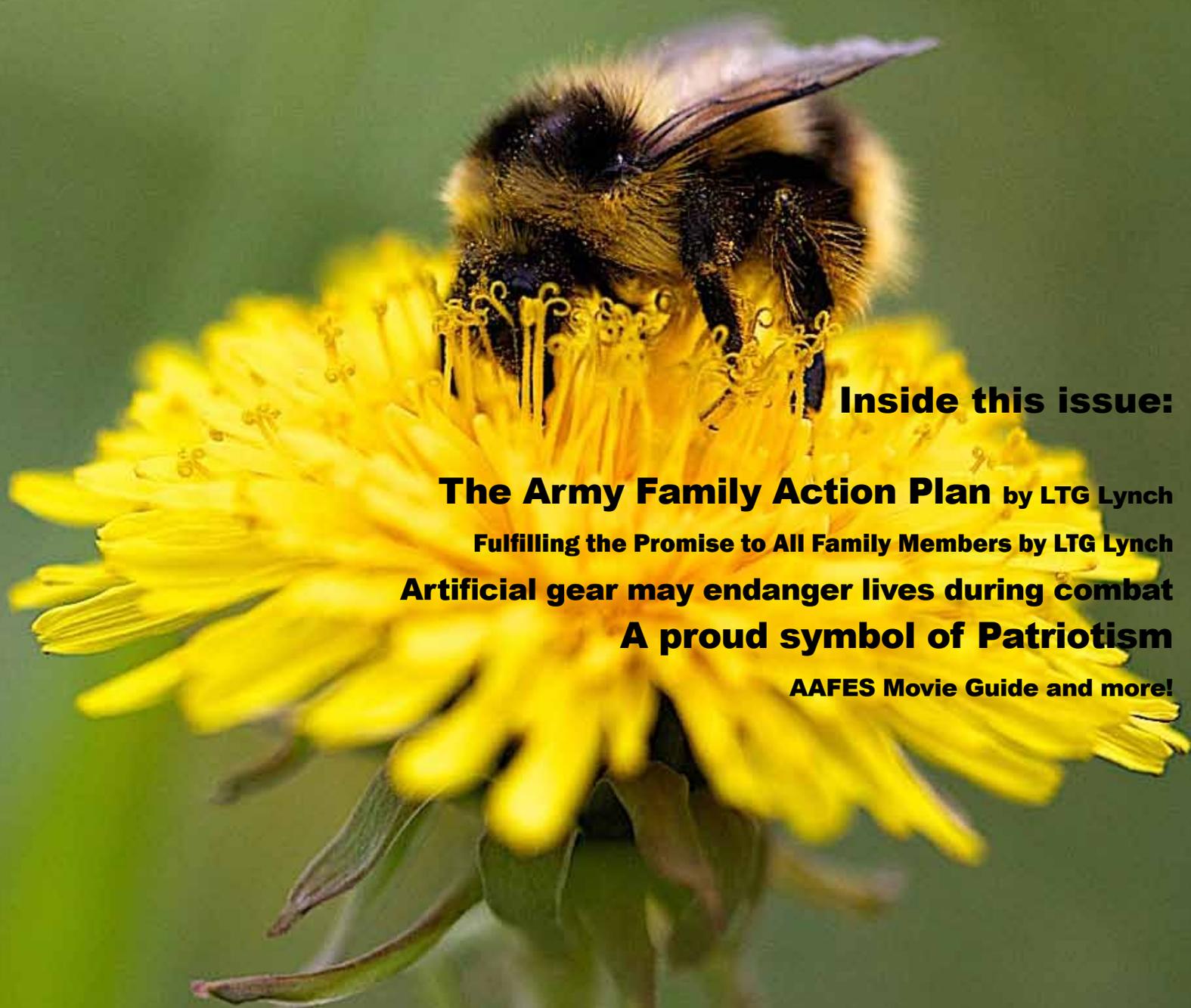




July 2010

# Fort Greely

# INTERCEPTOR



**Inside this issue:**

**The Army Family Action Plan** by LTG Lynch

**Fulfilling the Promise to All Family Members** by LTG Lynch

**Artificial gear may endanger lives during combat**

**A proud symbol of Patriotism**

**AAFES Movie Guide and more!**

# The Army Family Action Plan:

By LTG Lynch  
IMCOM Commander

As the Assistant Chief of Staff for Installation Management, one of the most important duties I have is overseeing the Army Family Action Plan process.

The AFAP is the Army's grassroots effort in which members of the Army Community (Soldiers, Civilians, Families and Retirees) identify and elevate significant quality of life issues affecting the Army Community to senior leaders for action. The AFAP is also a key component of the Army Family Covenant because it gives commanders and other Army leader's insight into needs and expectations of the Army Community.

Simply stated, AFAP is a voice for the Army Community to inform and partner with Army leaders to determine if we're doing the right things, whether we're doing things right and to find out what we're missing.

I want you and every member of the Army Community to know about the AFAP, understand how it works and to become a partner in the process. The AFAP allows you to communicate with and receive feedback from the most senior military and civilian leaders of the Army and Department of Defense about issues important to the health and well-being of Soldiers, Civilians and Family Members.

Here's how it works: The AFAP is

a year-round process that begins on installations where representatives of the community meet in forums to identify, develop and prioritize issues they believe are important to maintain a good standard of living for the Army Community. Approximately, 90 percent of the AFAP issues that emerge are resolved at the local level and result in ongoing community improvements.

However, some issues require support beyond the local level. Those issues are elevated to mid-level (Army command) AFAP conferences. Issues that require the attention of higher-level authorities go to the Headquarters Department

of the Army AFAP Conference, where delegates from across the Army determine which issues will be worked by the Army Staff.

The AFAP General Officer Steering Committee, comprised of senior DoD officials, Army leaders and field representatives (commanders and command sergeants major), meets every six months to provide senior leader direction on action plans, milestones and resolution of AFAP issues.

In the six months since the last AFAP GOSC meeting, functional representatives from the DA staff and I have met for six AFAP sessions, reviewing 86 active AFAP issues. During those sessions we studied



LTC Joseph Miley, 49<sup>th</sup> Missile Defense Battalion Commander and his daughter, Caroline, enjoy the Army's birthday celebration of 235 years.

a process for continuously improving  
**quality of life** for the Army Community



**(Above) Staff Sergeant Jan Daw, S2 NCOIC, 49<sup>th</sup> Missile Defense Battalion and fellow Soliders enjoy a break from the normal routine. (Right) Command Sergeant Major Joseph Rhodes, 100<sup>th</sup> Missile Defense Brigade, Colorado Army National Guard looks over the food samplings during Fort Greely's birthday celebration for the Army. Photos by Deborah Ward**

the history and latest developments for each issue, then decided on a recommended status (remain active, complete, or unattainable) to present to the AFAP GOSC for consideration. After I present our recommendations to the GOSC on 30 June, we will determine the next steps and status for each issue. The results from this GOSC, as well as previous GOSC meetings, are available on the new and improved AFAP Web site.

The AFAP Web site is conveniently located in Army OneSource (www.myarmyonesource.com) to provide the Army Community with easy one-stop-shopping for Army information, including meeting results from the January GOSC and previous meetings.

The AFAP Web site has been improved by the addition of the Active Issue Search Application. This new feature allows users to search the status of all issues using several filter options, such as keywords, issue status, service component, subject, demographic group, command and more.

The Army is dedicated to building awareness of AFAP across the Army and ensuring everyone has full access to AFAP recommendations and accomplishments and knows how to become a partner in the process.

As the ACSIM, I am committed to ensuring all AFAP Recommendations are thoroughly analyzed to determine if they are realistically achievable based on factors such as, Congressional support, cost and other factors.

I am also committed to ensuring

that the GOSC provides the Army Community with the results of our analysis and decisions as quickly as possible. This is important work. Previous recommendations submitted through the AFAP process have had very positive and wide-reaching affects for the Army Community. For example:

**2009** - Distribution of Montgomery GI Bill benefits approved for dependents.

**2008** - Military annual leave carryover increased from 60 to 75 days.

**2007** - Established toll-free Wounded in Action phone number; improved communication to Families.

As you can see, the AFAP has an excellent record of success. Some 117 AFAP recommendations have resulted in legislative changes; 162 resulted in Department of the Army policy changes; and 178 improved programs or services.

