



Fort Greely main cantonment area

Welcome To Fort Greely Alaska

Emergency Services

EMERGENCY: CALL 911

- If calling from a commercial phone on Fort Greely, the 911 call will go directly to the Fort Greely emergency dispatch center. Tell the dispatcher the nature of your emergency and your location. Stay on the line until directed otherwise by the dispatcher.
- If calling from a cellular phone on Fort Greely, the 911 call goes to the North Pole/Fairbanks regional emergency dispatch center. You must tell the dispatch that you are located on Fort Greely; North Pole will transfer your call the Fort Greely dispatch center. Tell the dispatcher the nature of your emergency and your location. Stay on the line until directed otherwise by the dispatcher.

- If you are calling from a commercial or cellular phone at an off-post location in Delta Junction area, the 911 call will go to North Pole/Fairbanks regional emergency dispatch center. Tell the dispatcher the nature of your emergency and your location. Stay on the line until directed otherwise by the dispatcher.

- **911 Hang-ups:** If you inadvertently dial 911, **DO NOT** hang up the phone; wait for the dispatch center to answer the phone and explain the dispatcher that you mistakenly dialed 911. The 911 system has caller/location ID; the dispatcher will attempt to contact you, and will dispatch emergency services if unable to do so.

Fort Greely Fire Department

Building 504, First Street
Emergency calls dial 911
Fire Chief: 873-4625
Fire Inspector: 873-3471
Central Dispatch: 873-FIRE (3473)

Fort Greely Fire and Emergency Services responds to all fire and medical emergencies on Fort Greely. Medical emergencies are transported to the Delta Medical Clinic for medical treatment, if required. The closest full service hospitals are at Fort Wainwright and Fairbanks Memorial Hospital.

Fort Greely Police Department

Building 663, First Street
Emergency calls: 911
Central Dispatch: 873-COPS (2677)

Police Desk: 873-9135
Police Operations: 873-9127

Family Medical Center

Tel. 895-5100
Mon – Thu: 8 am – 10 pm
Fri: 8 am – noon

Delta Family Medical Center provides family practice medicine in adult, adolescent, pediatrics, gynecology, & limited obstetrics and is operated by Raymond Andreassen, D.O.

Crossroads Family Dentistry

2465 Rapids St
Delta Junction, AK

Mon-Fri: 7:15 am -6 pm (most weeks)
Tel. 895-4274

Delta Veterinary Services

Tel. 907-895-5060
1771 Richardson Highway

Mon – Fri: 8 am-5 pm; closed 1-3 pm
Dr. Clinit Crusberg

Alaska State Troopers

Emergency calls: 911
Tel. 907-895-4800
Preserve public peace; protect life, property, and wildlife resources. Perform criminal, traffic, and wildlife enforcement patrols and investigations.

- Manage and perform search and rescues (SAR).

- Transport prisoners.
- Provide support to rural law enforcement entities.
- Conduct public education in safety and injury prevention.

WELCOME!

We hope this handbook will ease your transition to Fort Greely and help you enjoy your new home in Interior Alaska. This guide will help answer many of the questions you have about our community.

Fort Greely is an incredible place to work, live and play. The area is full of exciting adventures waiting for you to enjoy! Just stepping out into your front yard can lead to an encounter with the local wildlife, such as moose or fox.

Alaska's natural beauty surrounds us, whether it is a snow-capped mountain or the Northern Lights dancing across the night sky.

We hope you find the Fort Greely and Delta Junction communities to be the "Friendly Frontier," as it is known to visitors and locals alike. The time you spend here will turn to fond memories and life-long friends.

Once again, on behalf of Fort Greely and the Delta Junction community, "Welcome to the Interior of Alaska"!



A handwritten signature in black ink, appearing to read "Chris W. Chronis".

CHRIS W. CHRONIS
LTC, AV
Commanding

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Chapter 1: Introduction to Fort Greely



History of Fort Greely

Fort Greely was established as the Army Air Corps Station 17, Alaskan Wing, of the Air Transportation Command in 1942. It served as a refueling point for aircraft sent to the Soviet Union (now Russia) under the Lend-Lease Program.

