

ALASKA POST

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FAIRBANKS
Daily News - Miner

The Interior Military News Connection

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Vol. 8, No. 13

Fort Wainwright, Alaska

March 31, 2017

Social media misconduct won't be tolerated, Army leader says

C. Todd Lopez
Army News Service

Army policy states that hazing, bullying and other behaviors that undermine the dignity and respect of Soldiers and Army civilians are strictly prohibited.

That policy doesn't apply just to the way Soldiers conduct themselves in the real world, said Maj. Gen. Jason Evans. It also applies to how they conduct themselves online, such as in emails, online chats, instant messaging, blogs, social media sites and web or video confer-

encing.

Evans, who serves as director of Military Personnel Management within the Army G-1, was on Capitol Hill, Wednesday to discuss the Army's policies on social media with the House Armed Services Committee, subcommittee on military personnel.

"Harassment, bullying, hazing, stalking, discrimination, retaliation, and any type of misconduct that undermines dignity and respect will not be tolerated," Evans told lawmakers. "And those found in violation will be held accountable."

Back in 2015, then chief of staff of the Army Gen. Ray Odierno attended a Sexual Harassment/Assault Response and Prevention summit in Washington, D.C., where he learned that Soldiers were reporting sexual harassment via social media. Other Soldiers spoke about online retribution against Soldiers who had spoken up about sexual harassment and sexual assault.

The next month, Odierno convened a team to address the issue and find a way to respond to and prevent such behavior online.

That team outlined three lines



Harassment, bullying, hazing, stalking, discrimination, retaliation, and any type of misconduct that undermines dignity and respect -- including that done online on social media platforms -- will not be tolerated by the Army, said Maj. Gen. Jason Evans, director of Military Personnel Management, Army G-1, during a March 22, hearing on Capitol Hill. (Photo courtesy U.S. Army)

of effort that include updating existing Army policies to reflect social media, updating training materials and infusing the training base with information and best practices, and sharing in-

formation regarding responsible online conduct.

The Army released an All Army Activities message in

See ONLINE on page 7



Airman 1st Class Angela White, a 354th Force Support Squadron military personnel section customer service apprentice, sorts through donated clothing March 16, at Eielson Air Force Base. White volunteers at the Airman's Attic as often as possible to ensure the facility can remain open to her fellow Airmen. (Photo by Airman Eric M. Fisher, 354th Fight Wing Public Affairs)

Community improvement through giving

Airman Eric M. Fisher
354th Fight Wing Public Affairs

Many Airmen join the Air Force right out of high school. Some have families they need to support and income can be tight for the first few years. A simple shirt, or pair of baby shoes can make or break the budget.

There are many organizations which help Airmen and their families through these tight situations; one of them being the Airman's Attic, which provides gently-used items for free to Airmen.

Items are obtained through donations from many generous Icemen and their families to help support the Airman's Attic

mission.

"All donations received are sorted through to ensure no broken or unusable items get placed on the shelves," said Bobbie Candaso, lead volunteer of the Eielson Airman's Attic. "The usable items are organized and categorized within the Air-

See ATTIC on page 7

Celebrating women's contributions

Brandy Ostanik,
Medical Department Activity - Alaska Public Affairs

Medical Department Activity - Alaska and the Fort Wainwright Equal Opportunity Office hosted the annual Women's History Observance March 23 at the Northern Lights Chapel; an event that brought soldiers and community members together for a chance to celebrate the many contributions of women to the Army and the United States.

"This month we recognize the contributions made by women in American culture and history," said master of ceremony, Staff Sgt. Jacqueline Degraf. "It was not the vision of one woman but the effort of many that made this nation what it is today; a country continually working toward equality for all."

Guest speaker, Dr. Karen Gaborik, Superintendent of the Fairbanks North Star Borough School District, addressed the packed chapel to share her story of leadership and her perspective as a female leader in her field of expertise.

Gaborik also offered advice on being successful in both life and career.

"Don't chase success," Gaborik said. "Do excellent work right where you are at, and success will find you. For me be-

See CELEBRATE on page 7

Annual housing survey gets underway

Staff Report
North Haven
Communities
LLC

NORTH HAVEN
COMMUNITIES

COMING SOON!

Annual Housing Survey
March 30 from

ARMYHousingSurvey@celassociates.com

Watch your email for a chance
to win fabulous prizes when you
complete the survey.

Questions call your
community office today!
907-356-7000

Created by
lendlease



TAKE 5
SCORE A PRIZE

Take a 5 minute survey and be
eligible to win! Survey to
be emailed March 30

The Army's annual resident survey landed in the email inbox of more than 1,700 North Haven Communities residents yesterday.

Residents are being asked for candid feedback about their experiences living with North Haven, from move-in through residency. CEL & Associates, the company hired by the Army to conduct the survey, will keep the names of survey respondents confidential.