But our work is not complete. The following is just a sample of the AFAP recommendations we will be working on at the next GOSC:

\*AFAP Issue Recommendation #610. Establish a comprehensive integrated rehabilitative program for Traumatic Brain Injury patients at military Medical Centers of Excellence.

\*AFAP Issue Recommendation #653. Fund a formal program to provide service dogs for Wounded Warriors.

\*AFAP Issue Recommendation #658. Install visual monitoring systems for surveillance of hallways, common areas and parking lots, and

require keyless entry and peep holes in barracks across the Army.

\*AFAP Issue Recommendation #647. Require the availability of 24/7 child care for all age groups through Child, Youth and School Services delivery systems at all Army garrisons.

Now that you know more about this grassroots process that was created to enable the Army Community to collaborate with leaders, from the installation level to Congress, get involved!

I encourage you to go to the AFAP Web site and view the status of the 86 active issues. I also challenge you to become a partner with us in our continuing effort to improve our Army by contacting your garrison AFAP Program Manager within Army Community Service and becoming a volunteer, participating in an AFAP forum, or submitting an AFAP issue.

Your contributions to the AFAP provide real-time information that enable commanders to respond more rapidly to resolve problems, implement good ideas, guide policy formation, and enhance Soldier, Civilian and Family well-being and installation readiness.

During the last Fort Greely AFAP meeting held at the North Haven Community Office the community voiced:

**Q:** Why was cable/Internet limited and the cost so high at such a remote location?

**A:** The cable representative explained that a cable upgrade is coming and the Internet cost would decrease, and it did.

**Q:** Why can't I put a new satellite dish on my home on Fort Greely?

**A:** Safety issue....strong winds could cause injury.

**Q:** Why is the Commissary at Fort Greely more costly than the commissary at Fort Wainwright?

**A:** The Commissary representative explained how supply and demand determines the cost. It has nothing to do with the location of Fort Greely. She also explained how to order certain foods/products if they didn't stock it.

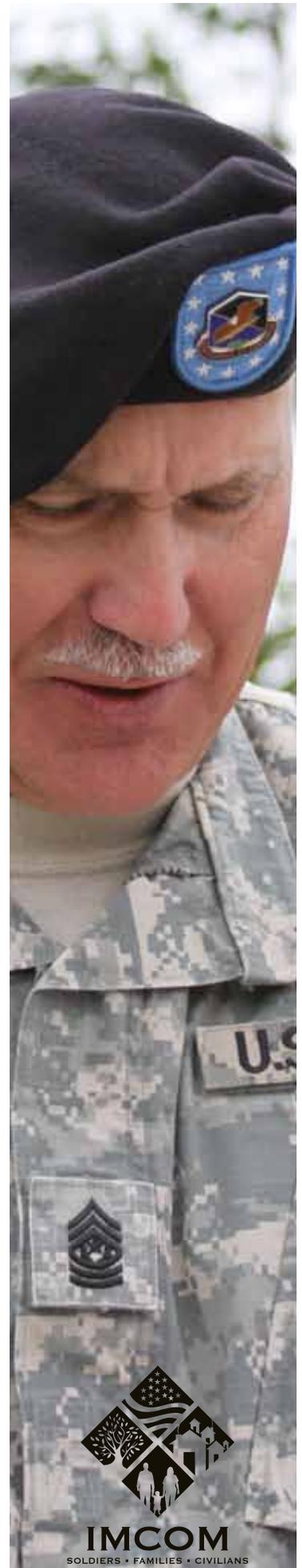
**Q:** Why is the Barber Shop not open on Saturday?

**A:** That is a contract position and we are looking into expanding the hours.

**Q:** Can a hair salon come to Fort Greely?

**A:** The ability to offer that service here at Fort Greely is being looked into.

For further information on AFAP and how you can have your questions answered, contact Rick Raphael, ACS Director, 873-4346.



**IMCOM**  
SOLDIERS • FAMILIES • CIVILIANS

# Exceptional Family Member Program: Fulfilling the Promise to All Family Members

By LTG Lynch  
IMCOM Commander

**A**rmy Families deal with unique challenges associated with military life, especially when it comes to relocation. Not only do Families have to find a new place to call home, they also have to find new health care and child-care providers, enroll children in new schools and activities and build new networks of friends and support. These challenges are not easy for any Army Family, but for Families with special needs, they are magnified.

Families with members requiring special educational and medical services often have to rebuild a complex system of providers and services to support the health and development of their Family members. Families can put an incredible amount of time and effort into creating a network that enables their Family members to flourish, and then, when it comes time to relocate, they have to start again.

The Army does not intend for these Families to go it alone. The Exceptional Family Member Program (EFMP), managed through Family and Morale, Welfare and Recreation Command, is a comprehensive, coordinated program that provides community support, educational, medical, housing and personnel services to Families with special needs. Families who have questions or need EFMP support are encouraged to go to the Garrison Army Community Service and speak with the EFMP Manager.

Soldiers with Family members who have special needs are required to enroll in EFMP, so that the needs can be considered during the nominative phase of the military personnel assignment process. Some Soldiers may be reluctant to identify Family members for this program. They may feel that identifying with the program will adversely affect their career. This is simply not true. Army leaders at all levels must help dispel this misconception.

It is also important for Soldiers and their Families to know that the Army's EFMP does much more than provide information for assignment decisions. The EFMP is one way we can keep some of the most important promises articulated in the Army Family Covenant: providing access to high-quality medical care, educational opportunities and family programs that foster an environment in which Families can thrive.

EFMP is currently serving 16 percent of all Army Families, or more than 70,000 registered Family members. The program has provided critical support to Families since its start in 1979. Over the last 30 years, through initiatives such as the Army Family Covenant, the Army's commitment and promises to Families have become more defined. At the same time, the number of on- and off-post programs and services available to Families with special needs have increased and become more diverse. As a result of the Army Family Covenant promises and the greater array of programs to manage or coordinate with, we are committed to continually seek new ways to enhance our EFMP support to Families.

The number one request I hear from EFMP Families during my installation visits is for assistance in navigating the variety of services and programs available through the Department of Defense, Department of the Army and other Federal, local and State agencies. When Soldiers and their Families move to a new location, they need to know what is available on and off the installation and how to access and coordinate all the services.

The 2010 National Defense Authorization Act requires all of the Armed Services to provide additional support for Families with special needs. As a part of the Army's response, IMCOM will add 44 System Navigators to the existing EFMP staff at 26 garrisons stateside and overseas. The System Navigators will help Families connect to the local, State and Federal resources they need. The 26 garrisons include Fort Hood, Fort Lewis, Fort Bragg, Fort Campbell and Schofield Barracks, the five installations with the highest number of EFMP Families. The System Navigators will be trained and in place within the first quarter of FY11.

System navigation is just one of the areas we are looking at through the Army EFMP Strategic Action Plan, which grew out of EFMP Summits

held in February 2009 and February 2010. For all of the issues we are looking at—Family member evaluation, enrollment eligibility, information management, coordination of services, new programs and others—our efforts are guided by the concerns of our Families and a focus on improving Soldier and Family well-being and readiness.

One way Families with special needs can communicate their concerns and recommendations is through the Army Family Action Plan (AFAP). AFAP is the Army's grassroots effort through which members of the Army community can identify and elevate significant quality of life issues affecting the community to senior leaders for action.

EFMP is also one of the programs that the Services and Infrastructure Core Enterprise (SICE) is studying to bring about improvements for Army Families. SICE is a collaborative and cross-functional team of more than 15 commands, organizations and staff offices formed to develop solutions to Army-wide challenges. SICE will determine how we can resource installations with the appropriate number of EFMP staff for the most effective and responsive program.

EFMP has provided and continues to provide invaluable service, but this is an area in which we must always seek innovative ways to enhance support to Families with special needs. Soldiers and Families need to know before they depart for a new installation that they will be able to find the services necessary for the health and well-being of all their Family members. This is part of our promise to Families, for the sacrifices they make, and our commitment to Soldiers, whose strength and readiness is rooted in the strength of their Families.

## AMERICA'S ARMY: THE STRENGTH OF THE NATION™



### ARMY FAMILY COVENANT

#### We recognize...

- ... The commitment and increasing sacrifices that our families are making every day.
- ... The strength of Soldiers comes from the strength of their Families.

#### We committed to...

- ... Providing Soldiers and Families a Quality of Life that is commensurate with their service.
- ... Providing our Families a strong environment where they can thrive.
- ... Building a partnership with Army Families that enhances their strength and resilience.