After World War II, it was immediately placed in an inactive status. However, it was maintained by the Civil Aeronautics Authority for civilian use.

In 1948, the air station was reactivated as the United States Troops, Big Delta Alaska and was the home of the Army Arctic Training Center. It was designated as Fort Greely in 1955 in honor of Major General Aldolphus Washington Greely, after the inactivation of the original Fort Greely in Kodiak, Alaska.

Fort Greely has a proud history. Because of its location and environment, it has been the site for cold-weather training and testing of operations and equipment through the past half century. Until the late 1990's, its primary tenant units included the Cold Regions Test Center and the Northern Warfare Training Center.

In 1995, Fort Greely underwent Base Realignment and Closure (BRAC). Most of the lands associated with Fort Greely were transferred to the operational control of US Army Alaska.

In 2001, Fort Greely was partially removed from the BRAC list, in order to support the nation's strategic objective of missile defense. Today, Fort Greely proudly serves as the primary support base for a host of tenants that support the Ground-based Midcourse Defense (GMD) initiative.

Delta Junction: A Short Introduction

Delta Junction, known as the end of the Alaska Highway, is the nearest town about 5 miles north of Fort Greely. The name "Big Delta", as it is currently used, refers to the residential and farming community located near where the Delta River joins the Tanana River, about nine miles north of Delta Junction.

Delta Junction, once called Buffalo Center, is the city itself. Its city limits encompass about an eight-mile radius and a population of about a thousand people. The area surrounding it is called Deltana, and there are other various outlying areas. The

Clearwater area is located about 10 miles east of Delta Junction, and the Agricultural Project is even further east, where thousands of acres are farmed. The Tanana Loop area is also farmland.

The early history of Delta Junction is tied to the Richardson Highway from the days of the Yukon Gold Rush in the 1890's. The highway was built over a trail from the port of Valdez to Eagle on the Yukon River, so that Americans would not have to pass through Canada to reach the gold camps in the middle Yukon River area.

Chapter 2: Fort Greely Facilities and Services

AAFES Gas Pump (Bldg. 602)

Self-Serve, 24 hours daily

Four pump stations dispense unleaded regular gas and diesel fuel. The pumps accept Visa, Master credit and debit cards.

AAFES Shoppette (Bldg. 601)

Mon – Friday: 9 am – 8 pm (subject to change)

Saturday: 10 am – 8 pm (subject to change)

Sun: 11 am – 5 pm

Tel. 869-3293

Shopping at the Fort Greely Shoppette is authorized only to personnel on active duty, retired, reserved military, DoD civilians and contractors (with limitations). The Shoppette sells clothing items, house wares, CD's, DVD's, movie rentals

electronics, alcoholic beverages, snack and other food items, and small gifts. Products sold at AAFES stores at Eielson Air Force Base and Fort Wainwright may be ordered and picked up at the Shoppette.



Commissary, Shoppette, and Post Office, Bldg 601

Army Substance Abuse Program (ASAP) (Bldg. 702)

Mon-Fri: 0730-1630

Tel 873-3353

The Army Substance Abuse Program (ASAP) offers services to promote and support a healthy, drug free lifestyle through: Prevention/Education assistance to individuals or units, Civilian Employee Assistance Program (EAP), and referral services for substance abuse related problems for soldiers, DOD civilians, retirees and family members.

An adjunct program Adolescent Substance Abuse Counseling Services (ASACS) specifically designed for teens, ages 12-18, is also available via Fort Wainwright. Services provided by ASACS and the EAP are confidential.

