Brandy Ostanik
Medical Department Activity – Alaska Public Affairs

The first baby of 2020 made its appearance at Fort Wainwright Community Hospital at 11:23 a.m. on Jan. 1. Kaitlyn and Staff Sgt. Tyler Steel, who is currently deployed with 1st Stryker Brigade Combat Team, 25th Infantry Division, welcomed their first child, 7 pounds, 14 ounces and 21.5 inches long, Rhett.

With a scheduled due date of Dec. 28, 2019, Kaitlyn initially hoped for a birth well before Christmas or after New Year's to avoid interfering Hertz's birthday and the holidays. However, when Hertz surprised her Christmas Eve by coming home from deployment on a short leave, the date of birth no longer mattered. She was just excited to have him home for Christmas.

Kaitlyn had been having mild contractions for about a week when she called labor and delivery explaining the situation with her due date and Tyler's scheduled date to return to deployment.

"They told me to come in Monday morning to be induced," said Kaitlyn. "We came in about 7:30 that morning, and I went into active labor about 4:30 p.m., but eventually ended up going through a C-section.

While her birth plan did not go as intended, Kaitlyn was thankful for the care she and Hertz received while at Fort Wainwright. "The nurses and doctors here have been amazing," said Kaitlyn. "I am so happy and grateful, and they handled me perfectly.

It is not what Tyler was expecting either. "It (the birth) was a lot different than I expected," said Tyler. "There was just so much more emotion than I thought there would be, I mean it's your first kid, just more emotions than I thought." As for having Hertz share his birthday with New Year's, "We're looking forward to fireworks for New Year's Eve and telling him it's all for him and everyone is celebrating him."

Sgt. Nicholas Vidro

U.S. Army Soldiers are constantly training to be stronger physically and mentally to be fit for service. Recently Soldiers of the 1st Stryker Brigade Combat Team, 25th Infantry Division Task Force Reserve, pushed to be stronger in a way that can be neglected while learning new approaches in mentoring, beginning on December 17, 2019. The Connection Life Purpose System aims to teach Soldiers how to develop healthy relationships in their unit. U.S. Army Capt. Bill Fry, chaplain with 1st Stryker Brigade Combat Team, 25th Infantry Division Task Force Reserve, was responsible for helping leaders learn the ins and outs of the system so that it could be incorporate into their training plans.

"The purpose of CLIPS is to provide a holistic training that focuses on wellness versus suicide prevention," Lt. Col. O. William Mollison, Ft. Wainwright, Maj. Gen. Dale Daly, the deputy commanding general of the U.S. Army Material Command, for military bearing and professionalism evident in the state of his quarters. Daly inspected Mollison’s room and awarded him a rare deputy commanding general coin for exceeding the standards of maintain-

CLIPS provides effective and comprehensive training through relationships.

The origins of this training date back to a program that started at the Waterfront Residency, a rehabilitative effort with the Army’s premier military treatment facility located in Pensacola, Florida.

It was at this facility that the program called New Hope Home was started. Fry started working on this program, which eventually evolved into CLIPS. The groundbreaking work of providing life through relationships is a key tenant to the program’s success, according to the chaplain at Ft. Wainwright.

"We started this program at the rehab clinic I was working," said Fry. "The major problems were depression, anxiety and hopelessness. These are common problems with addictions in recovery. This model helped to break the repetitive, spiritual and mental health for our population.

After-Then the Army, Fry started to see the program to improve the lives of Soldiers in his care. While serving as the chaplain for 5th Squadron 4th Cavalry Regiment at Ft. Riley, Kansas, the program was implemented within the command. Fry spoke on the formal introduction of this training to the Army.

This was a collaborative effort with the commander of the 5–4 Car, starting in late 2012 and we initiated it over 18 months period," said Fry. During this time, Fry stated that the program has seen a significant improvement.