#### We committed to...

- ... Standardizing and funding existing Family programs and services.
- ... Increasing accessibility and quality of health care.
- ... Improving Soldier and Family housing.
- ... Ensuring excellence in schools, youth services and child care.
- ... Expanding education and employment opportunities for Family members.



# We Need Your Help!



## Help design the Fort Greely Community Watch Sign!



**What:** Design a Fort Greely Community Watch Sign

**Why:** The Fort Greely Community Watch Program is in full swing and now needs visibility

**Who:** Design contest is open to all Fort Greely Employees and Residents

Winner receives an FMWR gift certificate good for any FMWR activity

**Designs must include the Fort Greely Police Department**

**phone number: 873-COPS and the words Community Watch.**

Submit your designs with your Name, Contact number and e-mail to Brad Reed or

Kirsten Anderson in the Physical Security Office in the basement of bldg 501

**Deadline for submissions: 4 p.m. July 14, 2010**



**C**ounterfeit models of the U.S. Army's Combat Application Tourniquet are available on the Internet and on the open market.

Using the counterfeits can be lethal and the Army considered this enough of a problem to send out a priority message April 14 sounding the alert on these bogus devices.

"While I haven't seen any of these counterfeits in use, I have seen a few ordered by logisticians more interested in cutting costs than in quality control," said Col. John Kragh, U.S. Army Institute of Surgical Research at Fort Sam Houston.

"The Combat Application Tourniquet is standard issue to all deploying Soldiers. It's in each Soldier's Individual First Aid Kit pouch."

Kragh explained the Army's concern with the counterfeits.

"The rod on the dummy tourniquet is bendable to a point where it cannot work right. It's like bending Gumby's arm," he said. "The



Courtesy photos

and the counterfeit should be reported to that activity's logistical supply office.

"It's easy to get the right items using routine, professional supply channels," Kragh said. "If other channels are used, then it's easy to get the wrong stuff. It just takes a credit card and choosing the wrong online supplier."

The message said the phony tourniquet was first encountered several years ago in a depot in Afghanistan and was thought to have been purged from the system. At that time, the item was of obviously inferior construction and recognizable as a counterfeit. Today, the product has been modified and is difficult to distinguish from the authentic CAT.

The Element Cat (E-CAT) is a very carefully made counterfeit CAT tourniquet, manufactured in Hong Kong for \$8.50 each. It was designed to look, feel and act like the real thing.

The authentic item has a National Stock Number of 6515-01-521-7976 and has a unit cost of \$27.28.

# BOGUS TOURNIQUETS MAY ENDANGER LIVES IN COMBAT

By Steve Elliott  
FSH Public Affairs

makers do not market the item ostensibly as a medical device, but they sell it and package it like a retail item.

"The danger is if someone mistakes the fake for a real CAT or a real medical device," the colonel said. "That mistake could be fatal, since it cannot control bleeding."

A tourniquet is used to cut off the flow of blood to a part of the body, most often an arm or leg. It may be a special surgical instrument, a rubber tube, a strip of cloth, or any flexible material that can be tightened to exert pressure.

In a case of bleeding emergency, a tourniquet is used to completely stop the flow of blood.

Meant as a temporary fix, tourniquets are not recommended to be used for more than 20 minutes at a time because of the danger of congestion and gangrene.

The message said that the Defense Logistics Agency knows the fake items are available for purchase through non-Department of Defense Web sites, and that authorized DoD procurement gateways will supply only the approved commercial part from authorized distributors.

If the counterfeits are found in any inventory, they should be replaced by the real thing



**The difference in packaging between the real Combat Application Tourniquet (left) and the counterfeit model (above) is obvious.**



**The authentic tourniquet has a manufacturing date stamped on it.**

"The markings appear to be a copyright or trademark infringement, and that is why law enforcement has become involved in the investigation," the colonel noted. "We have had a previous counterfeit CAT confirmed from the Middle East, but this was purged from the warehouses uneventfully a couple of years ago. This is one of the reasons why we should remain vigilant.

As to why anyone would purchase the fake one while the authentic item is available through Army supply channels, the colonel had a possible explanation.

"The ordering system is decentralized giving initiative to low-level supply persons who can order what they think is best. An unknowing person could easily think that they are ordering a Combat Application Tourniquet online for a good price, but getting one cheap from China is too good to be true," Kragh said.

Information about the proper combat application tourniquet can be seen on the U.S. Army Medical Materiel Agency Web site [www.usamma.army.mil/assets/docs/CAT.pdf](http://www.usamma.army.mil/assets/docs/CAT.pdf) under the category "Hot Topics."

An information line at (301) 619-3548 is also available.



July's Spotlight Employee: Annette Hannan. Photo by Deborah Ward

## Spotlight Employee

### Where is your hometown?

I grew up in Londonderry, New Hampshire. My house was a Governor Pillsbury mansion, it had 15 rooms but we needed it because I had seven sisters and six brothers. Our property was surrounded by apple orchards and I used to take my horse through the orchards and enjoy eating a variety of apples, peaches or pears. I also had fun running my horses up and down orchard aisles.

### What is your complete job title?

Finance Management Technician

### What is the favorite part of your job?

My favorite part of this job is when everybody gets together to work and help each other do programs and events. There's teamwork and pride that we feel when we accomplish a task that provides enjoyment for others. We are able to have fun and still accomplish the mission. I am a kid at heart and I like to play, joke and of course talk to people.

### What is the most difficult part of your job?

Not being able to accomplish my work due to some issue or another. I like to get things done efficiently and on time.



### What keeps you motivated?

I like to keep busy and I feel proud to work and do my part for the Soldiers and their Families. I am a very enthusiastic person so I'm constantly motivated.

### How long have you been you been at Fort Greely?

I have worked here for about four years, I started working at CRTC, then I worked part time at the CDC, then Recreational Lodging and now I am the Finance Technician for Family and MWR. I enjoyed all of the jobs. One of my favorite memories at CRTC was when Soldiers came in the middle of winter when it was 30 to 50 below zero and they didn't know what to do to beat boredom. I told them about a few games to play, one of which was to put on shorts and a t-shirt and run barefoot out in the snow as far as you can and back. They had a blast. I enjoyed meeting people from all over when I worked at Recreational Lodging, and of course you get attached to the little ones at the CDC. I think having a variety of jobs is adventurous. There is always a new road to travel and that keeps work interesting and fun.

### What do you like most about Fort Greely?

Fort Greely is a very special place, it is surrounded by wilderness and scenery that is rare and we have the opportunity to see it on a daily basis. Everybody always says, "Hi" and waves at each other; we are all friends whether we know each other personally or not. We have a variety of events, programs, and services even though we are small.

### What is your favorite quote?

Live free or die.

New Hampshire's state motto because without freedom you have no life.

### What person influenced your life the most and how?

Many people had strong influence in my life. My parents instilled my morals and standards in life, my husband has taken me on many adventures; from mountain climbing to driving across the United States and Canada.

### What is your favorite hobby when not at work?

I have many favorites; riding horses, Karate, archery shooting, skeet and trap, hiking new trails, hunting, fishing, running or walking as far as I can, trying new activities.

### Favorite Alaskan Food?

I love berries; blue, raspberry, strawberries, cranberries, blackberries and fish.

### Favorite spots in Alaska?

My favorite spot is the Donnelly Flats area, it is so full of wildlife and beautiful scenery. I once watched a wolf try to get a moose, the moose went in the water and the wolf kept trying to go in but it was too deep. After an hour the wolf gave up. I like to sit on a ridge and watch the animals. I also enjoy Rainbow Ridge, and I like going out into Prince William Sound in Valdez.



# Have you asked your personnel about suicide?

By CPT Courtnee Pelton  
Clinical psychologist

Suicide is a serious subject that few are experts on. Lack of expertise tends to create myths such as these:

**Suicide myth No. 1:** Asking a depressed person about suicidal thoughts may give them the idea to take their own life. Fact: This is not true, and in fact, the reverse is more accurate. Not asking a person you suspect to be at risk about suicidal thoughts can lead them to believe that you do not care or want to shoulder their burden.

**Suicide myth No. 2:** People who desire to kill themselves will not admit it, therefore, there is no use in asking. Fact: The majority of suicidal individuals are ambivalent about taking their life. When provided with help and support, most suicidal individuals will take advantage of the resources presented to them.