The early bird catches the worm! Residents who complete and submit their survey by 4 p.m., April 5, at will be eligible for an Early Bird Prize Drawing. A guided ATV tour for two near Denali National Park will be given away. Additionally, if 50 percent of North Haven residents submit their survey by the early bird deadline, a helicopter tour for two near Talkeetna will also be given away. So encourage your friends and neighbors to complete their survey!

Midway through the survey a second prize drawing will be held. North Haven will give away a dinner cruise for two aboard the Tanana Chief Sternwheeler and a guided angling adventure for two on the Kenai River.

Finally, everyone who completes and submits their survey by the deadline will be eligible to win a grand prize. Two

See SURVEY on page 2

Bear baiting on US Army Fort Wainwright lands 2017

John Osborn
Forester/Outdoor Recreation Specialist

Spring is approaching and that means hunting season is around the corner. As you plan your upcoming bear hunts for this summer, keep in mind that bear baiting is open to hunters on most Fort Wainwright training lands in the Fairbanks and Delta Junction area.

In order to hunt on Army training lands, hunters must obtain a Recreation Access Permit (RAP). A RAP card is required for both active military and civilians over the age of 16 who wish to do any type of recreation on Army lands and can be obtained online at <https://usartrak.isportsman.net/or> at kiosks located at the Directorate of Public Works, Environmental Division office, Fort Wainwright visitor center, or at the Fort Greely visitor center. Hunters must check into training areas prior to entering army lands using <https://usartrak.isportsman.net/or> the USARTRAK automated phone system at either toll-free (877) 250-9781, Fairbanks local 353-3181,



See BEARS on page 7

WEEKEND WEATHER

5TH ANNUAL BASSETT EASTER JAMBOREE



Friday
Mostly cloudy.
High 40.
Low 25.



Saturday
Partly sunny.
High 42.
Low 22.



Sunday
Mostly cloudy,
slight chance
of snow. High
40. Low 18

Join the staff of Bassett Army Community Hospital for a day of Easter egg hunts, photos with the Easter Bunny, crafts, games and more! The day of events begins at 9 a.m. and lasts till 1 p.m. For more information call, 361-5172.



Nutrition Corner: About antioxidants

NUTRITION 101:

Did you know...

Did you know that there are special compounds in certain foods called antioxidants that can prevent oxidation of cells caused by free radicals in the body, thereby significantly decreasing the risk of cell damage and cancer?

These amazing substances can be found in many foods, especially fruits and vegetables. And leading research shows that individuals who consume more of these antioxidant-rich foods are less likely to experience disease throughout life.

The following list includes a few examples of antioxidants, along with common food items that contain them:

Beta-carotene – Carrots, cantaloupe,
Lutein – kale and other dark leafy greens

Lycopene – tomatoes and tomato products

Selenium – Brazil nuts, many types of seafood, and organ meats

Ascorbic Acid – citrus fruits

Alpha-tocopherol – wheat germ, nuts and seeds

For more information about antioxidants and health implications check out this article by the Harvard School of Public Health: www.hsph.harvard.edu/nutritionsource/antioxidants/

FEATURED FOOD:

Pomegranates! Even if you didn't realize, you've probably seen these fruits in the grocery stores – they're big, red, peculiar, yet enticing, and characterized by a leathery skin that protects hundreds of tiny, succulent, crimson seeds inside.

Although pomegranates tend to be a bit pricey, you might be able to snag a good deal while they're in season. Even

if not, the extra cost is probably worth it for this super food. In addition to being a great source of healthy fiber, potassium, and iron, the seeds of this delicious fruit are packed with antioxidants.

The pomegranate is thought to have originated in Persia and is referenced in many ancient texts as being an important part of the culinary palate of the past.

Today, this fruit continues to enjoy great popularity and it can be used in a variety of preparations, as a complimentary flavor to entrées, a topping for desserts and salads, or just simply as it is, an enjoyable and healthy piece of fresh fruit.

RECIPE SPOTLIGHT:

Jicama-Pomegranate Salad
Crunchy and fresh, with a power punch of nutrients, this is a great spring salad.

YIELD:

Serves about 4 (serving size: 1 cup).
Each serving provides about 215 calories

INGREDIENTS:

3 cups jicama, peeled and julienne-cut
1/2 cup pomegranate arils
1/3 cup red onion, julienne
1/4 cup fresh cilantro, chopped
1/4 cup fresh lime juice
2 tablespoons olive oil
1 tablespoon honey
1/4 teaspoon salt
1/8 teaspoon ground red pepper

PREPARATION:

In a large bowl mix together jicama, pomegranate arils, onion, and cilantro. In a separate bowl, whisk together lime juice, olive oil, agave nectar, salt, and ground red pepper. Pour dressing over jicama mixture and toss gently.