Barber/Beauty Shop (Bldg. 601)

Tel. 863-9888

Walk-ins and by appointment

Barbershop

Thu, 12 – 5 pm

Sat, 10 am -4 pm

Beauty Shop

Tue, Wed, Fri: 10 am-4 pm

Perms, relaxers, coloring, haircuts

Chapel (Bldg. 845)

Phone: 873-2476

Fort Greely Bldg 845

PO Box 31009

Fort Greely, AK 99731

Fax 907-873-2477

Sundays

11:00 Worship Service

11:15 Children's Sunday School (Ages 4 years to 6th Grade)**Wednesdays** (twice monthly: call for dates)

12:15 Catholic Mass

SERVICE SUPPORT AREAS

- Command and Staff Advisor
- Religious Services
- Rites, Sacraments, & Ordinances
- Religious Education
- Pastoral Care/Counseling
- Family Life Ministry
- Family Readiness Advisor
- Community Religious Liaison
- Professional Staff Development
- Spiritual Growth
- Relationship Skills Training
- Youth Program

Commissary (Bldg 601)

Tuesday: 10 am – 7 pm

Wed – Fri: 10 am – 6 pm

Saturday: 10 am – 4 pm

Closed: Sun – Mon

Tel. 873-4404

Only personnel on active duty, retired, reserve military members and DoD civilian employees and their family members are authorized to shop at the Fort Greely commissary.

Dining Places

The Ballistic Bistro

(Dining Facility-DFAC)

Bldg. 661

Tel. 869-3100

Breakfast: 6 am-8:30 am, \$2.00

Lunch: 11:30 am – 1:00 pm, \$3.65

Dinner: 5:00 pm – 6:30 pm, \$3.65

The Bistro is open to all military and family members, DoD civilian and contract employees. Any question about food service can be directed to Jim Dellwo, Food Service Officer Fort Greely, e-mail: jim.dellwo@us.army.mil.

The Coffee Shoppe

Bldg. 602 on Arctic Road, next to AAFES

Gas Pumps

Tel. 869-3200

Weekdays: 6 am - 4:30 pm

Saturdays: 8 am – 2 pm, Closed Sundays

Hot and cold beverages, including specialty coffees and smoothies. Soups, sandwiches and pre-cooked microwavable items.



Sideline Sports Bar (MWR)

Building 661

Hours: Mon-Thu 1600-2300 Fri & Sat
1600-0100

Tel. 907-869-3120

Located adjacent to The Bistro Dining Facility, the Sideline Sports bar offers drinks and snacks, as well as your favorite sports programs presented on the big screen TV. Or challenge your friends to a game of foosball or electronic football.

Emergency Services (Directorate of Emergency Services (DES))

Bldg 663, First Street.

The Fort Greely Directorate of Emergency Services (DES) is located in the basement of building 663, across the street from the gym, with access through the entrance on south end of the building. The Directorate of Emergency Services (DES) encompasses

three separate divisions and one special staff function: Fire and Emergency Services Division, Law Enforcement Division, Support Services Division, and Physical Security. The following public services are provided by these divisions.



Fire and Emergency Services (F&ES) Division

F&ES provides structural and wildland firefighting, aircraft rescue, fire prevention

and education, HAZMAT response, and emergency medical services.

Fort Greely Fire Department

Building 504, First Street
Emergency calls dial 911
Fire Chief: 873-4625
Fire Inspector: 873-3471
Central Dispatch: 873-FIRE (3473)

Law Enforcement Division (LED)

LED provides law enforcement and installation security operations, traffic enforcement and accident investigation, criminal investigation, vehicle & weapons registration, and ID card

services for the Fort Greely Community. Excerpts from Fort Greely Regulation 190-5, Motor Vehicle Traffic Supervision, are provided in Chapter 3.

Common Access Card (CAC) & DoD ID Card Services

Visitor Center, Building 556, Big Delta Avenue (Main Gate)

Tue & Thu, 1 pm- 3 pm (by appt only)
Tel. 873-3662

Traffic Enforcement

Building 663, First Street
Emergency calls dial 911
Business calls 873-9146/9134

Criminal Investigations

Building 663, First Street
Business calls
873-9129

Vehicle Registration (Visitor Center at Main Gate, Building 556, Big Delta Avenue)

Mon – Fri: 6 am – 3:30 pm

Tel. 873-3663

- Valid state vehicle registration (Alaska registration required for non-service members)
- Valid proof of Insurance
- Valid state drivers license
- Common Access Card, and/or Dependant ID required for permanent party, civilian employees and military retirees
- E4 and below must have a completed vehicle checkride checklist (conducted by unit)
- All permanent party personnel and employees on Fort Greely must register their privately owned vehicles within 7 working days of arrival on post.