The rising number of suicides in the military has alerted officials to the growing mental health concerns among Soldiers and the need for increased suicide awareness. While it is nearly impossible to prevent depression or shield Soldiers from the emotional strains of deployment and military life, it is possible to decrease the rising number of suicides through preventive measures.

Prevention involves the simple tasks of noticing changes in mood and behavior and asking the Soldier about thoughts of suicide.

When noticing changes in mood and behavior, observe the subtle signs of depression and hopelessness that could potentially lead to suicide.

The most common warning signs that

someone is contemplating suicide include:

- Withdrawing from family and friends
- Frequent changes in mood
- Poor work performance
- Increased use of alcohol
- Giving away personal belongings
- Talking about death or making jokes about dying.
- Making statements that indicate life is meaningless, hopeless or there is “no way out”
- Engaging in reckless activities
- Obtaining the means for killing oneself such as purchasing a gun or collecting medications

Factors that contribute to suicide are unique and specific to each individual.

Although contributing factors are not present in any predictable pattern, long-term substance abuse and a history of mental health problems are seen in many cases of suicide.

The loss of something meaningful is another key contributing factor to suicide.

Losses such as physical functioning, finances, relationships and work problems (loss of rank and pay) constitute the most significant losses in the military.

At the crux of suicidal thoughts are feelings of hopelessness. The belief that there is “no way out, no help for me, or this will never end” can become a compelling belief for depressed individuals that may ultimately lead to suicide.

Commanders, chaplains and behavioral health providers are encouraged to work together to offer supportive leadership and spiritual and psychological resources to the

individual to provide both help and hope.

If warning signs are observed, the Soldier should always be asked if he or she is thinking about suicide. Asking about suicide is perhaps the most difficult, yet simplest act. Command and family members are encouraged to be the first line of defense against suicide and routinely ask this question to Soldiers whom they recognize as being at risk for harm.

Asking does not need to be done in a creative fashion and should not be candy-coated or evasive. When asking about suicidal thoughts, the straightforward approach works best. Asking directly, “Are you thinking about killing yourself?” eliminates any doubt as to what you are asking and indicates to the individual that you care and want to provide help.

Suicide prevention will fail if the responsibility to seek help is left to the Soldier alone. Noticing behaviors, asking about suicide and encouraging help are sometimes the impetus needed for someone to seek treatment.

Resources at Fort Greely are provided by: Chaplain Cepeda: 873-9827; Chaplain Vanderhoff: 873-4397; Military Family Life Consultant: 803-3563; Tere Pouch, Family Advocacy Program: 873-4385; Emergency: 911 or 873-COPS

Soldiers are also encouraged to call or visit National Suicide Hotline: 1-800-SUICIDE [www.armyfamiliesonline.org](http://www.armyfamiliesonline.org) or 1-800-833-6622; [www.militaryonesource.com](http://www.militaryonesource.com) or 1-800-342-9647; [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org) or 1-800-273-TALK for additional therapy resources.





LTC Joseph Miley, Incoming Commander, 49th Missile Defense Battalion, and his daughter Caroline (age 4) cut the ceremonial cake during the recent change of command at Fort Greely, Alaska. Miley had previously served in numerous positions at the battalion to include the executive officer in 2007 prior to his departure. Photos by SSG Jack W. Carlson III, Unit Reporter, 49th Missile Defense Bn.



MG Philip Volpe, Ceremony Presiding Officer and Commanding General, Western Regional Medical Command, transfers the unit colors to Incoming Commander, COL George Appenzeller, during a recent change of command ceremony at Fort Wainwright. Photo by Brian Schlumbohm



LTC Miley, Incoming Commander, 49th Missile Defense Battalion, salutes the national colors during the 49th Missile Defense Battalion Change of Command on June 18, 2010.



LTC Miley, Incoming Commander, 49th Missile Defense Battalion, receives the guidon from Col. Gregory Bowen, Commander, 100th Missile Defense Brigade, during the recent battalion change of command. Miley received command from LTC Steve Carroll, Outgoing Commander, 49th Missile Defense Battalion.

# SAFE SUMMER



U.S. ARMY COMBAT READINESS/SAFETY CENTER

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<https://safety.army.mil>

## Ooh! Ahh! Ow?

*Common sense keeps fireworks risk at bay*

By Mollie Miller  
U.S. Army Combat Readiness/Safety Center

New Year's Eve 2001 is a night that retired Master Sgt. Tracey Russell will never forget.

Russell and several friends had gathered to ring in the New Year and decided to light a few fireworks to celebrate the occasion. When the box of fireworks was opened, they discovered one canister-type firework was broken but, rather than throw it away, a few of the party attendees decided to piece it back together and try to light it anyway.

After a little discussion and handy work, the broken firework was determined to be "fixed" and one of the party goers lit the patched up explosive. Almost immediately the firework detonated, sending sparks and debris in all directions.

"That certainly got all our hearts pumping," Russell said.

Russell and her friends were lucky that year; no one sustained any serious injuries from the "fixed" firework. Not everyone is so lucky.

The Centers for Disease Control and Prevention reports that in 2008, the last year a fireworks-related injury report was generated, seven people died and an estimated 7,000 were treated in emergency departments for fireworks-related injuries in the United States. More than half of those injured were under the age of 20 and most of the injuries affected the hands, eyes, head, face and ears.

The Army is not immune to these statistics. Last year, a Soldier injured his hand after a firework he was holding exploded faster than he had anticipated and, just five years ago, a Soldier lost his eye after a firework ignited prematurely and hit him in the face.

"Due to their explosive and heat related nature, fireworks must be handled with extreme caution," Russell, now a safety specialist at the U.S. Army Combat Readiness/Safety Center, said. "Those who choose to handle fireworks must always be mindful not only of themselves and how they are handling the fireworks but also where they are handling them, who else is around and what the weather conditions are."

A summer without fireworks is like a picnic without a hotdog – it just doesn't happen. A safe summer fireworks experience is possible, however, if people follow just a few easy guidelines.

Officials at the National Council on Fireworks Safety (NCFS) said fireworks safety simply comes down to one important tool – common sense. Understanding the importance of reading all fireworks labels and performance descriptions would be tremendously beneficial for all consumers.



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**Will Wiley, Fort Greely Deputy Garrison Commander, presents a Certificate of Appreciation to COL Ronald T. Stephens, outgoing Medical Department Activity - Alaska Commander, during a recent change of command ceremony at Fort Wainwright's Ladd Parade Field.**

Photo by Brian Schlumbohm



volunteers for their help in making this year's biathlon a success. From keeping refreshments stocked for the racers, to keeping time, to directing traffic, these volunteers helped keep racers safe and the race running smoothly.

The race organizers would also like to thank the Garrison employees and local community businesses for their contributions. Your support and dedication to the Army Community Covenant is top-notch.

We look forward to the return of the triathlon next year when the pool renovations at Ft. Greely are complete.

**It's another successful event for Family and MWR as the annual Delta Greely Blast-off Biathlon brings the surrounding communities together to participate in good, clean, healthy fun.** Photos by Mike

Martinez



## On your mark...

By Brooke Whipple  
Family and MWR

On June 12, 26 brave individuals from Fairbanks, Ft. Greely, and Delta participated in the Delta Greely Blast-off bike/run biathlon.

Despite the cold rain, all participants finished the 8.5 mile bike and 3.1 mile run with flying colors!

The top three men were: 1) Robert Marcotte of Fairbanks; 48:00, 2) Jesse Schexnayder of Ft. Greely; 48:15, and 3) Paul Wayfield of Fairbanks; 53:40. The top three women were: 1) Brandy Birkbigler of Delta; 56:12, 2) Brooke Whipple of Delta; 58:00, and 3) Courtney Durham of Delta; 58:54.

The race organizers would like to thank all the

# A VOICE HEARD IS AN IDEA SPURRED

By Julia Phillips  
PAIO

**H**ave you ever had an inspired idea for something new? A light bulb moment as it were? Now you have an opportunity to voice your idea.

“A Voice Heard Is An Idea Spurred.”

Spurred: a noun: a verbalization that encourages you to attempt something. A verb: to incite or stimulate a thought, to give heart or courage to an action or a new idea.