U.S. Army Medicine Civilian Corps celebrates 21 years

Brandy Ostanik

Medical Department Activity –
Alaska Public Affairs

March 26, marked the 21st anniversary of the formation of the U.S. Army Medical Department Civilian Corps.

To mark the day, Medical Department Activity – Alaska civilian staff members were honored March 27 at Bassett Army Community Hospital as part of MEDDAC-AK celebration.

Civilians have played a vital role in Army medicine since the Continental Congress established a medical department on July 27, 1775. Virtually all medical functions were provided by civilians in the first few decades of the Army's existence. Over the nearly 240-year history of Army Medicine, civilian roles have continued to evolve. Today, civilians make up approximately 60 percent of the Army Medicine workforce.

"Throughout the history of the Army Medical Department, civilians have proudly served alongside uniformed service members to provide the best possible medical care and support to the Army," said Mr. Brad Wixon, medical records administrator at Bassett ACH and master of ceremony for the event.

During the celebration, Col. Tamara Crawford, deputy commander of nursing honored MEDDAC-AK civilians who have been a part of the AMEDD Civilian Corps since its inception 21 years ago were awarded the Commander's Award for Civilian Service for their unwavering support of Army Medicine.

"The AMEDD Civilian Corps is recognized because of their importance in providing patient care," said Crawford. "MEDDAC-AK could not function without our civilians both in basic patient care and training our



Medical Department Activity - Alaska's Army Medical Department Civilian Corps 21st Anniversary guest speaker and longest serving Bassett Army Community Hospital employee, Sue Turley (middle) and two of the newest BACH Civilian employees, Lea Henry (middle left) and Andrea Siebe-Shirley (middle right) cut the cake at the MEDDAC-AK celebration of the 21st anniversary of the Army Medicine Civilian Corps. Sue Turley is joined by the Deputy Commander of Administration, Lt. Col. Sean T. Lankford (right) and Command Sgt. Maj. Uriah Popp at the MEDDAC-AK celebration. The celebration served to honor the civilians working alongside Soldiers in the Army medical profession. (Photo by Capt. Garrett John, Medical Department Activity - Alaska, Chief of Operations)

Soldiers."

Awardees included Colleen White, Penny Ward, Susan Turley, Lottie Thomas, Diane Setren, Virginia Rayburn, Jo Ann Powers, Donna Lewis, Kathy Humphrey, Char Conley, K Lee Hardcastle, Larry Kappel and Alan Burgess

Susan Turley, who has worked at MEDDAC-AK since 1980; the longest of any MEDDAC-AK employee, spoke to those in attendance about the rewards of working for the military and being a member of the AMEDD Civilian Corps.

"Working for Bassett Army Community Hospital for the last 37

years as an Army civilian has truly been an honor," said Turley. "I am grateful every day to be surrounded by dedicated individuals who put their commitment to our patients above all else. It has been a wonderful career, full of challenges, changes and opportunities."

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
United Health Care:
www.uhc.militarywest.com,
1-877-988-9378

PERFORMANCE TRIAD TIP

Do you like to bake but not all of the sugar and fat? Try some substitutions – pureed apples, carrots, bananas, and pumpkin can be used to add flavor, texture and nutritional value. They can also replace some of the butter or oil.

APRIL IS SEXUALLY TRANSMITTED INFECTION MONTH

Do you know the difference between STI and STD? An STI is a germ, whether a virus, bacteria or parasite, that can cause an illness, even though the person doesn't have any symptoms. An STD, sexually transmitted disease, refers to infections that are causing symptoms or problems.

JOIN US APRIL 1

Easter egg hunts, photos with the Easter Bunny, crafts, games and more! Join us at Bassett Army Community Hospital from 9 a.m. to 1 p.m. for our 5th Annual Easter Jamboree. For more information call, 361-5172.

STAY SAFE, DISPOSE OF MEDICATIONS

Bassett Army Community Hospital offers a way to easily dispose of expired and unused medications for patients. Patients can safely and securely dispose of unused and expired medications using the blue "MedSafe" medication disposal container located on the first floor across from the AOD desk at the Bassett Army Community Hospital main entrance.

SAVE A TRIP TO THE ER

Not sure if you need to come into the emergency room or make an appointment? Beneficiaries can call our Nurse Advice Line to talk to a registered nurse 24 hours a day, seven days a week for advice about immediate health care needs. Call 1-800-TRICARE (874-2273.)

TEXT REMINDERS

Never forget another appointment. Beneficiaries who have their cell phone number in their TRICARE Online profile will receive text message reminders 48 hours and two hours prior to their appointment.

SURVEY

Continued from page 1

\$1,000 prizes will be given away at Fort Wainwright, and a progressive jackpot up to \$1,000 will be awarded at Fort Greely. For every 10 percent of residents responding at Fort Greely, \$100 will be added to the jackpot. So, if 50 percent of residents respond the jackpot will be \$500.

