



TEAM GREELY

INTERCEPTOR

ALWAYS ON GUARD DEFENDING FREEDOM

June 2009

SECDEF visits Fort Greely

by Fred W. Baker III
American Forces Press Service

Defense Secretary Robert M. Gates stepped down inside a missile silo at Fort Greely June 1 to get an up-close look at the system he says will protect the United States from an intercontinental ballistic missile threat.

Gates stopped here on his way back from an Asia security summit in Singapore, where North Korea's recent nuclear and missile tests dominated the discussions of defense ministers from countries across the region.

Fort Greely, about 100 miles into the Alaskan interior from Fairbanks, is home to one of two ground-based, mid-course defense units housing missile interceptors on the West Coast. The other is at Vandenberg Air Force Base, Calif.

The stop was planned before North Korea's recent actions that have caused alarm across the international community, Gates



Photo by Sgt. Jack W. Carlson III

Secretary of Defense Robert Gates and Sen. Mark Begich of Alaska talk to members of the media about the Ground-based Mid course Defense system at Fort Greely.



Photo by Sgt. Jack W. Carlson III

Secretary of Defense Robert Gates greets Garrison Commander Lt. Col. Chris Chronis.

said. But now, he said, the hour-long stop here took on greater importance.

Gates acknowledged on the way to Fort Greely during a stop in the Philippines that there are signs the North Koreans are "doing something" with another ballistic missile, but said it is unclear what they are doing. But he expressed confidence that this system could stop any potential threat from North Korea.

"If there were a launch from a rogue state such as North Korea, I have good confidence that we would be able to deal with it," Gates said.

The unit here is the same one that successfully intercepted a mock enemy missile in a December 2008 test, employing a synchronized network of sensors in what officials called the largest and most complex test of the missile defense system to date.

"We have a good capability here," Gates said after a tour of the site. "I think know-

ing that we have this and that it becomes more effective in each passing day should be a source of comfort to the American people in an uncertain world."

Sixteen interceptors are in the ground here, with plans to add 10 more. Combined with those at Vandenberg Air Force Base, the United States will have 30 such interceptor systems. More could be added if needed, Gates said.

In a brief meeting with reporters, Gates said he has planned nearly \$1 billion in the 2010 budget for the development of ground-based interceptors. The budget also allows for developing other missile technologies that protect troops in the field, ships at sea and provide theater defense, he added.

The secretary also said he would like to develop a defense system in Europe with radars in Russia and interceptors in Poland and the Czech Republic.

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Command Corner

Alaska summer's here!

Summer is here! The longest period of daylight occurs at the summer solstice on June 21! So take time to enjoy the long days, spend time with friends and family, but please remember to stay safe.



CSM Carolyn Reynolds
Garrison Command Sgt. Major

the Fort Greely Chapel parking lot.

As many of you know the "Distinguished Visitor" season is upon us. We were honored to help host a recent visit by the Secretary of Defense and an Alaska Senator.

Summer means more outdoor activities which equals increased risks ... so whether you are ATVing, running, fishing, enjoying the new Skeet Range, or just spending time outdoors just be "safety smart."

This edition of the Interceptor includes good safety information concerning grilling, firearms, sun protection for kids, and wildfires.

There are plenty of upcoming activities to enjoy this time of year. Keep an eye out for numerous events sponsored by our Family Morale Welfare and Recreation Division.

As a reminder, Fort Greely is hosting the start of a triathlon on June 13. The Delta/Greely Summer Blast Triathlon starts at 10 a.m. in the Post Fitness Center and will end at the Delta Junction Ice Rink about 2 p.m.

We are also having a post-wide yard sale on June 13. It is an open post event from 9 a.m. to 1 p.m. Post residents will sell from their homes in the housing areas and tables will be set up at

There are many more high-level visitors heading our way. Let's ensure we always put our best foot forward during these visits so when the word spreads about Fort Greely they are positive words. We want to leave these guests with an impression that makes them say "that is the sharpest Installation and the sharpest people we have ever seen!"

Let's keep our Post squared away not only for visits but "all the time." Let's strive to be and look the best everyday ... it's good for morale and good for the mission!

Finally, I want to say I continue to be amazed by all the hard work that is going on. Everybody is doing a great job. Please continue pressing on with enthusiasm to make Fort Greely a premier Army Installation.

Remember what Winston Churchill said "Attitude is a little thing that makes a big difference."