In May of this year the Plans, Analysis, and Integration Office conducted a survey on Fort Greely. Staff from PAIO delivered brochures door-to-door for the residents of Fort Greely, as well as depositing brochures at the Post Office, AAFES, North Haven and the 49th Missile Defense Battalion.

The survey was conducted to solicit information on issues and topics relating to Quality of Life for FGA Soldiers and their Families.

Customers were polled as to where and when they would like to see future Town Hall meetings, and what projects or services they would like to see available on the installation in the future.

The majority of respondents stated they would like to see more food establishments, craft classes and sports activities on base. Other ideas included increased storage area availability for post residents, an FGA employee of the month recognition/reward program and increased parking availability. Topics for future meetings included the issue of promoting local hire, parenting classes and activities for teenagers.

## ...so you have an idea

How do you express your idea so the right people will see it, possibly turning it into a reality? Submit your thoughts and ideas through the ICE Program at:

[www.ice.disa.mil](http://www.ice.disa.mil)

under “Quality of Life Projects and Proposals.” The system is set up so that when you choose the organization most closely associated with your idea or concept, “Quality of Life Projects and Proposals,” will be listed as one of the service providers. Submit your idea and watch TEAM GREELY rally to support positive change for all!

**Good ideas may come from a variety of sources, but one thing is certain; when good ideas are put into action, everyone benefits.**

**Put your thoughts into action today, visit [www.ice.disa.mil](http://www.ice.disa.mil)!**

**Ray, Jarida and Mercedes Ellis enjoy their time at a recent Fort Greely event.**



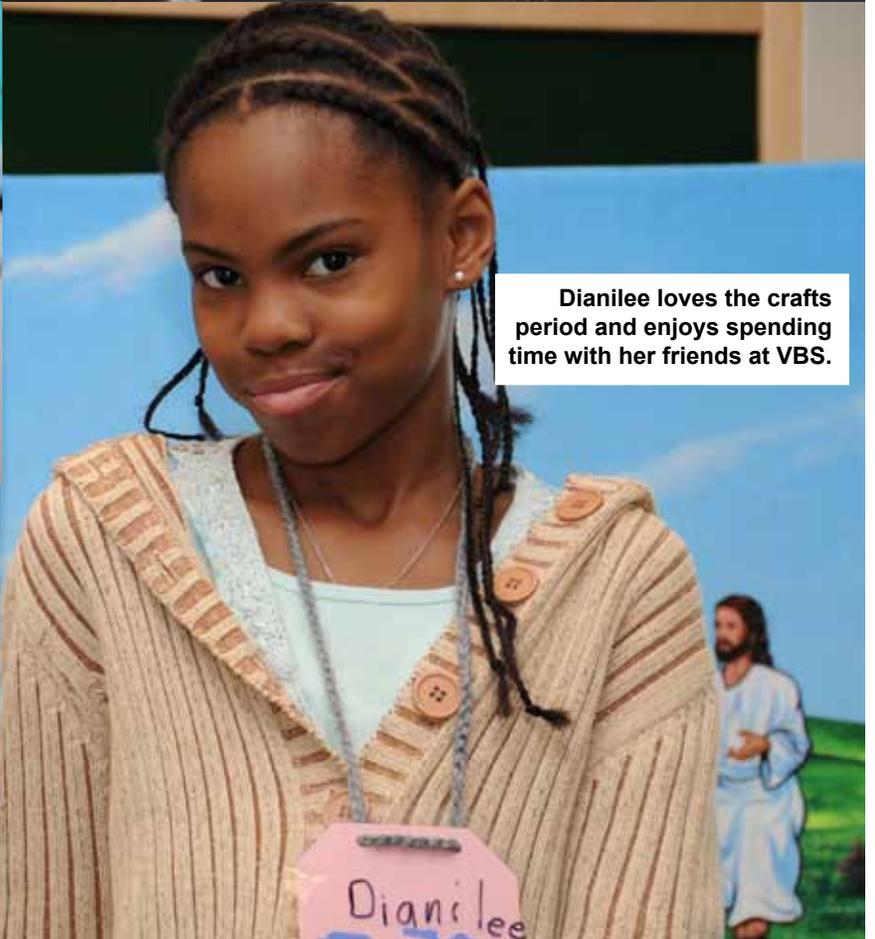
Photo by Deborah Ward



Jack-Ryan can't help but smile during arts and craft time!



Nicole patiently awaits her turn to wash up after her session in the craft room.



Dianilee loves the crafts period and enjoys spending time with her friends at VBS.



Susie Vanderhoff helps two of her VBS students with a game that encourages trust.

# Fort Greely Chaplain helps burn energy while 'Running the Race'

By Deborah Ward  
Public Affairs

Chaplain (MAJ) Earl Vanderhoff led an energetic and thought fulfilling five day Vacation Bible School camp, June 14-15, for the youngsters at Fort Greely, Alaska.

The annual VBS normally takes in an average of 30 to 40 children with camp sessions lasting three hours each of the five days.

The sessions ran from 1 to 4 p.m.

Participants were divided into appropriate age groups where they spent their time doing activities such as Bible Study, singing, recreation and crafts. The activities were well planned and supervised by three staff members and several adult volunteers.

VBS fees were funded in whole by the Fort Greely Chapel and CH Vanderhoff

encourages maximum participation, "It's a great way to learn the basics of the Bible, Christianity and Spirituality. This year we are 'Running the Race' and pressin' onward to the goals Christ has for us," he said while gesturing to the present VBS camp theme sign.

When several of the children were asked what their favorite part of VBS was they had much to say:

Micah, age 10, said, "*Rock Your Soul is one of my favorite songs - we sing it the most!*"

Gavin, age 8, prefers the hands on portion of VBS with art and snack time.

Brandon, age 10, was certain of his favorite part when he quickly said, "*I like the craft time. I get to use my favorite colors, pink and black.*"

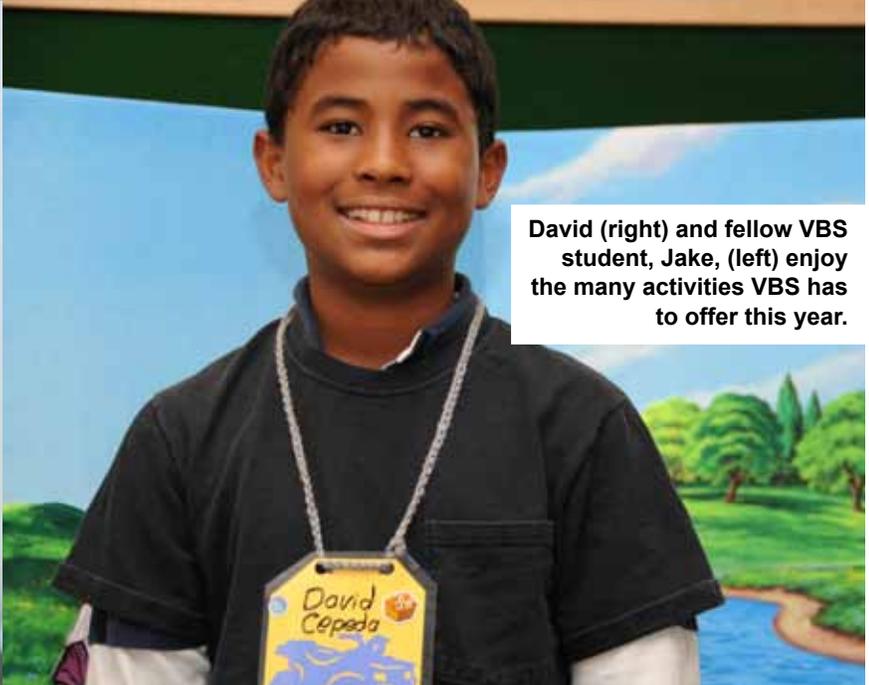
VBS had an array of insightful minds participating, "*I like Vacation Bible School because you get to learn more about God,*" said David, age 11, and the young and vocal Victoria, age 9, couldn't agree more.

When asked what they shared the most at VBS their answers were touched with love and generosity. Many enjoyed sharing toys they brought from home, but the most endearing response came from Nicole, age 5, who said, "*I share my Bible.*"

While VBS may have been "Running the Race," Chaplain Vanderhoff, staff and volunteers made sure the children never ran out of smiles or fun things to do.



CH Vanderhoff counts off a relay race during VBS recreational time.



David (right) and fellow VBS student, Jake, (left) enjoy the many activities VBS has to offer this year.