Later in his career Chaplain Fry again picked up the program while assigned to Fort Stewart and Fort Hunter Liggett. Due to the program's popularity See TRAIN on page 4

NEW TRAINING HELPS ARCTIC SOLDIER FORGE STRONGER CONNECTIONS
Sgt. Nicholas Vidro

AutoBears Assemble: Shoutout to Pvt. Mollison

This week's AutoBears Assemble: Shoutout to Pvt. Mollison!

In this week’s short edition of AutoBears Assemble, we want to call out one of our newest Kodiaks: Pvt. William Mollison.

Earlier this month, Mollison distinguished himself during a barracks inspection by Lt. Col. Gen. Dale, the deputy commanding general of the U.S. Army Material Command, for military bearing and professionalism evident in the state of his quarters. Daly inspected Mollison’s room and awarded him a rare deputy commanding general coin for exceeding the standards of maintain-

Pvt. William Mollison with his coin presented earlier this month by Lt. Gen. Dale, the deputy commanding general of the U.S. Army Material Command, for military bearing and professionalism evident in the state of his quarters. Daly inspected Mollison’s room and awarded him a rare deputy commanding general coin for exceeding the standards of maintain-

Reservists and veterans who are Purple Heart recipients, former prisoners of war, and all who have any level of service-connected disabilities. Individuals who are designated as prima-

See VETERANS on page 3
Nutrition Corner: Nutrition 101

With the holidays behind us, many Americans are settling into January with some exciting and healthful New Year’s traditions. One that tops the list for this year is weight loss. Unfortunately, only 8 percent of well-intentioned people make good on their commitments for the new year overall and 30 percent go up on their weight loss efforts by February. There are several reasons for this but one that stands out is that most set unrealistic goals.

A great way to ensure success in your weight loss is to set reasonable goals and stick with the basics. A lofty goal such as losing 20 pounds by February is not realistic.

If that much weight loss is achieved in such a short amount of time, it will likely come back just as quick as it came off. Losing weight that quickly is also a good indication one has cut out entire food groups or cut their calories too low leaving the dieter at risk for weight regain, low energy levels and nutrient deficiencies.

Instead, aim for a one to two pound weight loss per week achieved by creating a moderate calorie deficit every day through eating healthier foods and increasing your activity. Choose low fat dairy such as skim milk and reduced fat cheese and yogurts, lean meats such as fish, 90 percent lean ground beef and skinless poultry. Plant based proteins such as nuts, seeds and beans, and choose whole grains that provide protein, fiber, and vitamins/minerals like spinach, farro and millet.

Avoid fast food diets that promote unreal- istic results through drastic diets; often unhealthy diet trends. Some folks may try to look for advertisements for quick weight loss, having to purchase a plan or product such as a shake or pill supplement, claims for diet or cleansing, or having to incorporate foods in as phases. Don’t forget to increase daily activity. Start by aiming for at least 10,000 steps per day, 60 minutes of moderate intensity exercise per week and two strength training exercises per week.

Turkey Tacos:
6 ounces of lean ground turkey meat
2 tablespoon chili powder
1 tablespoon cumin
1 2/3 tablespoon coriander
1 1/2 cup chopped onion
4 whole wheat 6 inch tortillas
1/4 cup reduced fat cheddar cheese
2 cups chopped baby spinach (fresh) or shredded
2 medium tomatoes, diced
1/4 cup salad dressing

Christopher Fields
Army Recovery Care Program
The Army Warrior Care and Transition Program name has officially changed to the Army Recovery Care Program. The name change reflects the restructuring of the program to update policy and procedures, to simplify critical processes, to streamline service delivery and access, to prioritize complex case management, to ensure Soldiers receive what they need, when they need it. Douglass. “We are always number one priority,” said Douglass. “We are just as much a resource for our leaders, as we are for our Soldiers.

For more information contact the Army Recovery Care Pro- gram public affairs officer, Ms. Julie Oliver, julie.l.oliver.cwv@mail.mil, 703-571-2763. You can find detailed information on single entry criteria at the link below.

ALASKA POST
The Interior Military News Connection

EDITORIAL STAFF
Garrison Commander
Col. Christopher Raga
Fort Wainwright PAO
Grant Sattler
Command Information
New Media
Brady Gross
Community Relations
Media Relations
6) Serve immediately.