—CSM Carolyn Reynolds

Tips for safe grilling

Summer is upon us, we are ready to enjoy the outdoors with some grilling. To ensure safe cookouts, make sure someone tends the fire at all times. Here are some safety tips to consider:

Safety for Gas Grills

- ◆ Inspect the cylinder of your propane tank for bulges, dents, gouges, corrosion, leaks, or evidence of extreme rusting. Also, examine the hoses on your grill for brittleness, leaks, holes, cracks, or sharp bends. If you find any of these problems replace the equipment.
- ◆ Be sure to keep propane tanks upright, and move gas hoses away from dripping grease and hot surfaces.
- ◆ Never use cigarettes, lighters, or matches near your gas grill, whether it's in use or not. You can't be sure that there's not a slight gas leak somewhere in the unit, so it's always better to be safe than sorry.
- ◆ Never bring your propane tank indoors, and never store spare gas containers under or near your grill. Don't store other flammable liquids, such as gasoline, near propane tanks. Keep your barbecue covered when it's not in use.
- ◆ If you must transport your propane tank for any purpose, ensure that the tank(s) is secured. Keep in mind that, keeping containers or any other grill parts that are under pressure in a hot car will cause an increase in the pressure of the gas, which could cause an explosion.
- ◆ Never dispose of your propane tank by throwing it in the trash.

Safety for Charcoal Grills

- ◆ Operate charcoal grills only outdoors, never inside an enclosed area.
- ◆ Position the grill well away from siding, deck, railings and out from under eaves and overhanging branches.
- ◆ Place the grill a safe distance from lawn games, play areas and foot traffic.
- ◆ Put out several long-handled grilling tools to give the chef plenty of clearance from heat and flames when flipping burgers.
- ◆ Keep children and pets away from the grill area: declare a three-foot "safe zone" around the grill.
- ◆ Purchase the proper starter fluid, stored out of reach of children, and away from heat sources.
- ◆ Never add charcoal starter fluid when coals or kindling have already been ignited, and never use any flammable or combustible liquid other than charcoal starter fluid to get the fire going.

(For more information call the Fort Greely Fire Prevention Office at 873-3471.)

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Commanding Officer Lt. Col. Chris Chronis
Deputy Commander Louis Roach
Public Affairs Officer Kent Cummins

Fort Greely understands business transformation

by **Kris Bailey**

Chief, Plans, Analysis and Integration

Fort Greely has made great strides in Business Transformation during Fiscal Year 2009 through their Lean Six Sigma program.

The program, as designed for Department of the Army, incorporates trained and certified Green Belts and process improvement projects to achieve cost savings or cost avoidance.

At the beginning of Fiscal 2009, we had no trained Green Belts in our Department of Army Civilian community.

We have since trained six Green Belts, with six other personnel in our pipeline for training in the remainder of Fiscal 2009 or in Fiscal 2010.

Three of our Green Belts attended training during this fiscal year; however, three others had been trained as contractors prior to their joining the ranks of Federal Civil Service. Those three passed the Army-sponsored Green Belt test in May (two-and-one-half years after attending their initial training -- impressive).

All six have identified projects to complete by the end of Fiscal 2010.

One project, spearheaded by Bryan Canady (trained Green Belt in Fiscal 2009), is scheduled for certification by September 2009.

The program also allows all personnel to

*Lean Six Sigma
A business improvement methodology that maximizes shareholder value by achieving the fastest rate of improvement in customer satisfaction, cost, quality, process speed, and invested capital.*

-Lean Six Sigma Institute

identify process improvements they have achieved that bring immediate savings to Fort Greely.

These projects are identified as "Just Do Its." Because our personnel are well aware of what we need to do to "save money," Fort Greely has exceeded our IMCOM Pacific Region goal of cost savings by 41 percent for Fiscal 2009.

It has taken a cohesive team effort and we have done it!

Do you have a work process in your area that doesn't seem to work as efficiently as it should?

Contact Plans, Analysis, and Integration at 873-7346 and our staff will help you decide if we can accomplish a project under Lean Six Sigma.

This is a great way to show how well you can identify cost savings for our Garrison.

Keep kids 'sun' safe

Keep your children sunburn free this summer by following these tips from the American Academy of Pediatrics.

Babies under 6 months

The two main recommendations from the AAP to prevent sunburn are to avoid sun exposure, and dress infants in light-weight long pants, long-sleeved shirts, and brimmed hats that shade the neck to prevent sunburn. But, when adequate clothing and shade are not available, parents can apply a minimal amount of sunscreen with at least 15 SPF to small areas, such as the infant's face and the back of the hands. If an infant gets sunburn, apply cold compresses to the affected area.