# Construction Updates

by Jim Verney and Paul Jennings  
DPW

The 2010 construction season at Fort Greely is in full swing and the installation has never seen so much construction activity. Everywhere you look there is on going work. The following is a summation of the progress made to date:

### Community Activities Center:

The construction site has been cleared and excavated and the contractor is in the process of building up the gravel pad so the foundation can be formed. While this is happening, the 65-percent Architectural Review is in progress and will be complete by next week with the 95-percent Review due in July. Weather permitting, pouring the concrete footings should commence the week of July 5.

### Driving Range Project:

The Driving Range has been seeded, fertilized, and rolled and now it is up to "Mother Nature." Tentative opening has been rescheduled to sometime in August as there was a delay in the arrival of the safety netting from the manufacturer. The netting is due to arrive in late July and will have to be installed.

### Physical Fitness Center Upgrades:

The demolition of the old pool is complete and some demo work has been completed in the locker rooms. Work on framing for the new pool is ongoing and the plumbing lines that will be under the pool bottom have been completed. The drain boxes will be poured the week of July 5. The contractor will be laying the concrete reinforcing steel starting the week of July 12. The project is due to be complete on or before November.

### ● Building 649 (Skeet Range):

● Renovations are complete.

### ● Building 662:

● New windows and the External Insulation Finishing System (EIFS) installation is complete minus some minor punch list items.

### ● Building 663:

● New windows are installed and the EIFS application is well underway. Installation of the EIFS siding is scheduled to be complete by Aug. 15.

### ● Building 661:

● New windows installed. Installation of EIFS siding to start approximately July 1 and be complete on or before Sept. 1.

### ● Building (Gabriel Auditorium) 655:

● EIFS installation started on May 24. The building has all the siding on and the finish coats of Dryvit have been applied to most of the building. Estimated completion of this project has been extended because the project also included the installation of new exterior doors which have currently not arrived. New tile floor is complete.

● **Building 655 Annex:** The footings to the new warm storage building for FMWR were poured last week and the slab and breezeway footings will be poured this week. The framing of the building should commence the week of July 12.

### ● Visitor's Center:

● Parking lot paving and striping is complete.



Pool at Physical Fitness Center

### ● Building 612:

● New R-60 roof installation is complete.

### ● Building 609:

● New R-60 roof installation is in progress.

### ● Building 650:

● New R-60 roof installation is 98 percent complete and will be finished by July 9.

### ● Building 652:

● New R-60 roof installation is in progress.

● **Cantonment Area Paving:** Phases three and four are ongoing. Big Delta and Arctic Ave., near the Chapel, and the Battalion Headquarters have been paved. The parking areas between building 662 and building 663 and the DA Police parking areas are being prepped for asphalt this week.

● **DOYON Utility Infrastructure Upgrades:** Ongoing all summer.

● As you can see we have a full plate of work this summer. We ask that you please be patient with the disruptions, slow down while driving and follow the posted traffic pattern signs for directions.

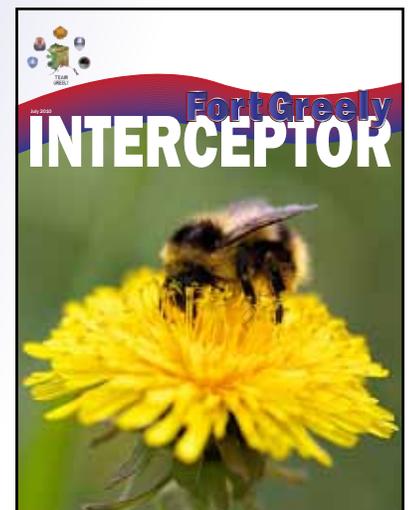


● Look out for construction signs and be prepared to take alternate routes to your destination.

**On the cover:** June breathtaking scenery and perfect weather for outdoor adventures. Photo by Mike Martinez, Northrop Grumman.

The INTERCEPTOR is an authorized unofficial publication for military and civilian members of Fort Greely. The INTERCEPTOR is published monthly by the Public Affairs Office, Fort Greely Garrison. Contents of this publication are not necessarily the official views of, nor endorsed by the U.S. Government, the Department of Defense, or the Department of the Army. While contributions are welcome, the PAO reserves the right to edit all submitted materials, make corrections, changes, or deletions to conform with the policies of this paper. Articles and photos submitted by the 20th of each month will be considered for publication in the next issue of the INTERCEPTOR. Submit via [deborah.ward3@us.army.mil](mailto:deborah.ward3@us.army.mil).

Commanding Officer ..... LTC Chris Chronis  
Command Sergeant Major ..... CSM Carolyn Reynolds  
Deputy Commander ..... Will Wiley  
Editor ..... Deborah Ward



**D**uring the beautiful Alaskan summers we often find ourselves enjoying the outdoors either by grilling, playing with our children or just getting some sun.

While enjoying these times, we as residents, need to remember a few simple rules:

Fort Greely Installation Policy Memorandum Number 26, covers curfew for children and young adults. The policy states the children under the age of 16, must be indoors unless accompanied by an adult during the following times.

1. Sunday-Thursday 10 p.m.- 6 a.m.
2. Friday-Saturday 11 p.m.-6 a.m.

The only exception to this policy is if a child is returning from employment, school, church or a Youth Services sponsored event. If returning from one of these events, the youth must return home by the most direct route.

The second thing we need to remember while having fun outdoors is to be courteous to other installation and housing occupants. Individuals playing loud music or creating excessive noise can be cited under Alaska Statute for Disorderly Conduct (AS 11.61.110). This statute states that any person disturbing the peace and privacy of another, not on the same premises and with reckless disregard makes a loud noise can be charged under this statute. Personnel



operating a vehicle and playing loud music that can be heard from over 50 feet away are in violation of Fort Greely Policy Memorandum number 42 and can be cited under (AS 11.61.110 or Article 134 UCMJ).

For more information regarding these Policies and Statutes contact Fort Greely Police Operations at 873-9124.



**T**he Fort Greely Police Department has aggressively pursued realistic training in order to combat the growing threat of Active Shooter Incidents.

We employ many different aspects to our training. One facet of training is using volunteer role players to enhance the reality of training.

On March 12, a volunteer assisted with our Active Shooter training. The volunteer came as a surprise for many of our officers enrolled in the training, which contributed greatly to enhancing situational awareness.

On March 24, an exercise was conducted to determine FGPD's response to an Active Shooter Incident. Several volunteers acted as role players during this event.

Without their participation, the realistic portion of the exercise would not have been accomplished.

In order to recognize the importance and value of the volunteers needed for training, the Fort Greely Police Department awarded the many volunteers for their hard work and dedication on June 2 and 4. Each individual received Certificates of Appreciation and coins.

We greatly appreciate each one of the following individuals: Iesha Muriel, Joshua Muriel, Natalie Zarecki, A.J. Zarecki, Ryan Zarecki and Dakota Seibert. Kudos to you for being an instrumental part of Team Greely!



**Active Shooter 11 names right to left. Major Nick Seibert, Iesha Muriel, Natalie Zarecki, Joshua Muriel, A.J. Zarecki, Ryan Zarecki, Lieutenant Terry Brown. (Sergeant John Carroll and Dakota Seibert not shown) Courtesy Photo**

**P**atriotism is the love, devotion and support of one's country. It is often inseparable with other national values. In the case of our great Nation, patriotism is the strength behind freedom.

One prominent way to parade patriotism of our Nation is to display the National Colors.