Stay a save to the ER if:
You become seriously ill or injured. Go to an er if:
You need immediate medical attention for a non-emergency condition.

Army Medicine’s Ambassador Program
Subject matter experts from MEDDAC-AK are available to speak to families about immediate health care needs. Call 1-800-TRICARE (874-2273).
The Chaplain’s Corner

Chaplain Paul Fritts
U.S. Army Garrison Alaska
Fort Greely

Friends of mine home school their children. A recent conversation with the dad was commented about how he was about to begin their Latin lessons. Dad also speaks French, so I have no doubt that he is a capable Latin instructor. The conversation caused me to remember an article I served some time ago. It is in the form of an entry on the online dictionary website by the mechanisms of Marriam-Webster titled: “In Vino Veritas” and Other Latin Phrases to Live By. Top 10 Latin Phrases – plus a few more. Here are a few Latin phrases to begin the year 2020 kit.

First, the phrase carpe diem means “seize the day” or “the fleeing of the moment with out any thought for the future” (literally “pluck the day”).

What a great Latin phrase with which to begin a new year and a new decade. Ah, but wait... let’s not get ahead of ourselves. What about just the first six? Matthew 6:5-13 of Jesus: “Sermon on the Mount” provides us with the Lord’s Prayer and a lesson on the importance of expressing great daily gratitude. “Give us today our daily bread” (Matthew 6:11). I’m currently reading a book that highly recommends an amazing book on gratitude by Dustin Butler, B.A.: Grateful. The Transformative Power of Giving Thanks. Among the many truths she writes on her journey to grateful daily living is this: “Gratitude is not a form of passive acceptance or complacency. Rather, it is the capacity to stare at established happiness and despair right in the face of the very same here in the still mantras of British theoretical physicist Stephen Hawking: “While this may seem written in his letter to the Romans that the love of Christ within us makes us “more than conquerors” (Romans 8:37), defeating anything that might threaten to separate Creation from Creator.

Finally, here’s a Latin phrase to live by that Webster’s does not include: non-nirvanaus Rex Indiana. Often simply abbreviated as INRI, the translation is: “Jesus of Nazareth, the King of the Jews.” This phrase was nailed to the cross with Jesus recorded in John 19:19: “Pilate prepared and fastened to the cross Jesus of Nazareth, the King of the Jews.” Only John records that the notice was written in Aramaic, Latin and Greek. Currently, the notice on a cross named the charge for the love and compassion that we all face at various times throughout our lives. The Apostle Paul, who wrote in his letter to the Romans that the love of Christ within us makes us “more than conquerors” (Romans 8:37), defeating anything that might threaten to separate Creation from Creator.

The chief priests protested to Pilate that Jesus only “claimed” to be the king of the Jews because Pilate’s charge—ironically but correctly—names Jesus as king. One, however, does not know Aramaic, Greek or even Latin to claim Jesus as king of our own lives. So, here’s wishing you a 2020 when we seize the day in gratitude, when we laugh into God’s love trusting that it conquers all, and when Jesus is Lord of our lives—Latin phrases to live by eternally! For God and Country! The Fort Greely Chapel community is a traditional, professed Army chapel service meeting on Sundays at 10 a.m. with a weekly Commission observers. Interested? Please call 907-873-4397 or “Like” our chapel Facebook page at https://www.facebook.com/FGA Chapel

Fort Greely Adopt-A-School participants in Flashlight Walk

Maestas

U.S. Army Garrison Alaska
Fort Greely Public Affairs

The Fort Greely Adopt-A-School program contributes to the mission of the Army and Fort Greely by giving children a school for 2019 and the beginning of the holiday season for teachers and students. (Photo by Chris Maestas, U.S. Army Garrison Alaska, Fort Greely Public Affairs)

Delta Elementary School students make a break for the walking track during the annual Flashlight on Walk Dec. 19. The Flashlight Walk marks the last day of school for 2019 and the beginning of the holiday season for teachers and students. (Photo by Chris Maestas, U.S. Army Garrison Alaska, Fort Greely Public Affairs)

success at this location, the Chaplain Fry was recognized with the Withrowson Chaplain of the Year by the Department of Defense will open their doors to more veterans.