Weapons Registration (Visitor Center at Main Gate, Building 556, Big Delta Avenue)

Mon – Fri: 6 am – 3:30 pm

Tel. 873-3663

Privately owned weapons (POW) are allowed on post by personnel who reside on Fort Greely. All privately owned weapons being stored in quarters must be registered within 48 hours (two working days) of purchase or of the weapon being brought onto the installation. (Special provisions will be established at a later date for those personnel in the local community bringing privately owned weapons onto Fort Greely solely to utilize the installation skeet range.) Installation policy mandates that a copy of the registration be maintained with the weapon(s) at all times. When transporting weapons, personnel are required to travel by the most direct route to

and from the main gate and the skeet range or to the skeet range from quarters and return. Weapons and ammunition must be stored separately and out of arm's reach while being transported on the installation. Weapons are not allowed to be stored in privately owned vehicles or office areas while visiting or during work on the installation. There is no hunting permitted on Fort Greely.

Documents required for weapons registration: Common Access Card, military ID card, and/or Dependant ID required for permanent party, civilian employees and military retirees.

Support Services Division (SSD)

Building 663, 1 First Street

Plans 873-4060

Supply 873-9132

Administration 873-9160

Training 873-9127

SSD consists of the following functional areas: emergency response plans, supply, training, administration and police records, and the emergency dispatch. All requests for military police and traffic accident related reports occurring on the installation are processed through administration and police records.

Physical Security (PS)

Building 501, Big Delta Avenue

Mon – Fri: 7:30 am -4:30 pm

Tel. 873-9130

PS is responsible for developing and implementing plans and procedures for securing government equipment, property,

and facilities from the threat of sabotage, theft and pilferage, and the systematic protection of soldiers, civilians, contractors, and family members who live, work, and train at Fort Greely from the threat of terrorism.

Family Assistance Coordinator (FAC)

Chapel Annex, Bldg 845

Tel. 873-2482

Mon-Fri, 9 am – 1 pm

The Family Assistance Center (FAC) is primarily a resource and referral service. Our primary services include the following: Crisis referral, TRICARE and Military Benefits

Housing Office (Bldg 801)

Tel. 873-0015

Mon-Fri: 7 am – 8 pm (Alaska Standard Time)

Sat-Sun: 8 am – 6 pm (Alaska Standard Time)

Chapter 4 has more information for new arrivals, with excerpts from the Family Housing Office's *Resident's Handbook*.

All soldiers are required to process through the Family Housing Office. If you have family members, you will receive a housing application and be given an appointment for in-processing. Anyone moving on base will need to call Transportation/Household Goods at 873-3042.

Information, Emergency Financial Assistance, Mobilization and Deployment Training and various other training.

All soldiers on Fort Greely who elect to serve "with family members" tours, are eligible to live in family quarters. Government quarters are generally apartment-style, two-story frame buildings with full basements. Many of the housing units have garages. Quarters are either three or four- bedroom units with basements. The doors, stairs and hallways of family quarters will not accommodate oversized furniture or large freezers.

ICE: Interactive Customer Evaluation



Fort Greely's Interactive Customer Evaluation (ICE) system is helping to shape the future of customer service through technology. The primary purpose of ICE, a web-based customer feedback system, is to improve Fort Greely's customer service. Since its inception in 1998, ICE has had many upgrades to make it more user-friendly and a better feedback system. Some of the key benefits of ICE include giving leadership timely information about service quality; improving the speed, quality, and quantity of feedback from Fort Greely customers to Fort Greely service providers; and saving money.