Residents who did not receive an email from ARMYHousingSurvey@celassociates.com on March 30, or have questions about the survey are encouraged to contact their community center.

ALASKA POST

The Interior Military News Connection

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The ALASKA POST – The Interior Military News Connection

History Snapshot: Ladd Field 1942 Soviet interpreters

L. Amber Phillippe
Fort Wainwright Landscape
Historian

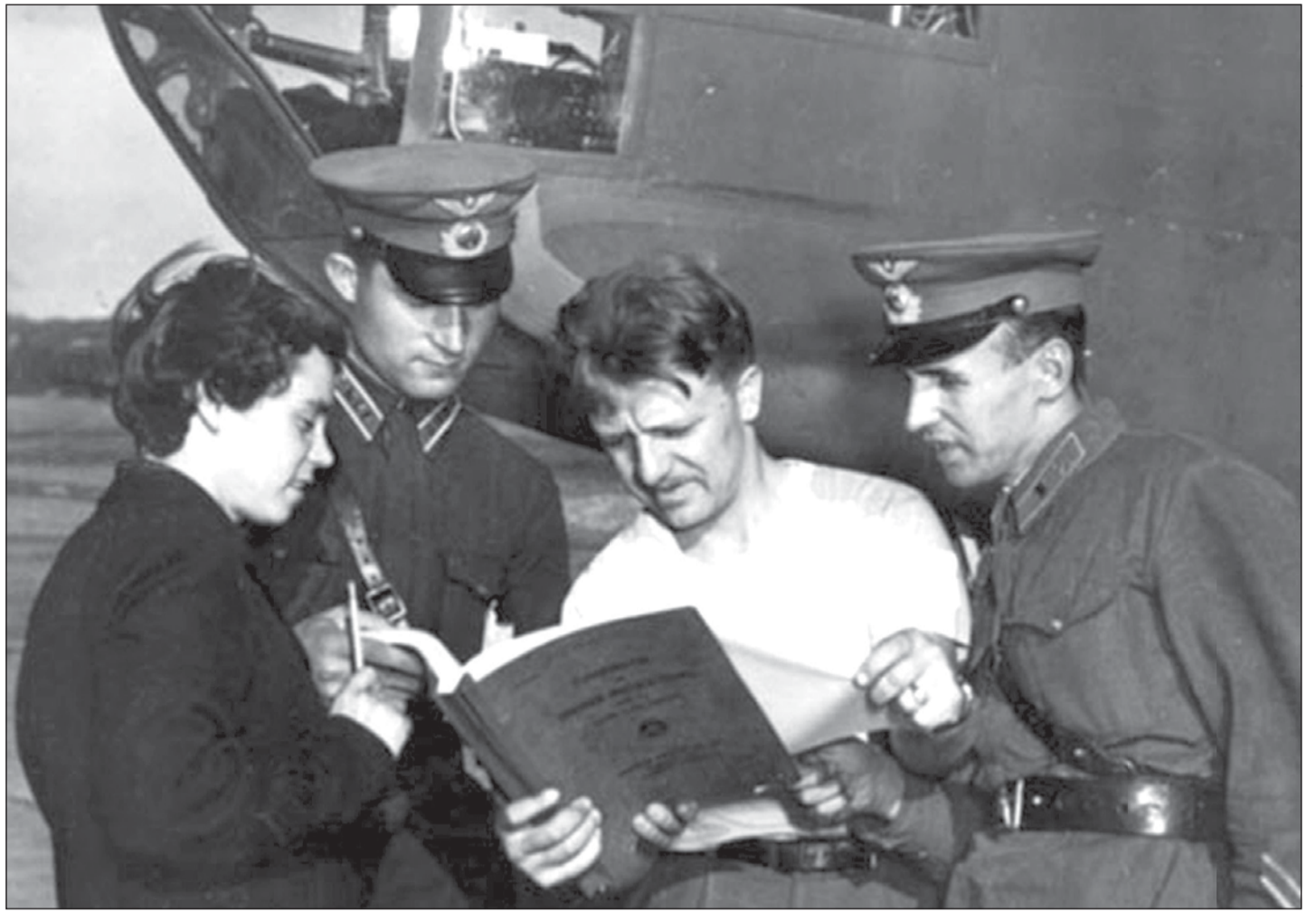
On September 24, 1942 five Soviet transport planes accompanied by an American B-25 bomber arrived at Ladd Field.

Among the male dominated ferrying crews, engineers, and mechanics were two women, Lt. Elena A. Makarova and Lt. Natasha Fenelonova. Both had attended the Military Faculty of the Institute of Foreign Languages in Moscow and had graduated as lieutenants in the Soviet's Army Administrative Service.