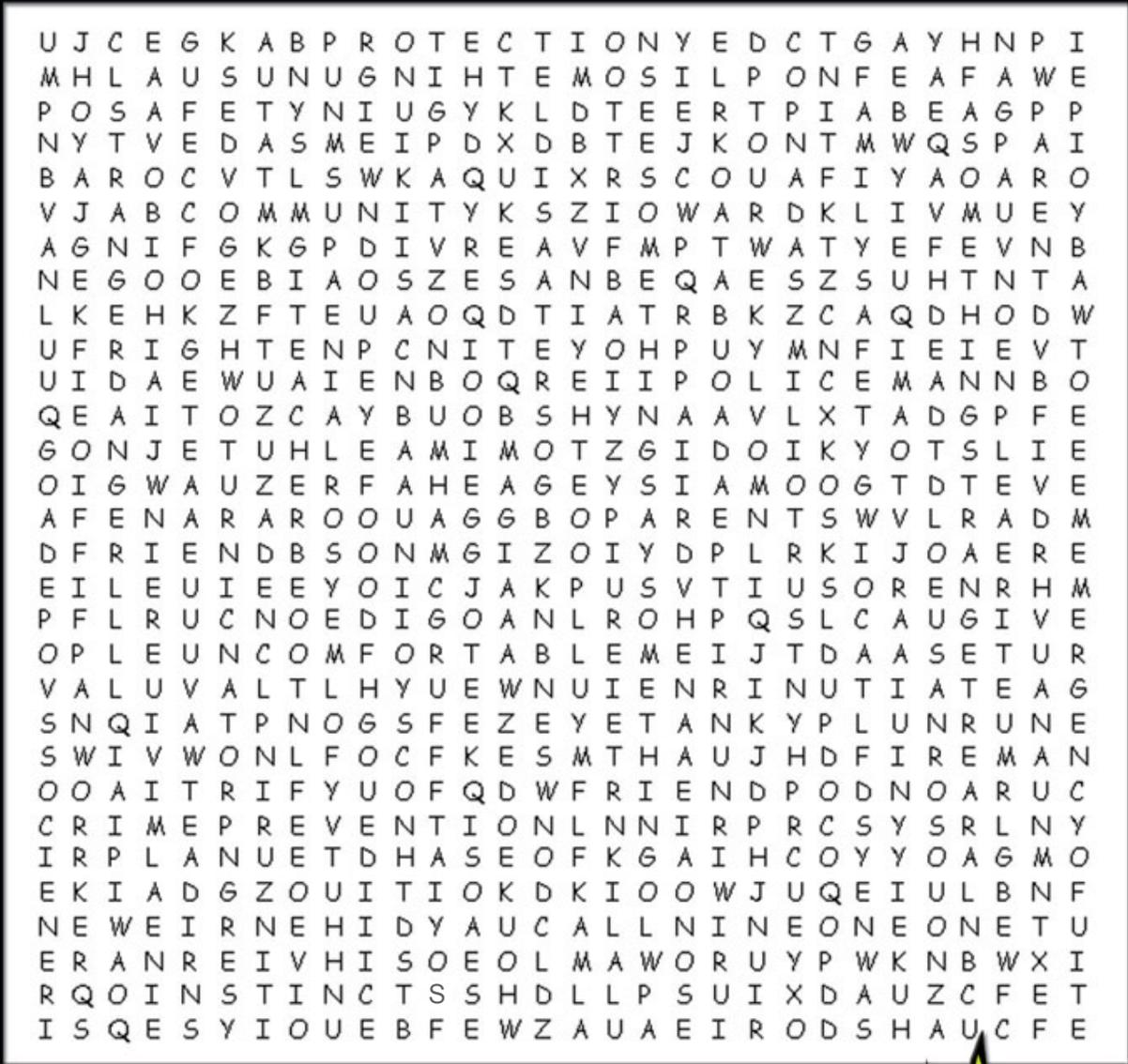
Duane Shockley, of Norcon Inc., does a phenomenal job keeping patriotism alive at Fort Greely, Alaska.

Shockley, a long-time veteran, displays the American flag high above his truck as he continues to serve his country with dedicated employment and superior work ethics. His vehicle stands out amongst the rest of the many similar white construction trucks and therefore no surprise when Fort Greely Garrison Command Sergeant Major Carolyn Reynolds steps from outside the Garrison Headquarters Building to see an uplifting display of red, white and blue drive past and said, "Who is that man? I want to shake his hand and tell him, 'thank you!'"

**From right to left: CSM Carolyn Reynolds, Duane Shockley and Fort Greely Garrison Command Executive Assistant - Penny Casserberg - stand proud and resilient in front of one of our Nation's greatest symbols, the Stars and Stripes. Photo by Deborah Ward**



# WORD SEARCH



## See Something • Say Something

- |                |               |                          |
|----------------|---------------|--------------------------|
| emergency      | familysafety  | seesomethingsaysomething |
| strangerdanger | instincts     | callnineoneone           |
| frighten       | mcgruff       | policeman                |
| friend         | uncomfortable | crimeprevention          |
| teacher        | fireman       | somethingstrange         |
| parent         | disaster      | somethingunusual         |
| trust          | safety        | protection               |
|                |               | community                |



**Always Ready, Always Alert**  
*Because someone is depending on you*





**JUST WRIGHT**

(Queen Latifah, Common) Leslie Wright, a straight-shooting physical therapist, gets the gig of a lifetime working with NBA All-Star Scott McKnight. Leslie finds herself falling for Scott, forcing her to choose between the gig of a lifetime and the tug-of-war inside her heart. Rated PG (some suggestive material and brief language) 101 min



**MARMADUKE**

(William H. Macy, George Lopez) For Phil and Debbie Winslow, moving their family from Kansas to the O.C. is a big deal. For their enormous Great Dane "Marmaduke," however, the move means a whole new way of life. It's chaos at home and awkward at work as the Winslows struggle to control their angsty teenage canine. Rated PG (some rude humor and language) 88 min



**GET HIM TO THE GREEK**

(Jonah Hill, Russell Brand) An ambitious intern at a record company, Aaron Green gets what looks like an easy assignment: Escort British rock legend Aldous Snow to L.A.'s Greek Theatre for the first stop on a lucrative anniversary-concert tour. Snow, however, has different plans. Rated R (strong sexual content and drug use throughout, and pervasive language) 109 min



**SPLICE**

(Adrien Brody, Sarah Polley) Genetic engineers Clive and Elsa specialize in splicing together DNA from different animals to create incredible new hybrids. Now they want to use human DNA in a hybrid that could revolutionize science and medicine. The result is Dren, an amazing, strangely beautiful creature that exhibits uncommon intelligence and an array of unexpected physical developments. Rated R (disturbing elements including strong sexuality, nudity, sci-fi violence and language) 104 min



**MACGRUBER**

(Will Forte, Kristen Wiig) Only one American hero has earned the rank of Green Beret, Navy SEAL and Army Ranger. Just one operative has been awarded 16 purple hearts, 3 Congressional Medals of Honor and 7 presidential medals of bravery. In the 10 years since his fiancée was killed, special op MacGruber has sworn off a life of fighting crime with his bare hands. But when he learns that his country needs him, MacGruber figures he's the only one tough enough for the job. Rated R (strong crude/sexual content, violence, language, nudity) 90 min



**PRINCE OF PERSIA**

(Gemma Arterton, Jake Gyllenhaal) A rogue prince reluctantly joins forces with a mysterious princess and together, they race against dark forces to safeguard an ancient dagger capable of releasing the Sands of Time—a gift from the gods that can reverse time and allow its possessor to rule the world. Rated PG-13 (intense sequences of violence and action) 107 min



**LETTERS TO JULIET**

(Amanda Seyfried, Marcia DeBonis) When a young American travels to the city of Verona, home of the star-crossed lover Juliet Capulet of Romeo and Juliet fame, she joins a group of volunteers who respond to letters to Juliet seeking advice about love. After answering one letter dated from 1957, she inspires its author to travel to Italy in search of her long-lost love, which sets off a chain of events that will bring a love into both their lives unlike anything they have ever imagined. Rated PG (brief rude behavior and sensual images, some language and incidental smoking) 105 min



**KILLERS**

(Ashton Kutcher, Katherine Heigl) Spencer and Jen are happily married and living the domestic dream. On the heels of Spencer's 30th birthday, he and his happy wife discover that their life of bliss could come to a violent end at any second -- someone has put a multi-million-dollar contract on Spencer's life, and the hired killers who have been tracking him could be anyone from the checkout girl to the neighborhood curmudgeon. Spencer struggles to maintain appearances while staying out of the crosshairs, and keeping Jen safe from harm. Rated PG-13 (violent action, sexual material and language) 100 min



**SHREK FOREVER AFTER**

After challenging an evil dragon, rescuing a beautiful princess and saving your in-laws' kingdom, what's an ogre to do? Well, if you're Shrek, you suddenly wind up a domesticated family man. Instead of scaring villagers away like he used to, a reluctant Shrek now agrees to autograph pitch forks. What's happened to this ogre's roar? Longing for the days when he felt like a "real ogre," Shrek is duped into signing a pact with the smooth-talking dealmaker, Rumpelstiltskin. Rated PG (PG mild action, some rude humor and brief language) 93 min