ICE allows customers to comment on service received and get a prompt response. Customers must provide their name, telephone number, and/or email address to get a response. Managers will use the feedback to continuously review, improve, and provide the highest quality service possible.

All maintenance and management of facilities, quality of life, as well as other services on Fort Greely can and will be evaluated using the ICE system. This is a work in progress; as more services and service provider managers are identified, they will be added into the database. Please let me know if additions need to be made, or anything else that might need to be updated.

Customers can visit ICE at <http://ice.disa.mil> to share comments. If further assistance is needed, the FGA Customer Service Liaison/ICE Site Manger, Wally Leavitt, can be reached Monday through Friday during normal business hours at 873-5035 or at wally.leavitt@greely.army.mil.

How does ICE work?

As a tool for the customer:

- Customers can forward their comments directly to the Service Provider Manager.
- Customers don't have to worry about the comment cards getting "lost."
- Customers can remain anonymous if they choose, or they can give their contact information and be assured of getting a response.
- Customers can send comments using any PC.

As a tool for the Service Provider:

- Comment cards are sent directly to the manager's email.
- Service Providers can determine where improvements are needed in their facility.
- Service Providers can tailor comment cards to their specific needs, add additional questions, and answer customer concerns.
- Post answers to Frequently Asked Questions

(FAQs), answer anonymous comments and list upcoming events.

Lending Closet (See Chapter 4 entry under Self Help Store)

Bldg 601

Tel. 873-3144

Mon, Wed, Fri 1200-1500 Hrs

Lodgings Office

(Military personnel: see also entry for Housing Office above)

Bldg 801, basement

Mon-Fri 7 am-8 pm

Sat-Sun 8 am- 6pm

Reservations: Tel. (907) 873-0015

After Hours Billeting

Holidays and after-hours

Production Control, tel. (907) 869-3000

Bldg 601 (back side of commissary)

- Reservations can be made only during lodging office hours, Alaska time.
- The Lodgings office serves both transient and permanent personnel living on Fort Greely.

Military and civilian personnel on PCS or TDY orders can make reservations during Lodgings Office business hours, Alaska time. Contractor



Fort Greely's housing/lodging office is in the basement of Bldg. 801.

personnel reservations must be made by their Fort Greely sponsors.

Rate is \$79 a night for all lodgers. Rooms consist of 19 one and two-bedroom units located in Bldg 702.

Lodging procedures and rules are in accordance with AR 210-50.

Medical

EMERGENCY: LIFE THREATENING--CALL 911

If on Fort Greely, your 911 call goes to post emergency dispatch.

If off-post in Delta Junction area, your 911 call goes to Fairbanks emergency dispatch linked to local emergency service providers.

Garrison Aid Station

(Military Personnel Only)

Bldg 661, 1st Floor, S Wing

Tel. (907) 873-4977

ACUTE/CHRONIC

1. Sign-In 0700-0730 hrs
2. DA 689 (sick call slip) in hand and signed
3. Uniform APFU

Fort Wainwright

Emergency Room: (907) 353-5143/5144
Appointment Hotline: (907) 353-4000
Toll Free: (800) 626-7454

Delta Junction (Family Medical Center)

(907) 895-5100
(907) 895- 5100

DENTAL

Fort Wainwright

Hospital Clinic: (907) 353-5135
Kamish Clinic: (907) 353-2917

Delta Junction (Crossroads Dental)

(907) 895-4274

Family Medical Center

(see Chapter 4: Delta Community for more information)

Front Desk: (907) 895-5100
Dispensary: (907) 895-5109

Mailing Options

Post Office (Bldg 601)

Hours – Lobby is open daily, 24 hours.
Service Window: Mon – Sat, 11 am – 2:30 pm
Tel.: 869-3220

The Fort Greely U.S. Postal Service (USPS) Contract Post Office is located at 601 1st Street, in the same building as the Shoppette and Commissary. The lobby is open 24 hours a day for unlimited access to post office boxes. Post office window hours are Monday through Saturday, 11 am to 2:30 pm, except on federal holidays.