Arriving at Ladd Field after a stint on the Lend-Lease "South Route" in Tehran, Iran, Makarova and Fenelonova were so fluent in the inner workings of American planes that Makarova said that, "from being technically ignorant about airplanes in the beginning, Natasha and I progressed to the point of being able, based on our experience of translating and interpreting technical data for the engineers, to become technicians in our own right."

As interpreters of important technical information Makarova and Fenelonova were considered essential staff officers to the Soviet mission and though Russian-speaking American interpreters were available to the Soviets, they continued to prefer their own interpreters throughout their time at Ladd Field.

Both Makarova and Fenelonova served at Ladd Field as interpreters for the duration of Lend-Lease Operations and afterward returned to the USSR.



If you have any stories or photographs to share with the Cultural Resources Management program please call, (907) 361-9329 or email laurel.a.phillippe.ctr@mail.mil.

Lt. Elena Makarova interpreting Douglas A-20 details from an American mechanic to Soviet Senior Lt. Gregory Smirnov and Capt. Narkiss Borovikov. (Image courtesy of United States Army Air Force)



Dr. Karen Gaborik (left), superintendent for the Fairbanks North Star Borough School District, Trooper Christine Joslin with Alaska State Troopers, Lt. Col. Jerremie Siegfried, officer in charge of Hospital Education for MEDDAC-AK and Master Sgt. Vanessa Sun, equal opportunity adviser answer audience questions during the annual Women's History Observance held at Northern Lights Chapel March 23. (Photo by Brandy Ostanik, Medical Department Activity – Alaska Public Affairs)

CELEBRATE: Achieve

Continued from page 1

ing fully present in and committed to the job I was in and embracing all of the challenges that came with it have resulted in a career track that's led me to be standing here today."

Following Gaborik's comments, she was joined by a panel of women from the community who have displayed greatness in their chosen career. Lt. Col. Jerremie Siegfried, officer in charge of hospital education at MEDDAC-AK, Trooper Christine Joslin with Alaska State Troopers, and Master Sgt. Vanessa Sun, equal opportunity adviser filled out the panel with Gaborik and answered questions from the audience.

One audience member asked Trooper Joslin what kept her going when her job got difficult; especially in her line of work.

"For me, in the tough times I think you have to finding a sense of humor," said Joslin. "Everyone's job has negatives and if I asked anyone here what is it that is hard about your job, I'd get a laundry lists of answers. You have to find the humor in it, finding your friends - your battle buddies to help you through the hard times and keeping your eye on the goal. By asking yourself what you want and knowing what you need to get there will help you get

through difficult times."

Col. Christopher Jarvis, commander of MEDDAC-AK closed out the ceremony thanking those who served on the panel for their dedication to their community and for sharing their perspective on leadership.

"What I think you've all shared here to today is not just what women do to be successful," said Jarvis, "but what everyone needs to do to be successful. And each of you has stepped up to the challenge in your own ways to not only be successful, but to overachieve."

Fighting fire with Eielson fire



U.S. Air Force Airman 1st Class Sean Whittaker, a 354th Civil Engineer Squadron firefighter, inspects equipment March 13, at Eielson Air Force Base, Alaska. At the beginning of each shift firemen are responsible for checking their equipment to ensure it functions properly. (Photo by Airman 1st Class Isaac Johnson, 354th Fighter Wing Public Affairs)

Airman 1st Class Isaac Johnson
354th Fighter Wing
Public Affairs

Wildfires are frequent in the Interior of Alaska. With thousands of acres of land to cover and minimal manning, firefighting can be a tiresome task.

Although there is a lot of land to cover, the 354th Civil Engineer Squadron firefighters are prepared to drop everything when they hear the siren screeching through their building. They know it's time to spring into action and lend a helping hand to the community.

"Any department can handle the day to day operations," said Ernie Misewicz, the Salcha Fire and Rescue chief. "But when you get a situation that needs additional resources, unfortunately there's not one department that has those. The mutual aid agreement gives us the ability to work with the neighboring departments, such as Eielson, to accomplish the out-of-the ordinary type of calls."

Some of the fire departments in the community are purely volunteer departments. So they don't always have proper manning. However, the mutual aid the 354th CES firefighters provide helps alleviate any stress the de-

partments have when they are short-staffed.

"When you get to larger incidents, regardless if it's a volunteer or paid department, we depend on other departments for assistance," said Misewicz. "This also works the other way around; if something happens on-base we would be able to assist them."

Usually, mutual aid is dictated by the season. As the winter comes to an end, the volume of calls rises.

