12:30 p.m., Baker Field House, Eielson AFB, Call 377-1925.

OPEN SWIM, 5 to 8 p.m., Pool inside Baker Field House, Eielson AFB, Call 377-1925.

TEEN BREAK, 7 to 10:40 p.m., Eielson Youth Center, Eielson AFB, Call 377-6336.

GIRLS TRIP (R), 7 p.m., Ernie Walker Theater, Eielson AFB, Call 377-2269.

Saturday – 30th  
LAP SWIM, 10 a.m. to noon, Pool inside Baker Field House, Eielson AFB, Call 377-1925.

FREE BOUNCE, 10 a.m. to 7 p.m., Eielson City Center, Eielson AFB, Call 377-2642.

PIYO, 9 a.m., Baker Field House, Eielson AFB, Call 377-1925.

TABATA BOOTCAMP, 10 a.m., Baker Field House, Eielson AFB, Call 377-1925.

COLLEGE FOOTBALL, 11 a.m., 354 Sports Bar inside Yukon Club, Eielson AFB, Call 377-5219.

OPEN SWIM, 1 to 7 p.m., Pool inside Baker Field House, Eielson AFB, Call 377-1925.

WISH UPON (PG-13), 7 p.m., Ernie Walker Theater, Eielson AFB, Call 377-2269.

Sunday – 1st  
LAP SWIM, 10 a.m. to noon, Pool inside Baker Field House, Eielson AFB, Call 377-1925.

FREE BOUNCE, 10 a.m. to 7 p.m., Eielson City Center, Eielson AFB, Call 377-2642.

OPEN SWIM, 1 to 7 p.m., Pool inside Baker Field House, Eielson AFB, Call 377-1925.

DESPICABLE ME 3 (PG), 2 p.m., Ernie Walker Theater, Eielson AFB, Call 377-2269.

Monday- 2nd  
FREE BOUNCE, 10 a.m. to 7 P.M., Eielson City Center, Eielson AFB, Call 377-2642.

ZUMBA, 12:30 p.m., Baker Field House, Eielson AFB, Call 377-1925.

RIPPED, 5:15 p.m., Baker Field House, Eielson AFB, Call 377-1925.

TABATA BOOTCAMP, 6:30 p.m., Baker Field House, Eielson AFB, Call 377-1925.

Tuesday – 3rd  
SPIN, 5:30 a.m., Baker Field House, Eielson AFB, Call 377-1925.

LAP SWIM, 6 to 8 a.m. and 11 a.m. to 1 p.m., Pool inside Baker Field House, Eielson AFB, Call 377-1925.

REUNION BRIEFINGS, 9:30 to 10:30 a.m., Airman & Family Readiness Center, Eielson AFB, Call 377-2178.

FREE BOUNCE, 10 a.m. to 7 p.m., Eielson City Center, Eielson AFB, Call 377-2642.

PIYO, 10:30 a.m., Baker Field House, Eielson AFB, Call 377-1925.

LADIES BOOK CLUB, 5 p.m., Eielson Library, Eielson AFB, Call 377-3174.

SPIN, 5:30 p.m., Baker Field House, Eielson AFB, Call 377-1925.

Wednesday – 4th  
LAP SWIM, 6 to 8 a.m. and 11 a.m. to 1 p.m., Pool inside Baker Field House, Eielson AFB, Call 377-1925.

FREE BOUNCE, 10 a.m. to 7 p.m., Eielson City Center, Eielson AFB, Call 377-2642.

BYOGA MIX, 12:30 p.m., Baker Field House, Eielson AFB, Call 377-1925.

OPEN SWIM, 5 to 8 p.m., Pool inside Baker Field House, Eielson AFB, Call 377-1925.

RIPPED, 5:15 p.m., Baker Field House, Eielson AFB, Call 377-1925.

TABATA BOOTCAMP, 6:30 p.m., Baker Field House, Eielson AFB, Call 377-1925.

Thursday – 5th  
SPIN, 5:30 a.m., Baker Field House, Eielson AFB, Call 377-1925

LAP SWIM, 6 to 8 a.m. and 11 a.m. to 1 p.m., Pool inside Baker Field House, Eielson AFB, Call 377-1925.

FREE BOUNCE, 10 a.m. to 7 p.m., Eielson City Center, Eielson AFB, Call 377-2642.

STORYTIME, 10 to 11 a.m., Eielson Library, Eielson AFB, Call 377-3174.

DEPLOYMENT BRIEFING, 1 to 2 p.m., Airman & Family Readiness Center, Eielson AFB, Call 377-2178.