The Fort Greely Contract Post Office provides a full range of mailing services that are found at a regular USPS post office. USPS customers can also use credit and debit cards for postal services and products.

Incoming mail is delivered daily by truck to Fort Greely by 8 am. Express mail is processed immediately. Priority and first class mail are required to be placed in the post office boxes by noon. Other classes of mail, such as catalogs, bulk mailings, etc. may be placed in the mail boxes later during that day, except during the holiday season, when mail is unusually heavy.

Outgoing mail is picked up daily after 1:45 pm. To ensure your mail items go out the same day, items should be in the outgoing mail receptacles no later than 1:30 pm.

Alaska's long land and air transportation routes affect all classes of USPS mail. USPS patrons should not expect the normal recommended three-day priority delivery time. The only mail with guaranteed delivery is express mail. More

information about USPS rates and services is available at www.usps.com.

For questions, comments and suggestions, call Fort Greely Postmaster Sue Hottinger, 869-3220.

Other Delivery Service Options

Those new to Fort Greely and Delta Junction should note that the private national shippers like DHL, Airborne and FedEx have only limited private delivery service in Alaska. Packages from the other 49 states destined for Fort Greely, Alaska are air-shipped only to Anchorage. From there, they are delivered to

the USPS mail distribution center and trucked by USPS to Fairbanks and then to Delta Junction Post Office. You must have a mailing address registered with the Delta Junction Post Office (not Fort Greely's) to pick up mail there. Only United Parcel Service (UPS) trucks its own packages to Delta Junction, via Fairbanks.

MWR Facilities and Programs

Bldg 655 (Gabriel Auditorium)

Mon-Fri: 7 am – 3:30 pm

Tel. 873-5662 / 4200

Auto Crafts Shop (Bldg 626)

Tel. 873-3139

Fax 873-5663

Tue- Sat, 11 am – 7 pm

The auto hobby shop has a hydraulic lift available by appointment to do oil changes and other do-it-yourself auto maintenance.

Child Development Center (Bldg 847)

South of the Chapel)

Tel. 873-4599



Child Development Center (CDC) Bldg 847

Child and Youth Services (CYS) is an employer-sponsored program. Like many American families, military families require daily child care. Unlike most American families, military families have unique work requirements that affect their need for child

care services and programs for youth when school is not in session.

For your convenience, registration for all CYS programs is handled at the reception desk at CDC in Building 847. All necessary forms will be provided upon registration. However, at the

time of enrollment the following must be presented to our clerks:

- Your child's current immunization.
- Your child's shot record.
- For children over 12 months old, the results of the last tuberculin (TB) skin test.

The TB test must be current within the six months of initial registration.

- A current LES and/or pay stub (this will be helpful when filling out forms).

Education Services Office

Tel. 873-2485

Building 845 (Chapel offices)

Mon – Fri: 7 am – 3:30 pm

Bruce Grossmann, Fort Greely's education counselor assists *military personnel* with education support and career counseling. Services are also available to Department of Defense employees, military family members, retired military, and other authorized employees serving on Fort Greely.

The education counselor helps students determine their educational needs and refers them to the proper *agency or* school or college to complete their personal and professional educational goals. The education counselor also serves as a proctor during scheduled exams.

The education counselor can help you:

- Clarify your educational and career goals
 - Develop an education plan
- Review your previous transcripts for transferable credit
- Select classes to fulfill your degree or certificate program

- Show you how to transfer to other college or university programs
- Interpret the results of college placement tools
- Explore your career goals - with your interests, skills, and personality in mind
- Refer you to college and community resources that will help you succeed
- Plan strategies for your educational success

HELPFUL EDUCATION WEBSITES

www.virtualarmory.com (ARNG education & ESC services)

www.GoArmyEd.com (Info on tuition assistance (TA)and eArmyU)

www.GIBILL.va.gov (Info on VA education benefits)

www.dantes.doded.mil (TTT, Spouse to Teachers, publications, etc.)

www.military.com (another guide to GI Bill & VA programs)

Family Assistance Coordinator (Bldg 655)

MWR –Gabriel Auditorium office

Cell tel. 907-590-4415

The Family Assistance Coordinator provides resources and referral services to ACS for military members and their families.