The training is focused on leading leaders and Soldiers how to forge stronger relationships with those around them, as well as finding a purpose for themselves. Fort Greely’s leaders at Fort Wainwright should apply the system. The training empowers and equips the team to be more thorough than the standard of coaching, mentoring and counseling,” he said. “We’re trying to teach interaction and empathy. It’s important for leaders to make the right decisions alongside Soldiers. That’s why it’s so important to laugh with them, and cry with them. That empathy truly allows a leader to lead by example. I hope that leaders will come away from the importance of building relationships as well as finding the healthy connections in the lives of their Soldiers. From that environment, they will be able to lead in activities that will truly win support and camaraderie.”

The Apostle Paul explained that this is not a new concept, rather a reminder for those who may have forgotten where their feelings of self-worth come from. “We’re just repackaging something that has been around since the beginning of civilization. People do better when we have a healthy spiritual life, healthy relationships, and a life purpose. That concept has been around since the beginning of time.”

Through this training program Chaplain Fry hopes to reinvigorate the same positive results with 1st Stryker Brigade Combat Team, 25th Infantry Division.

January 10, 2020

NEWS

COMMISSIONS: Welcoming veterans

Continued from page 1

Throughout our lives. The Apostle Paul, who wrote in his letter to the Romans that the love of Christ within us makes us “more than conquerors” (Romans 8:37), defeating anything that might threaten to separate Creation from Creator.

Phrases to Live By:

Here are a few Latin phrases that might threaten to separate Creation from Creator.

“Gratitude is the radical gift of being alive is radical gratitude” says Stephen Hawking. “While there’s life, there is hope.” Being alive to radical gratitute “(p. 185). With gratitude, accept the radical gift of being alive. TODAY."

Second, the phrase amor vincit omnia “love conquers all things” is a word fought with military definitions that describe the defining an enemy by force. However, the word also communicates a sense of overcoming non-military obstacles of the mental or moral power rather than the force of arms. Athletes who compete in the Special Olympics or the Paralympics conquer numerous challenges with their own grit, determination and love of supporters in order to reach their goals. And the love of a parent or spouse conquers the fear and togrumness that we all face at various times

“enjoy the pleasures of a parent or spouse conquers the fear and despair right in the face of the very same here in the still mantras of British theoretical physicist Stephen Hawking: “While this may seem written in his letter to the Romans that the love of Christ within us makes us “more than conquerors” (Romans 8:37), defeating anything that might threaten to separate Creation from Creator.

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Delta Elementary School students make a break for the walking track during the annual Flashlight on Walk Dec. 19. The Flashlight Walk marks the last day of school for 2019 and the beginning of the holiday season for teachers and students. (Photo by Chris Maestas, U.S. Army Garrison Alaska, Fort Greely Public Affairs)

Jan 10, 2020

Northern Light Chapel

Date: 21 January 2020

Time: 1300-1430

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Continued from page 1

are recognized under the Department of Veterans Affairs’ Program of Comprehensive Assistance for Family Caregivers.

This is great news, and long overdue,” said Michael Dukes, a newly eligible caregiver program where comprehensive Assistance for Family Caregivers is currently evaluated long ago,” Trump said. “For far too long – all the way back to 1976, to be exact – nations have tolerated – and destroyed intransigence and destabilizing behavior in the Middle East and beyond,” the president said. “These days are over. Iran has been the leading sponsor of terroism, and their pursuit of nuclear weapons threatens the world. We suffered no casualties or Iraqi casualties as a result of the Iranian missile attack on Al Asad Air Base, and Trump said today. “After meeting with his national security team, the president reiterated in the strongest manner that the United States will not allow Iran to gain nuclear weapons. Trump: No casualties in Iranian missile attack, US won’t allow nuclear Iran