**SEX AND THE CITY 2**

(Sarah Jessica Parker, Kim Cattrall) The continuing story of Carrie, Charlotte, Miranda and Samantha as they struggle to manage their love lives, friendships and careers in New York City. Rated R (some strong sexual content and language) 140 min



<b>FRI</b>	<b>JULY 09</b> - 7 p.m. Just Wright	(PG)
<b>SAT</b>	<b>JULY 10</b> - 7 p.m. Macgruber	(R)
<b>SUN</b>	<b>JULY 11</b> - 7 p.m. Just Wright	(PG)
<b>FRI</b>	<b>JULY 16</b> - 7 p.m. Shrek Forever After	(PG-13)
<b>SAT</b>	<b>JULY 17</b> - 7 p.m. Sex and the City 2	(R)
<b>SUN</b>	<b>JULY 18</b> - 1 p.m. Shrek Forever After	(PG-13)
	7 p.m. Letters to Juliet	(PG)
<b>FRI</b>	<b>JULY 23</b> - 7 p.m. Marmaduke	(PG)
<b>SAT</b>	<b>JULY 24</b> - 7 p.m. Prince of Persia	(PG-13)
<b>SUN</b>	<b>JULY 25</b> - 1 p.m. Marmaduke	(PG-13)
	7 p.m. Get him to the Greek	(PG)
<b>FRI</b>	<b>JULY 30</b> - 7 p.m. Killers	(PG-13)
<b>SAT</b>	<b>JULY 31</b> - 7 p.m. Splice	(R)
<b>SUN</b>	<b>AUG 01</b> - 7 p.m. Killers	(PG-13)

**Submit your Alaskan photos by**  
**Aug. 1, 2010**  
**for your chance to win.**



**July 2010**  
**Winners!**

*Rafting Near Denali*  
by Randi Owens takes first place for capturing a group of brave rafters taking on the river while another secures the high ground.



*Thirsty Locals*  
by Randi Owens takes second place as two true locals enjoy the evening, drinking in a nearby swamp.



*Mud Bogging*  
by Michael Martinez took third place for capturing a courageous young man plowing through a river of chocolate colored mud during the local Mud Bogs Show in Delta Junction.

**T**hank you Victoria Bush, age 9, daughter of Jung Sun and Ransome Bush; Mariannah Ellis, age 2, and Mercedes Ellis, age 10, daughters of Raymond and Jarida Ellis, for your patriotic submission to the July INTERCEPTOR. Your time and effort is much appreciated. We hope to see more submissions in the next issue.

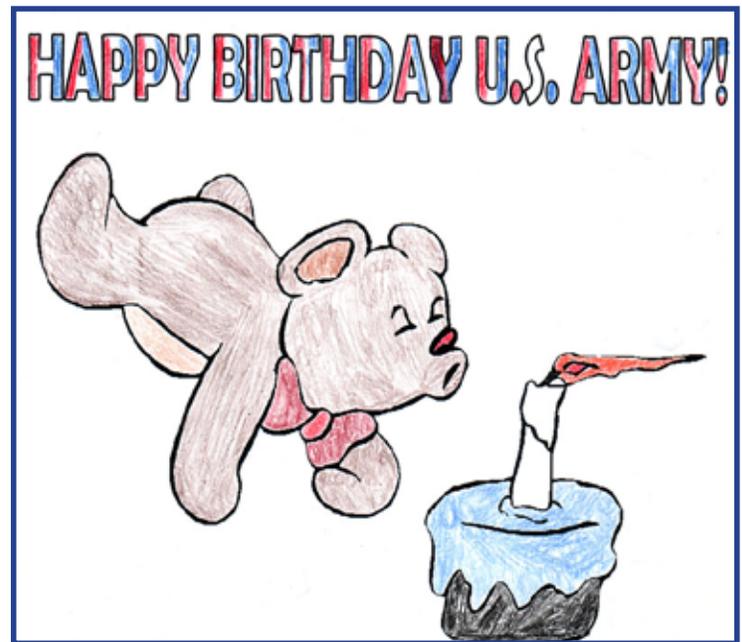
If you would like your name displayed on the Fort Greely Marquee and your colored picture on the Command Channel please submit your artwork by the first of each month to [deborah.ward3@us.army.mil](mailto:deborah.ward3@us.army.mil). The next deadline is Aug. 1. Hurry and get those colors out!

For the older crowd, perhaps you have artwork that you have created on your own time. Quilting, needlepoint, bead work, woodworking, auto detailing ... anything that has your creative flair to it, we'd love to see it here in the *INTERCEPTOR*.

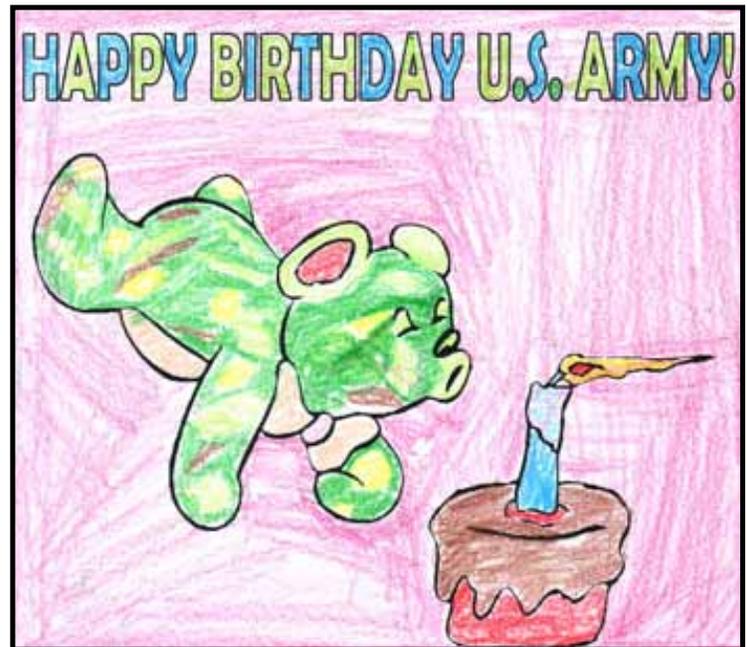
Submit a photo of your work or a scanned image and we'll find a spot to highlight it for you. Don't let your creativity go unnoticed.

If you used one of our FMWR facilities be sure to list the location so we can give them credit too.

The year long photo contest continues so if you missed the first three months don't miss out on August's deadline. Each month three photos will be chosen to represent the best shots of Alaska. The winning photos are posted on the Command Channel (channel 12) and online at [www.greely.army.mil](http://www.greely.army.mil). At the end of the year the judging panel will meet and choose the best of the best and the winner will receive a matted and framed picture of their photo to have displayed on Fort Greely. You may submit as many photos as you like. The photos do not have to be from this year, but they do need to be from Alaska. Please list your name, contact number, title of photo and the location of where the image was taken. The top three images will be displayed in the next running issue of the *INTERCEPTOR* and the Command Channel. The deadline for submissions is the first of each month.



**Victoria Bush, age 9**



**Mercedes Ellis, age 10**



**Mariannah Ellis, age 2**



SHHH...BE CAREFUL WHAT YOU  
SAY IN PUBLIC!!

YOU NEVER KNOW WHO  
MIGHT BE LISTENING



NO MATTER HOW INNOCENT  
THEY MAY SEEM

PRACTICE GOOD  
OPSEC!!

**Looking to improve relationships?**

**3 p.m. - 5:30 p.m.**

**July 12**

**at the Red House  
Delta Junction**

**FREE!**

Weekly Parenting and Relationship Training • FREE to Deltana and Military Community  
Call 803-3563 to reserve your spot.

*Sponsored by Deltana Community Services Partnership*



# Kids' Corner

## KIDS' CORNER

**Color the image below then scan your work of art and send it to: [deborah.ward3@us.army.mil](mailto:deborah.ward3@us.army.mil)**

Winners will be chosen each month and will get the chance to have their name in lights on the Fort Greeley Marquee for the month!  
Be sure to include your first name, age and telephone number in the space provided below so we may contact you if selected.

**ALL ENTRIES MUST BE SUBMITTED BY THE FIRST OF EACH MONTH.**



NAME: \_\_\_\_\_ AGE: \_\_\_\_\_ PHONE: \_\_\_\_\_

GUARDIAN'S NAME(S): \_\_\_\_\_