Equipment Rental (Bldg 627)

Tel. 590-0016

Fax 873-5663

Mon, Thu, Fri, Sun – 11 am-7:30 pm

Sat – 8 am-4:30 pm

If you want to experience the great outdoors in Alaska, the MWR Equipment Rental is the place to get started. Available for use are: ATVs, snowmobiles, campers, boats/motors,

tents, skis, snowboards, sleds, snowshoes, along with other sporting goods to meet your needs.

Fitness Center (Bldg 503)

Gym Tel. 873-2696

Pool Tel. 873-5665

Fax 873-5663

Gym Hours: Mon-Fri, 5:30 am-10 pm

Sat-Sun: 9 am -7 pm

Pool Hours: Mon-Fri, noon-8 pm

Sat-Sun: 10 am – 6 pm

Gym Features: Men's and women's locker rooms, with sauna & steam rooms, three racquetball courts, basketball courts, outdoor tennis courts, weight room, rowing machines, treadmills, and tanning booths.

Pool Features: Olympic-sized heated pool with diving board (low). Swimming lessons, kick boards, goggles and other pool toys are available.

Outdoor Recreation Programs

Building 655

Tel. 873-5662 (weekdays, 7 am – 3 pm)

After hours, weekends, 590-0016

See entry for "Equipment Rental"

Swimming Pool

See above entry for **Gym**

Skeet Range (Bldg 649)

Available by appointment only for groups of five or more people

Tel. 873-5662

Woodshop

Bldg 650

Thu - Mon: 11 am – 7 pm

Tel. 873-3140

Fax 873-5663

The Woodshop offers a full line of hand tools and powered instruments to help you make furniture, wood carvings and other decorative items.

PUBLIC AFFAIRS

Bldg 501

Tel. 873-4604

Mon-Fri: 7:30 am – 4:30 pm

The public affairs office publishes *The Interceptor*, a newsletter for Fort Greely's garrison, tenant activities and their family members. It is distributed mostly by email, but copies are available at the post office, and other public areas on the garrison.

The public affairs office also maintains the electronic marquee on the tower near Building 501 (garrison headquarters), posting short notices of interest to the Fort Greely community.

TRANSPORTATION

(Household Goods)

Tel. 873-3042

Cell 907-590-9541

Fax 873-3043

Email james.stephens@greely.army.mil

Mon, Wed, Fri: 7 - 11:30 am, 3 – 3:30 pm

Tue & Thur: 7 am – 3:30 pm

VISITORS CENTER

(See entry under Emergency Services)

Tel. 873-3662

Fax. 873-3205

Chapter 3: Delta Junction Community

Employment

Delta Job Center

State Department of Labor
Alaska Employment Centers
Tel. 907-895-3216

Email - deltaj_aes@labor.state.ak.us
<http://www.jobs.state.ak.us/akjb>

Delta Mine Training Center

Tel. 907-895-2041

<http://www.dmtcalaska.org>

Other Employment Websites

US Army: <http://cpol.army.mil>

Boeing:
<http://www.boeing.com/employment>

Chugach/Alutiiq Joint Venture:
<http://jobs.chugach-ak.com>

Delta Junction:
<http://www.deltanewsweb.com>

Missile Defense Agency:
<http://www.acq.osd.mil/mda/mdalink/html/employment.html>

Delta-Greely School District:
<http://www.dgsd.k12.ak.us>



The green and white directional sign for the Family Medical Clinic is on the right side of Richardson Highway past the IGA store in Delta Junction, as you head north towards Fairbanks.