Young Children

Apply sunscreen at least 30 minutes before going outside, and use sunscreen even on cloudy days. The SPF should be at least 15 and protect against UVA and UVB rays.

Older Children

The best line of defense against the sun is covering up. Wear a hat with a three-inch brim or a bill facing forward, sunglasses (look for sunglasses that block 99-100 percent of ultraviolet rays), and cotton clothing with a tight weave. Use a sunscreen with an SPF of 15 or greater. Be sure to apply enough sunscreen - about one ounce per sitting for a young adult. Reapply sunscreen every two hours, or after swimming or sweating.

Firearm tips from the Fort Greely Safety Office

by **Colleen Pugh**
Fort Greely Safety Office

One-third of all the families in America who have children also have firearms, and more than 40 percent of them don't keep their firearms locked up.

Children younger than age 8 can't tell the difference between a real gun and a toy, and 3-year-olds are strong enough to pull the trigger on a real gun.

Is it any wonder that more than half of all unintentional shootings are committed by a child or a teenager?

Teach children that they shouldn't touch guns and if they see a gun, to leave it alone and notify an adult.

If your children play at another home, talk to the parents there about gun safety.

- ♦ Treat every gun as if it is loaded.
- ♦ While target shooting, know your target and what is beyond it.
- ♦ Always point a firearm down or in a safe direction, never at people.
- ♦ Always store guns unloaded.
- ♦ Keep ammunition in a separate place and lock it up.

♦ Lock firearms in a rack or safe, and hide the keys or combination.

♦ If there is mental illness in your home, severe depressions, or potential for violence, don't just lock up guns - get rid of them.

More than 3 million BB guns and pellet guns are sold in the United States every year as well. These safety tips apply to them, too.

Be very careful if you live in an apartment building if you are cleaning your firearm, if the firearm accidentally discharges and goes threw the wall, there may be people in the other apartments.

SECDEF tours Missile Defense Complex



Photos by Sgt. Jack W. Carlson III

Defense Secretary Robert Gates peers out of a Silo Interface Fault to view an operational ground based interceptor during a visit to the Missile Defense Complex on Fort Greely with Sen. Mark Begich of Alaska.

SECDEF, from Page 1

A robust missile defense system for the United States at least should take care of tactical and theater needs and also offer protection against a limited intercontinental ballistic missile threat, Gates said.

North Korea's recent actions have boosted support for the missile defense system, Gates said.

"In the past, there have been a number of skeptics of missile defense on Capitol Hill," he said, "and I haven't heard much out of those folks lately. If anything, I think what the North Koreans have done has won more adherence to the importance of our having at least a limited missile defense capability in the Congress."

Work began on the missile defense installation at Fort Greely in the summer of 2002, originally planning for up to 30 anti-ballistic missiles there by 2010.

The missile defense system is designed to de-

fend the United States against intermediate- and long-range ballistic missile attacks in the mid-course phase of flight, or while they are arching in the exoatmosphere -- the region of space just outside the Earth's atmosphere.

The 54-foot-6-inch interceptors look like missiles, but no explosive warheads are attached. The main body acts as a booster vehicle to propel into space the embedded kill vehicle, a 150-pound "smart bullet" that basically steers itself into the path of the oncoming warhead, causing an explosion on impact.

Gates, a former Air Force officer who more than 40 years ago worked with nuclear missiles, was asked by a local journalist what he thought of the interceptor he'd seen in the silo here.

"You know, a missile looks like a missile," he joked. "You just make sure the pointy end is up."



Secretary of Defense Robert Gates greets Garrison Command Sgt. Major Carolyn Reynolds after arriving at Fort Greely June 1 to tour the Missile Defense Complex.

Firefighters hone skills



Photos by Bob Kimball

Firefighters ventilate the roof of Bldg. 655-A (a building scheduled for demolition) during a recent training exercise.



Photo above, a firefighter breaches the outside skin of Bldg. 655-A during the training exercise. Photo right, firefighters perform search and rescue during the training.

Fort Greely firefighters recently conducted a realistic training exercise at Bldg. 655-A. Firefighters conducted search and rescue, roof ventilation, forcible entry, wall breaching techniques, salvage and overhaul techniques as well as firefighter emergency egress through narrow openings. The training sequences were conducted under realistic conditions with the use of a building scheduled for demolition.