OPEN SWIM, 5 to 8 p.m., Pool inside Baker Field House, Eielson AFB, Call 377-1925.

SPIN, 5:30 p.m., Baker Field House, Eielson AFB, Call 377-1925.

ZUMBA, 6:30 p.m., Baker Field House, Eielson AFB, Call 377-1925.

Friday – 6th  
LAP SWIM, 6 to 8 a.m. and 11 a.m. to 1 p.m., Pool inside Baker Field House, Eielson AFB, Call 377-1925.

FREE BOUNCE, 10 a.m. to 7 p.m., Eielson City Center, Eielson AFB, Call 377-2642.

YOGA MIX, 12:30 p.m., Baker Field House, Eielson AFB, Call 377-1925.

OPEN SWIM, 5 to 8 p.m., Pool inside Baker Field House, Eielson AFB, Call 377-1925.

TEEN BREAK, 7 to 10:40 p.m., Eielson Youth Center, Eielson AFB, Call 377-6336.

DELIVER US FROM EVIL (R), 7 p.m., Ernie Walker Theater, Eielson AFB, Call 377-2269.

Saturday – 7th  
LAP SWIM, 10 a.m. to noon, Pool inside Baker Field House, Eielson AFB, Call 377-1925.

FREE BOUNCE, 10 a.m. to 7 p.m., Eielson City Center, Eielson AFB, Call 377-2642.

PIYO, 9 a.m., Baker Field House, Eielson AFB, Call 377-1925.

TABATA BOOTCAMP, 10 a.m., Baker Field House, Eielson AFB, Call 377-1925.

COLLEGE FOOTBALL, 11 a.m., 354 Sports Bar inside Yukon Club, Eielson AFB, Call 377-5219.

GIVE PARENTS A BREAK, 12:30 to 5:30 p.m., CDC, Eielson AFB, \$30/child, Call 377-3237.

OPEN SWIM, 1 to 7 p.m., Pool inside Baker Field House, Eielson AFB, Call 377-1925.

THE BIG STICK (R), 7 p.m., Ernie Walker Theater, Eielson AFB, Call 377-2269.

Sunday – 8th  
LAP SWIM, 10 a.m. to noon, Pool inside Baker Field House, Eielson AFB, Call 377-1925.

FREE BOUNCE, 10 a.m. to 7 p.m., Eielson City Center, Eielson AFB, Call 377-2642.

OPEN SWIM, 1 to 7 p.m., Pool inside Baker Field House, Eielson AFB, Call 377-1925.

## IN BRIEF

### FINANCE TIP

Did you know dependent COLA can only be paid for up to five dependents?

### NUTRITIONAL TIP

Add more vegetables to your day! Discover fast ways to cook vegetables! Steam green beans, carrots, or broccoli in a bowl with a small amount of water for a quick side dish.

### BOOKS WITH BELLE

The library has two dates set aside for reading with Belle the therapy dog! Reading-age children can sign up to read a book with Belle. Call for your 20 minute slot between 2 to 4 p.m. on Sept. 23 or Oct. 28. Space is limited, and spots fill up fast! Call 377-3174 to sign up or for more information.

### COMIC CON

The Eielson Library staff is hosting its first ever Comic Con! Oct. 21 from 11 a.m. to 1 p.m., the library will have crafts, snacks, games and a costume contest! Dress up as your favorite character and join the fun! Free comic books will be available while supplies lasts. Call 377-3174 for more information.

### FALL FESTIVAL

The 354th Force Support Squadron is hosting their annual Fall Festival at the Yukon Club Oct. 27 starting at 5:30 p.m. There is free admission, crafts, snacks, carnival games and fireworks! Costumes are encouraged. There will be chances to win prizes and some awesome giveaways!

### STORYTIME AT THE LIBRARY

The Eielson library holds story time every Thursday from 10 to 11 a.m. for children 5 years old and younger. Come out and enjoy listening to themed story's read by the Library staff or volunteers! Call 377-3174 for more information.

### MEDICAL GROUP OFFERS SLEEP ENHANCEMENT CLASS

The 354th Medical Group provides sleep enhancement education classes on Tuesdays from noon to 1 p.m. The class is four weeks long and begins the first Tuesday of every month. For any questions or to register for the class, please call 377-6354.

### EIELSON CHAPEL SERVICES

The Eielson Air Force Base Chapel team offers a variety of services. Your Chaplain Corps offers Catholic and Protestant worship services each week and our multi-faith worship center can support the needs of other faith groups. For more information, call us at 377-2130.