Trump: No casualties in Iranian missile attack, US won’t allow nuclear Iran

President Donald J. Trump, joined by Vice President Mike Pence, senior White House advisors and senior military personnel, delivered remarks from the White House, Jan. 8, 2020. Trump discussed Iran’s retaliatory missile strikes against U.S. military and coalition forces in Iraq. (Photo by Shealah Craighead, White House)

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Mentally and physically strong: work ethic carries Army veterinarian

Joe Lacadie
Army News Service

One night while Danie-
co Goodheart worked the
overtime shift at an emer-
gency veterinary clinic in
Concord, New Hampshire, a
middle-aged couple ran in
from the winter cold carry-
ing a bleeding pit bull.
As police stress flashed
outside, another man walked
in, catching a wet and in-
jured golden retriever. Good-
heart, only a year removed
from graduating veterinary
school at Auburn University,
learned that two dogs had
grappled with each other on
a frozen lake.
Police had fired at the
dogs in an attempt to break
up the fight and a bullet hit
one of the dogs.

For more than two hours
Goodheart worked on the pit
bull as the distressed couple
sat in the waiting room. She
mended and treated the bul-
et wound after the projectile
had torn through the dog’s
abdomen. She also treated
the second canine for hypo-
termia and bite wounds.

"The late-night effort was
nerve racking," Good-
heart said, adding that all
the late-night effort was
worth it.

Two years later, she says
that Capt. Good-
heart takes the same deter-
mation and approach to being a military
veterinarian – whether treat-
ing military working dogs or
conducting physical fitness assis-
tance training. Goodheart said
"I will put 110 percent
into whatever she’s doing,"
and it’s not just work out of
Chair Chums. Blame her from
junior high since her teen years, Goodheart
has continued to train and keep
in peak shape. She spends
up to 25 hours a week in the gym.

"I had a really good coach
that year," she said.

Also helped that she
had been in great shape prior
to beginning the training.
She had been an athlete most of
her life, competing in Divi-
sion I track at the University
of New Hampshire. She had
powerlifted and took part in
CrossFit for four years while
attending veterinary school.

This April, Goodheart will
compete in this year's Cutler Classic due to mission
requirements, she still con-
stantly trains – a passion that eventually
led to her emergence in the sport
of military working dogs.

"(Bodybuilding) is some-
thing that she enjoys doing,
but sometimes it's sacrifice
for the military," said Blume.
"(Bodybuilding) is some-
thing that she enjoys doing,
but sometimes it's sacrifice
for the military," said Blume.

"It also helped that she had
been in great shape prior
to beginning the training.
She had been an athlete most of
her life, competing in Divi-
sion I track at the University
of New Hampshire. She had
powerlifted and took part in
CrossFit for four years while
attending veterinary school.

In addition, she has built
a work ethic that Goodheart
now carries into her military
veterinary career. Goodheart
didn't think that it was
difficult to stay motivated and self-driven,
but sometimes it's sacrifice
for the military," said Blume.
"(Bodybuilding) is something
that she enjoys doing, but
sometimes it's sacrifice
for the military," said Blume.

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that she enjoys doing, but
sometimes it's sacrifice
for the military," said Blume.

"I was always around an-
imals," Goodheart said. "My
mother has a very strong
passion for animals and
instilled that in us girls.

While attending high
school, Goodheart learned of
the importance of military
working dogs, who often
must go into harm's way
when searching for explosive
devices. That helped spur
her toward a career as an
Army veterinary doctor.

In the Granite State she
also participated in athlet-
cism – gymnastics and track
– a passion that eventually
evolved into weight training
and powerlifting. Growing up
on a farm, where her
family grew fruits, vegeta-
bles and grains, also instilled
a work ethic that Goodheart
said she carries with her to
this day.