CSM addresses D.A.R.E. graduates

(5th graders from Fort Greely Middle School recently graduated from the Drug Abuse Resistance Education, or D.A.R.E., program classes taught by Fort Greely Police Department's Sergeant William Crabtree, Detective Harold "Sonny" Zarecki, and Darren the Lion. At the ceremony, Garrison Command Sgt. Major Carolyn Reynolds addressed the students. The following are her remarks):

Good morning teachers, parents, family, friends and most of all graduates of the D.A.R.E. program. I am deeply honored to have the opportunity to speak at your graduation today. First of all, who can tell me what D.A.R.E. stands for?

DARE stands for Drug Abuse Resistance Education. This program is designed to teach students the skills they need to avoid involvement in drugs, gangs and violence.

When I was in school, there was no such thing as the D.A.R.E. program. I wish there would have been because maybe some of my friends would be alive today. They made wrong choices and because they decided to use drugs instead of saying no, bad things happened to them ... some even died. When my daughter was in school, she went through the D.A.R.E. Program and she was really excited about everything she learned and so was I. One thing I like about D.A.R.E. is that the program does not make a choice for you (good or bad) it shows you the choices you have and encourages you to make the right choice.

I would like to take just a few moments to talk to you all today about building resiliency. Resiliency is a person's ability to be successful despite any bad circumstances which may happen throughout life. You all can be successful and accomplish anything you set out to do in life but only if you make the right choices. Every day we can turn on the TV and watch the news or read a newspaper and see how bad things happen to people when they make the wrong choice and decide to use drugs and alcohol or join gangs. People use many excuses as to why they use drugs and alcohol but there are absolutely no good reasons. There is nothing glamorous or cool about it.

Peer pressure can sometimes be a hard issue to deal with. One day you may have a friend who says to you, come on and let's smoke some cigarettes or some marijuana or come on let's drink some beer ... what

do you do? Here are some possible answers: "No thanks," No I'm not into that," No thanks I don't like how it makes people act," or "No thanks I am on the basketball or track team and I don't want to risk it."

If they continue to pressure you, you could talk to your friend using the broken record technique which is keep repeating your reasons for not wanting to drink smoke, do drugs or join a gang. Then you can try to change the subject and if that doesn't work, just ask your friend to leave your house if they are visiting you or tell them you have to go home if you are visiting them. Remove yourself from the situation. When we express ourselves, we let others know how we feel inside by making our thoughts and feelings known. Let that person know that it's not cool and you choose not to be around someone who takes up such bad habits.

Drugs, alcohol, and gangs are all bad news. I knew this girl one time that had a great job, a wonderful family, a nice car and a beautiful home. One day she chose to start using drugs and she became so addicted that she lost everything and wound up living on the street. She stole from her family and used the money to buy drugs. She was in and out of jail and eventually someone killed her. It is amazing how she was so successful for a long period of time and then lost it all in a matter of days....all because she made the wrong choices.

It is important to stay drug-free for so many reasons. It's dangerous and it's not worth losing your parent's trust, your friends, your family, your freedom and most of all your life.

Parents, you are a huge part in building resiliency. Talk to your children. Be absolutely clear that you don't want them using drugs of any kind. Explain to them the hazards of using drugs. Role-play with them and practice ways for them to refuse drugs in different situations. Listen to your children, ask questions and encourage them to make the right choices. Do not fear that by talking to them about drugs, you are putting ideas into your children's heads....believe me they already know about drugs. Parents let your children know that you love them and you do not want any type of harm to come to them.



Photo by Kent Cummins

Wesley Treybal earned a new bike for his winning D.A.R.E. essay.

No loving relationship can exist without communication. Children have valuable things to say and when a parent listens it helps build self-esteem and confidence. The most important thing to remember when talking about difficult issues like drinking, drugs and gangs is that it is not a five minute talk....it is about building an ongoing dialogue. As your children grow up, they will need more and more information so it's best to start early. Take advantage of every moment you can to discuss these issues with your children. Let them know that they can discuss anything with you and you will listen and be sensitive to their questions and concerns.

Children, be honest with your parents. Talk to them and let them know how you are feeling. Allow your parents to assist you when you are in a difficult situation. They do not mind and they are there to provide you support and guidance.

In conclusion I would like to say to remember everything you learned from the D.A.R.E. program. Do not ever forget how important it is to remain drug-free, alcohol-free and gang-free. Remember that there are good choices and there are bad choices. Which one will you choose? My guess is ... the right one! Thank you and congratulations to each of you.