"We usually provide support 10 to 20 times a year," said Mark Hughes the 354th CES chief of operations for the 354th

See FIRE on page 7

Fort Wainwright Family & MWR

Weekly Events

March 31 – April 7

1 Chena Bend Season Pass Early Bird Special
April 1
11 a.m. to 8 p.m.

Fort Wainwright and golf enthusiasts get ready to celebrate the upcoming golf season at Chena Bend Clubhouse and Golf Course. The Chena Bend Golf Course offers an 18-hole course to both Military and Civilian guests, and boasts greens along the scenic Chena River.

Unlock a season of endless fun and discover a world of value with year-long installation access, free aboutGolf Simulator play, and a 10% member discount on Pro Shop items.

Score even more during the Early Bird Special. Get your 2017 Chena Bend Golf Course Season Pass between April 1 and May 26 and receive between \$20-\$50 off your season pass rate.

Chena Bend Clubhouse, building 2090
Call 353-6223

1 Youth Sports Baseball, Track & Field Registration
April 1 through 28
8 a.m. to 5 p.m.

Get your kids involved in Youth Sports this summer! Registration is now open for Baseball, Developmental Baseball, Track & Field, and Developmental Track & Field.

Parent Central Services, building 1049 #2
Call 353-7713

6 Financial Training for NCO's
April 6 and 7
9 a.m. to 5 p.m.

Learn how you can educate your fellow soldiers when financial concerns arise.

Army Community Service, building 3401, 2nd floor
Call 353-4227

6 School Age Center Open House & Spaghetti Dinner
April 6
6:30 to 8:30 p.m.

Is your child currently enrolled at the School Age Center? Are you interested in your child joining in on the fun of this year's School Age Summer Camp? You're invited to join us for an Open House and Spaghetti Dinner, where we will discuss new and exciting developments within the summer program, as well as topics related to daily programming at the SAC. Child care will be provided for the entirety of the Open House.

School Age Center, building 4166
Call 361-7394

The best Alaskan adventures begin here.
Experience Seward Military Resort

You are always welcome at the beautiful Seward Military Resort, located in the quaint coastal community of Seward, Alaska.

1-800-770-1858 or 907-224-5559
sewardresort.com #SewardMilitaryResort

APRIL 2017 • MONTH OF THE MILITARY CHILD

GAMES! **CRAFTS AND MORE!**

CARNIVAL

BUILDING UP MILITARY CHILDREN & YOUTH

April 22, 10 a.m. – 2 p.m.
School Age Center, Bldg 4166
www.wainwright.armymwr.com
#WainwrightMWR #WainwrightCYS

Upcoming Events

non-stop fun for everyone

8 Breakfast with the Easter Bunny
April 8
9 a.m. to Noon

Hop to it! The Easter Bunny is waiting for you at Nugget Lanes Bowling Center. Come enjoy pancakes, eggs, sausage, bacon and juice with the Easter Bunny. Afterwards, head on over to a lane and play Cosmic Bowling with your favorite Easter friends.

There will be a photo booth set up to take your pictures for your family and friends with the Easter Bunny.

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

14 Meet NFL Football Players & Cheerleaders
April 14
Times vary

Armed Forces Entertainment and Fort Wainwright Family and MWR invite you to hang with the Pros! Throughout the day, NFL players Terrence Holt formerly of the Detroit Lions and Eddie Kennison III formerly of the St. Louis Rams, along with 3 NFL cheerleaders want to meet their fans! For a complete schedule of events, please visit www.wainwright.armymwr.com.



PLEASE VISIT WAINWRIGHT.ARMYMWR.COM FOR A COMPLETE EVENT CALENDAR



@WainwrightMWR

#WainwrightMWR

Eielson Air Force Base

Friday – 31st

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.

BALLISTICS, 11 a.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.

UNDERWORLD: BLOOD WARS (R), 7 p.m., Ernie Walker Theater, Eielson AFB, Call 377-2269.

Saturday – 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.

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.

ASSASSIN'S CREED (PG-13), 7 p.m., Ernie Walker Theater, Eielson AFB, Call 377-2269.

Sunday – 2nd

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.

HIDDEN FIGURES (PG), 7 p.m., Ernie Walker Theater, Eielson AFB, Call 377-2269.

Monday – 3rd

FREE BOUNCE, 10 a.m. TO 7 P.M., Eielson City Center, Eielson AFB, Call 377-2642.

BALLISTICS, 11 a.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 – 4th

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 – 5th

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.

BALLISTICS, 11 a.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 – 6th

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 a.m. 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 – 7th

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.

BALLISTICS, 11 a.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.

RESIDENT EVIL: THE FINAL CHAPTER (R), 7 p.m., Ernie Walker Theater, Eielson AFB, Call 377-2269.

Saturday – 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.

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

TABATA, 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.

USO TOUR: CASSADEE POPE, 7 p.m., Ernie Walker Theater, Eielson AFB, Call 377-2269.

Sunday – 9th

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.