Catholic Community:  
Religious Formation, 9 a.m., Sundays  
Catholic Mass, 10:30 a.m., Sundays  
Sacrament of Reconciliation by appointment

Protestant Community:  
Contemporary Service, 9 a.m., Sundays  
Kids Church, 9 a.m., Sundays  
AWANA, 4 to 6 p.m., Sundays  
Jr./Sr. High Youth Service, 6 p.m., Wednesdays

# YOUTH WINTER SPORTS REGISTRATION

SEASON DATES: 13 NOVEMBER, 2017 – 27 JANUARY, 2018  
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**Basketball** 3-4 yrs \$25 5-13 yrs \$55

**Basketball Cheerleading** 3-4 yrs \$25 5-13 yrs \$55

**Wrestling** 5-14 yrs \$55

**\*Swimming** 5-18 yrs \$65

**\*Skiing/ Snowboarding** 5-18 yrs \$65

**\*This is not an instructional class. Youth must be self sufficient in activity to enroll in this program.**

All children must be registered with CYS to participate. For more information, contact Parent Central Services at 907-353-7713 or Bldg. 1049 Suite 2 Chena Rd.

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# Fighting for Airmen's rights

**Senior Airman Cassie Whitman**  
354th Fighter Wing Public Affairs

You have the right to remain silent. Anything you say can and will be used against you in a court of law. You have the right to an attorney.

"You have the right to an attorney" should signal to every active duty Airman they need to seek the advice of the Area Defense Counsel.

The ADC is a tenant unit independent from the installation and does not report to the wing commander.

"We are set up to defend Airmen who may face any criminal or administrative discipline," said Capt. Brandon O'Malley, the ADC for Eielson's Airmen. "Our mission is to defend and serve our clients and ensure Airmen are treated fairly, protected and fully understand and are able to exercise all the rights they are afforded."

Airmen can seek counsel from the ADC for a variety of legal issues, a few including Letters of Counseling or Reprimand, referral Enlisted Performance Reports, and courts-martial.

"Anytime an Airman gets into trouble or may be disciplined, they can seek counsel from our office," said O'Malley. "We are able to represent them for anything on base and for any off base incidents for which they may face adverse action from the military."

The process is fairly simple, but it differs for every Airman. Each case starts out with a sit down or phone call to discuss the issues and any charges they may be facing.

"The biggest thing we talk through first is our confidentiality," said O'Malley. "The ADC offers attorney-client confidentiality, which means that they cannot disclose anything told to them about past misconduct without the client's consent. We have one of the strongest forms of confidentiality that exists in the law, and there are very few and very rare exceptions to that. Every case, every Airman, and every situation is different, but our focus is getting them to understand and advise on their rights, and then figure out what actions we can take to serve their best interests."

The ADC is different than the legal



Capt. Brandon O'Malley, the Area Defense Counsel (ADC) for Eielson Air Force Base (AFB), poses for a photo with Staff Sgt. Kimberly Bottino, a defense paralegal with the ADC, Aug. 23, 2017 at Eielson AFB, Alaska. O'Malley and Bottino are the new ADC team to represent Eielson's Airmen in the case of legal trouble. (Photo by Senior Airman Cassie Whitman, 354th Fighter Wing Public Affairs)

office. In simple terms, the legal office advises commanders, supervisors, directors, leadership, etc., while the ADC's sole client is Airmen.

"We occasionally work with the legal office, but far more times than not, our client's interests are exactly opposite," said O'Malley. "We zealously and vigorously defend our clients, while they advise theirs."

Another important thing the ADC stresses is who they report to.

"We don't report to anyone here on this base," said Staff Sgt. Kimberly Bottino, the defense paralegal with the ADC. "Our leadership is completely separate. We do what is best for our clients."

## Orient Shield 2017 puts medics and aviators to the test

**Sgt. Frank Strumila**  
Public Affairs

The universal language for medical care across the world is a red cross over a white backdrop. However, during Orient Shield 2017, that red cross became the beacon of interoperability as 3rd Battalion, 21st Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division and 34th Infantry Regiment, 1st Division Japan Ground Self-Defense Force stood side-by-side

and conducted bilateral medical training.

Orient Shield 2017 is an annual exercise cosponsored by the Japan Ground Self-Defense Force (JGSDF) and U.S. Army. First occurring in 1985, this is the 32nd iteration of the Japan-based exercise. It provides a great opportunity for U.S. Army and JGSDF medics and aviators to train for real-world trauma scenarios, and share best practices for casualty treatment in a simulated, high-stress combat environment.