**Job
Well
Done!**



Photos by Kris Bailey



Lt. Col. Chris Chronis, Garrison Commander, and Command Sgt. Major Carolyn Reynolds, Garrison Command Sergeant Major, present Certificates of Appreciation to members of Cub Scout Pack 76 Wolves during a recent awards ceremony at Gabriel Auditorium. Photo above, Scouts left to right are Aeron Mills, Patrick Cassidy, Ryan Zarecki and Ta-Bin Brown. Photo left, Scout Micah Shultz. The Cub Scouts earned the certificates, which state: "For outstanding service to the Fort Greely Community as a member of the Color Guard during National Day of Prayer. Your efforts and commitment to excellent were admired by all who attended. Your contributions have brought great credit upon yourself, Cub Scout Pack 76 Wolves, the Fort Greely Garrison and the United States Army."

Think in 'zones' for wildfire protection

The wildfire season here! When preparing property to withstand a wildfire, it's useful to think in terms of zones and consider the area as far as 200 feet from your home. In some cases this may require working with neighbors or other land owners, too.

Zone 1: Home Ignition Zone

The most critical area is your home ignition zone, which includes your home itself and the landscaping within 30 feet. Remember: windblown embers or firebrands can ignite a home while leaving the surrounding vegetation untouched or only charred. Some tips to better protect this zone include:

- ◆Clear pine needles or other woody debris from rain gutters and off the roof.
- ◆Clear all vegetation and debris from under decks and touching the foundation.

◆Be sure all eaves and attic vents are screened with a small, quarter-inch screen.

◆Move stacks of firewood away from the structure.

◆Keep vegetation in this area trimmed low, well-irrigated, and free of dead material and spaced apart to prevent a continuous path of fuel to your home.

Zone 2: Defensible Space Zone

This is the second most critical zone and includes the area from 30 to 100 feet from your home.

◆Remove dead and dying grass, shrubs and trees.

◆Reduce the density of vegetation and ladder fuels by thinning and keeping them free of dead material.

◆Replace hazardous vegetation with less flammable, irrigated landscaping, includ-

ing lawn or low growing ground cover and flowering plants.

Zone 3: Wildland Fuel Reduction Zone

In this zone, from about 100 feet and beyond, remove dense undergrowth and thin out densely-crowded smaller trees. Experts recommend keeping 10 feet of space between trees and shrubs. Mature trees should be limbed up 6 to 10 feet above the ground.

While there are many steps that can be taken to enhance the survivability of your home and property when wildfire occurs, it's important to remember that each step you take, no matter how small, can make a large difference. Multiple steps together can vastly improve the resistance to fire and subsequent losses. *(Courtesy of Fort Greely Fire Department.)*

FMWR Caribou Corner

Courtesy of FMWR Advertising



Richard Lester, Community Recreation Director, reads the Army Birthday book to the children in the CDC as part of the 2009 Army birthday celebration.

Army Birthday – 234 Years!

The Child Development Center is celebrating the Army's 234th Birthday in style with various activities happening in the CDC rooms throughout the week. There will be a celebration finale barbeque picnic on June 19 beginning at 11 a.m. hours in the parking lot of the CDC, Building 847.

Independence Day Kick-Off

This year's Independence Day Kick-Off Celebration will take place on July 2 at the Fort Greely parade field from 3 to 6 p.m. There will be a BBQ, bounce house, dunk tank, and many kids games. For the adults we will have horseshoes at the parade field and a skeet competition at the Skeet Range. Volunteers are always welcome, if you would like to help with the event please call Jessica Smith at 873-4336.

“Soldiers are entitled to the same quality of life as is afforded the society they are pledged to defend. The essence of the FMWR mission is to promote and support improved productivity, mental and physical fitness, individual growth, positive values and family well being.”

Army Community Service

On Thursday June 25, ACS will hold the following training:

Fort Greely 101

New to the Army, Fort Greely or the military way? Come to this eye opening training to help adjust to your new surroundings. Or come to find out what's available in the community. Great for first-term soldiers or DA employees. This training will be held in Gabriel Auditorium, Building 655, from 10 to 11:30 a.m. Call 873-4346 for questions or to sign up.

The Economy: how we got here and what to do.

Are you confused at all this economic talk on why or if we are in a recession? Connect the dots to the economic news and know what you can do to understand and weather this situation. Afterwards, if you would like some FREE one on one financial counseling, you can make an appointment. This training will be held in Gabriel Auditorium, Building 655, from 11:30 a.m. to 12:30 p.m. Call 873-2479 for questions or to sign up.



Robin Fellman, Fitness Center Manager, prepares to toss a candy filled baseball piñata to an excited crowd of Greely youth during the 2008 Fourth of July celebration.