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

IN BRIEF

FINANCE TIP

Did you know that when you are TDY and authorized a rental car, it has to be a compact car unless otherwise stated on your orders? Only the Approving Official can approve upgrades to rental cars.

NUTRITIONAL TIP

Calcium does more than build strong bones. Calcium assists in muscle contraction, beating heart, helps blood to clot, assists in blood pressure control, and helps nerves to send messages. Great food sources include: deep green vegetables (broccoli, kale, and collard greens), low-fat dairy products, calcium-fortified foods and beverages (breads, cereals, and fruit juice).

WEEKLY KIDS SEWING CLASS

Join the Arts and Crafts Center Wednesdays from 10 a.m. to 11:30 a.m. and Saturdays from 1:30 p.m. to 3:30 p.m. for a kids sewing class! The cost is \$11 per person. Each class focuses on different projects geared toward different age groups. Three children at a minimum are needed to hold the class each week and basic sewing supplies will be provided.

Call 377-4880 for more information.

PAINT AND SIP

If you're looking for a way to blow off some steam and wanting to let your creativity flow, head over to the Yukon Club Ballroom April 1 at 6:30 p.m. for a night of painting! You must be 18 and older to join in on the fun. The cost is \$40 per person and beverages will be available for purchase. Call to reserve your spot because space is limited! For more information or to reserve your spot, call 377-4880.

USO SPONSORED CONCERT: CASSADEE POPE

If you haven't heard yet, the USO is sponsoring a concert at the Ernie Walker Theater on April 8 at 7 p.m.! Cassadee Pope will be here to perform live, and best of all, it's free for all those with access to the base!

STORYTIME AT THE LIBRARY

The Eielson library holds story time every Thursday from 10 to 11 a.m. for children ages 5 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

Fort Wainwright Exchange managers listen and respond at event for shoppers

Staff Report

Army & Air Force Exchange Service Public Affairs

At the Fort Wainwright Exchange, military shoppers are always No. 1. That's why Exchange managers want to meet them and listen to their questions, comments and concerns.

The Army & Air Force Exchange Service's Meet the Manager program gives Soldiers, Families and retirees a chance to learn more about their Exchange benefit and let managers know whether any aspect

of the shopping experience needs improvement.

The next Meet the Manager event will be from 1 to 2 p.m., April 5, at the Fort Wainwright Main Exchange.

Topics will include: Exchange support of military Quality-of-Life programs, MILITARY STAR card updates and offers, the You Made the Grade Program, price match policy, *shopmyexchange.com* and upcoming community events at the Fort Wainwright Exchange.

"Fort Wainwright shoppers should have a say in how their local retail

benefit serves them," said Fort Wainwright Exchange General Manager Anna Vanhovel. "We want the best for Soldiers and their families, and that starts with knowing their wants and needs. Don't be shy—we're here to listen."

All feedback gathered during Meet the Manager discussions is sent back to Exchange headquarters in Dallas and evaluated for possible future programs and execution.

Authorized shoppers can contact the Fort Wainwright Exchange at (907) 356-1358 for more information on the Meet



the Manager program.
Keep up to date by following the Fort Wainwright Exchange Facebook, at <https://www.facebook.com/WainwrightExchange/>.

ONLINE: Misconduct

Continued from page 1

July 2015, and then re-issued it in February 2017. It required commanders to “reinforce a climate where current and future members of the Army team ... understand that online misconduct is inconsistent with Army values, and where online incidents are prevented, reported, and addressed at the lowest possible level.”

Also in that ALARACT, the Army first introduced the “Think, Type, Post” mantra to help Soldiers practice appropriate and responsible conduct while online.

“Think about the communication you are about to send and who is going to review it. Type a communication that conforms with Army values, and post a communication that demonstrates dignity and respect for both self and others,” Evans said, explaining “Think, Type, Post” to lawmakers.

Evans told lawmakers that Soldiers now receive training on online conduct as part of equal opportunity and Sexual Harassment/Assault Response and Prevention training. That training is included as part of the coursework at all levels of professional military education, from initial entry training to pre-command courses.

“Thereafter, that training is required on an annual basis,” Evans said, responding to one lawmaker’s question about the frequency of such training.

To share information across the Army about responsible online conduct, Evans told lawmakers, the Army has developed a social media handbook that outlines proper

online behaviors and responsibilities and includes a “best practices” section on protecting oneself and reporting online misconduct.

The Army has also developed methods to track and report online misconduct, Evans said, similar to the way it tracks misconduct related to equal opportunity, equal employment opportunity, SHARP, inspector general investigations, UCMJ dispositions, and law enforcement investigations.

Evans also told lawmakers about the Army’s “Not in my squad” effort, which he said was designed to help Soldiers assess the state of mutual trust and cohesion within their squads.

The ‘Not in my Squad’ campaign, he said, “facilitates leader involvement and accountability, and aids in the creation of a professional and ethical culture among members of the Army team.”