"Training with the Japanese medic

counterparts has been extremely rewarding for our medics. They teach Combat Lifesaver skills to their Infantry medical teams, but don't usually get to teach in a 'train-the-trainer' type capacity. Trauma medicine must be continually practiced and refined. This exercise allows us to pass our lessons learned to the Japanese medics who will be in the fight," said 1st Lt. Preston Keim, a physician assistant with 3rd Battalion, 21st Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division.

The U.S. Army and JGSDF each have different treatment processes and medical capabilities making the bilateral training crucial for future operations. The Soldiers from each force cross-trained their counterparts on intravenous catheter training, patient assessments, triage, tactical combat casualty care, clearing an airway, chest tubes and setting up bilateral aid stations.

"It was interesting to see their (JGSDF) approach to a trauma patient versus ours. They have different techniques to treating similar injuries. Seeing their equipment compared to ours was a mind-blowing experience. Their A.E.D. (automated external defibrillator) is smaller and more portable, and the oxygen tank can supply

multiple patients from one tank and the ventilator. The aid station has multiple beds for more long-term care capability where ours is a treat and move to a higher echelon of care facility," said Cpl. Conor Kuczka.

The culmination of the training included a medical evacuation coordinated between multiple entities of both the JGSDF and the U.S. Aviators and medics with Charlie Company, 3rd Battalion, 25th Aviation partnered with medics from 3-21 Infantry Regiment and Japanese medics of the 34th Infantry Regiment, 1st Division to conduct a trauma evacuation from Camp Fuji to Tokyo General Hospital. The bilateral evacuation highlighted the coordination efforts of each unit and put their medical care skill, management of operational air space and technical knowledge to the test.

"Every entity benefitted from this event by engaging in an opportunity to work cohesively with adjacent units to achieve synergy in casualty management, evacuation, and tracking. This event increased readiness by improving cooperability and effectiveness between forces," said Staff Sgt. Christopher Siler with 3-21 Infantry Regiment who played the 'casualty' during the scenario.



Members of the Japan Ground Self-Defense Force who are attached to Self-Defense Forces Central Hospital at Camp Mishuku, Tokyo, approach a U.S. Army HH-60M Blackhawk helicopter during a medical evacuation training scenario as part of exercise Orient Shield 2017, Sept. 15. The exercise is designed to enhance U.S. and Japan combat readiness and interoperability at the tactical level while strengthening bilateral relationships and demonstrating U.S. resolve to support the security interests of friends and allies in the region. (U.S. Navy photo by Mass Communication Specialist 2nd Class Jacob D. Galito)

## Happy 15th Birthday IMA-IMCOM

**Staff Report**  
Installation Management Command  
Public Affairs

The U.S. Army Installation Management Command is one of the many success stories of Army transformation. In an effort to standardize its garrisons, the Army created the Installation Management Agency on Oct. 1, 2002. Using an enterprise approach, IMA removed the burden of base support from 15 major commands. This brought uniformity of facilities and services to 184 installations, worldwide.

After proven success, the Army transformed the agency into the Installation Management Command, incorporating Family and Morale, Welfare and Recreation Command.

Army garrisons are the platforms of readiness and resilience for Soldiers, Families, Veterans, Gold Star Families and Civilians, complete with programs and services enhancing the mind, body, and spirit of those that always answer our nation's call.

As part of the Base Realignment and Closure Act of 2005 all IMCOM elements relocated from Aberdeen Proving Ground, Md., and Crystal City and Alexandria, Va., to a single campus at Joint Base San Antonio, Fort Sam Houston, Texas. This

provided the opportunity to synchronize and integrate support to the more than 76,000 dedicated professionals who deliver installation services and facilities support every day.

On Nov. 1, 2016, IMCOM established three functionally-aligned Directorates, co-located with Forces Command (IMCOM-Readiness), Training and Doctrine Command (IMCOM-Training), and Army Material Command (IMCOM-Sustainment). The Directorates are more efficient and improve mission command through unity of purpose, a smaller number of garrisons to manage, and similar demographics of communities. The Directorates solve functional challenges for garrison commanders, coordinate IMCOM HQ support, drive/assess garrison execution of service delivery and are in support of senior commanders.

The modern IMCOM formation also includes the two overseas IDs, IMCOM-Europe and IMCOM-Pacific, and the U.S. Army Environmental Command.

As the needs and resources of the Army change, the IMCOM team remain committed to delivering installation services and sustaining facilities to enable a ready and resilient Army.

We are the Army's Home – Serving the Rugged Professional