Goodheart approaches
each challenge the same way,
whether building muscle in
the gym or tending to an
injured canine in the field.
"She's very hardworking,
motivated and self-driven,"
Blume said.
NEW YEAR, NEW SPIN
January 11
10 a.m. - Noon
New Year, New You? Achieve your goal with starting the New Year with this 2-hour fitness class of high-intensity cycling! New Year, New Spin specialty class is $6 or 2 punches on the fitness class punch card.
Physical Fitness Center, Bldg 3709
Call 353-7223, registration required

Lunch & Learn: E-Learning & Fairbanks BEST
January 14
11:45 a.m. - 12:30 p.m.
This part of the workshop series will be presented by the Fairbanks North Star Borough School District, Special Education Department & the School Liaison Officer (SLO). Lunch provided to registered participants.
Army Community Services, Bldg 4286
Call 353-4460, registration required

Parent’s Night Out
January 17
6:30 - 10:30 p.m.
Take the night to have some you time, hang out with friends, or date night! Child and Youth Services after-hours care is an opportunity for children to have fun in a professional childcare environment and parents to enjoy a night out worry free. Cost: $10 per child or use of Blue Star Community benefits.
Parent Central Services, Bldg 3414
Call 353-7713, registration required

Resume Writing Class
January 15
9:30 - 10:30 a.m.
Artsy Afternoons every Friday at the Post Library are perfect for creative minds to get creative with a variety of projects. This event is open to all ages.
Army Community Services, Bldg 3401
Call 353-4227, registration required

B.O.S.S. Installation Meeting
January 16
1:30 - 2:30 p.m.
Join us for an Installation B.O.S.S. Meeting! You will have the chance to provide input on upcoming B.O.S.S. events, voice concerns about life skill events, express quality of life issues on Fort Wainwright, and most importantly stay informed!
Warrior Zone, Bldg 3205
Call 353-7648

Blast off into space with the Post Library on January 18 11:30 a.m. - 2 p.m.!
For more information, call: (907) 353-2642.
Find out more at www.wainwright.armymwr.com
@WainwrightMWR #WainwrightMWR

Weekly Events
January 11 - 18, 2020

DEFENSE BILL TO FUND PAY RAISE FOR MILITARY, CIVILIAN PERSONNEL

C. Todd Lopez
Defense.gov

The $738 billion defense spending bill signed into law by President Donald J. Trump funds the largest pay increases in a decade.

According to Defense officials, service members and Families will benefit from a $15.5 billion increase of the Defense Department’s 2019 funding, including a 3.1 percent pay raise for military and civilian personnel and paid parental leave for civilians.

This is a well-deserved pay raise for the men and women of the military, who continue to make great sacrifices for the nation as they stand watch all over the world to protect America,” Defense Secretary Dr. Mark T. Esper said. “It will also ensure that we continue to recruit our country’s best talent into the armed forces.”

The fiscal year 2020 budget gives the DOD a $622.6 billion base budget, $70.6 billion for overseas contingency operations and $1.8 billion in emergency funding. The overall defense budget also includes funding in separate authorizations for military construction and $8.1 billion in emergency defense funds.

Esper said the new bill also supports taking care of military Families. Included in the law are programs to offset the costs of professional licenses for military spouses; reforms to privatized base housing; and provisions to increase childcare capacity on military installations – including $110 million across the services for child care programs.

“These are all very important to the readiness of the force and to follow through on our commitment to take care of our service members and their Families,” the secretary said.
Army scientist enhances future combat, wearable technology

DOD Launches Security Cooperation Certification Program

The Defense Security Cooperation Agency Wednesday launched the Department of Defense Security Cooperation Workforce Certification Program for civil and military members of the security cooperation workforce.

“Our goal is to enhance security cooperation workforce capability through the development of a single, comprehensive, shared certification program,” said Lt. Gen. Charles W. Hooper, director of the Defense Security Cooperation Agency.

The program will enable the department to train and work with professionals in the field of security cooperation and other related fields.

The program is designed to provide a framework for the development of a professional workforce that is able to provide the department with the skills and knowledge necessary to effectively carry out the department’s mission.

The program will be available to all members of the security cooperation workforce, including civilian and military personnel.

The program is expected to be available for use by the workforce by the end of 2020.

Have a home business? Why not set up shop at your local Exchange! For more details on this great opportunity contact your Exchange Business Office at 910-334-6244.