Evans also assured lawmakers that the Army is aware of the dangers of social media, and their capacity to serve as a forum for the kind of inappropriate behavior that is already known by most Soldiers to be unacceptable in person.

“The Army recognizes the potential dangers concerning social media, and is proactively working to ensure Soldiers are aware of the standards of conduct and policies, training and programs,” he said.

“We will continue to enforce standards and imbue Soldiers and Army civilians with Army values, and emphasize professional behavior in all that we do.”

FIRE:

Continued from page 4

fire and emergency services flight. “Within the last month we’ve provided mutual aid support three times.”

Aside from providing assistance to the surrounding communities, mutual aid gives the Eielson firefighters an opportunity to train and hone their skills.

“On the installation we generally don’t

see that many fires,” said Hughes. “Being able to assist our partners through this mutual aid agreement is a ‘win-win’ situation for everybody. We are able to provide aid to the community, while at the same time it provides our Airmen the ability to apply what they’ve learned.”

Hughes said they enjoy being able to support the community and provide them with the

same services as Eielson.

“I think the working relationship between the Eielson fire department and our Salcha department is excellent, said Misewicz. “They are highly trained and have provided a much needed professional service. They are truly great to work with.”



Equipment belonging to a U.S. Air Force firefighter from the 354th Civil Engineer Squadron, rests on the floor March 13, 2017, at Eielson Air Force Base, Alaska. Eielson firefighters support the communities fire and emergency services by lending them manpower and equipment. (Photo by Airman 1st Class Isaac Johnson, 354th Fighter Wing Public Affairs)

ATTIC: Community

Continued from page 1

man’s Attic.”

These items include clothing, toys, books, games, shoes, houseware and uniform items; all things that can help Airmen and their families through tough times.

“My favorite part about working here is when an Airman comes in and finds exactly what they’re looking for,” said Candaso. “They’ll come running out and you can hear the excitement in their voice as they share what they’ve found.”

The Eielson Airman’s Attic, while focusing on Airmen first, also donates excess items to help the Fairbanks community.

“We receive 6,000 to 8,000 pounds of donated items from Eielson each month and about 5,000 of that comes from the Airman’s Attic,” said Jade Greene, Fairbanks Resource Agency’s Closet Collection operations supervisor.

Through these donations, the FRA is able to provide job and housing assistance to disabled people of all ages.

The Airman’s Attic is located at 2264 East Loop and their hours of operation are 10 a.m. to 2 p.m., Tuesdays and Thursdays for Airmen E-6 and below, and the first Saturday of each month from 1 p.m. to 4 p.m. to all ranks.

BEARS: Registration

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or 873-3181 in Delta Junction.

The black bear hunting season begins on April 15th and ends on June 30th. You may register your bait station beginning on April 3rd 2017, at the Fort Wainwright Natural Resources Office Building 3023 and at Alaska Department of Fish and Game (ADF&G). Call Fort Wainwright Natural Resources at (907) 361-9686 or Donnelly Training Area Natural Resources Fort Greely at 907-873-1615 and make an appointment to register your proposed station. The army allows you to set up two bait stations on Donnelly Training Area (DTA), Gerstle River Training Area (GRTA), or the Tanana Flats Training Area (TFTA). Only one station per hunter may be set up in the Yukon Training Area (YTA), however, a second may be registered in another training area. At the end of the baiting season you must remove bait, litter, contaminated soil and all equipment, including tree stands, from the field. Only portable tree stands are approved for Army lands and permanent structures are prohibited. Black bear baiters must complete an on-line harvest report, regardless of their success, at <https://usartrak.isportsman.net/> no

later than 30 days after the close of the season.

Before registering for a bear bait station, hunters must complete the ADF&G bear bait clinic, available online at: <http://www.adfg.alaska.gov/index.cfm?adfg=bearbaiting.main>. Alternatively, classroom sessions are available and the schedule can be found at: <http://www.adfg.alaska.gov/index.cfm?adfg=huntered.bearbaitingsched>.

Bear baiters must follow the ADF&G regulations for the respective Game Management Unit (GMU) they will hunt in. TFTA and DTA-West fall in GMU 20A, YTA in GMU 20B, and DTA-East and GRTA in GMU 20D. In GMUs 20A, 20B, and 20C, grizzly bears may be taken over black bear bait stations, subject to the grizzly bear hunting regulations. Hunters are required to salvage the edible meat, skull, and hide of grizzlies taken over black bear bait stations.

For the complete state regulations on hunting including bear baiting, visit <http://www.adfg.alaska.gov/index.cfm?adfg=wildliferegulations.main> and for regulations for bear baiting on army lands. <https://usartrak.isportsman.net/bearbaiting.aspx>

Good luck hunting out there!