Medical

Family Medical Center

One block west off Richardson Highway,
north of IGA Store
HC 60 BOX #4860
Delta Junction, AK 99737-9973
Front Desk: (907) 895-5100
Dispensary: (907) 895-5109
Fax: (907) 895-5133
Mon-Thu: 8:15 am – 6 pm
Fri: 8:15 am – 12 noon
**HOLIDAY/ WEEKEND AND AFTER
HOURS**

Family Medical Center phone is forwarded to Fairbanks operator and will contact the local **ON-CALL** provider and return your call. If **URGENT**, answering service is able to patch your call through the local ON-CALL provider.

(NOTE: Operators are not medical personnel and are not qualified to triage a patient. Request for On Call provider to return your call.)

After treatment, **REQUEST COPIES OF TREATMENT.**

Crossroads Family Dentistry

2465 Rapids St
Delta Junction, AK

Tel. 895-4274

Fax 895-4276

Mon-Fri: 7:15 am -6 pm (most weeks)

Delta Junction Public Health Center

Mon-Fri: 8:30-4:30, closed 12-1 pm
HOURS SUBJECT TO CHANGE

WITHOUT NOTICE

Tel. (907) 895-4291 / 4292

Fax: (907) 895-4264

Appointments are recommended
Jarvis Office Center, Rm 210, next to
State Troopers Office
Janice Templin-Weller, PHN
Rachelle Hill, PHN



The State of Alaska's regional public health center is located in the Jarvis Center on the Alaska Highway.

If the Delta Public Health Nurse is not available, call the Fairbanks Regional Public Health Center at 1-800-478-1777

Fee for Service on a Sliding Scale for Adult Services/ No one is denied if unable to pay. Services provided for Delta Junction, Ft. Greely, Dot Lake and Healy Lake

AVAILABLE SERVICES:

- Well Child Screenings – Immunizations
- Growth/Development Screenings & Counseling
- Iron Level Checks - WIC Referrals
- Vision and Hearing Screening
- Tuberculosis Screening
- Blood Pressure Screening
- Adult Immunizations – Td, Flu and Pneumonia
- Vaccination Information on Adult Hepatitis A & B
- STD Screening & Treatment
- HIV Counseling and Referral
- Pregnancy Testing - Prenatal Counseling
- Family Planning Counseling & Supplies for qualifying clients
- Emergency Contraception Available
- Home Visits for Children and Elders
- Health Education
- Medicaid Travel Assistance
- Assistance with Community Resources

Motor Vehicle License
State Dept of Motor Vehicles (DMV)
Delta Junction Office
 (Jarvis Building)
 Mi 1420 Alaska Highway
 Tel. 895-4424
<http://www.state.ak.us/dmv>
 Tues-Fri, 1 pm – 6 pm
 Sat: 12 pm – 5 pm

New residents have 90 days to get their vehicles registered. More information can be found on their website at

Schools

Delta/ Greely School District

P.O. Box 527
 Delta Junction, Alaska 99737
 Phone (907) 895-4658
 FAX (907) 895-4246
<http://www.dgsd.k12.ak.us/>

Delta Elementary School

Grades K-5
 Phone (907) 895-4696
 Email: shill@dgsd.k12.ak.us

Fort Greely Middle School

Grades 6-8
 Phone (907) 869-3105
 Email: bschaffer@dgsd.k12.ak.us

Delta High School

Grades 9-12
 Phone (907) 895-4460
 Email: rschug@dgsd.k12.ak.us

New Horizons High School

Phone (907) 895-4655
 Email: ljackson@dgsd.k12.ak.us



Delta Correspondence School

Phone (907) 895-4655
 Email: ljackson@dgsd.k12.ak.us

Delta Cyber School

Phone (907) 895-1043
 Email: pkrepele@dgsd.k12.ak.us

Chapter 4: Family Housing Information



Fort Greely Long-Term Housing

Residents' Responsibilities

(excerpted from *Resident's Hand Book Fort Greely*, Family Housing, 2005)

To maintain your quarters as a prudent resident, report any needed repairs (which are not resident Self-Help repairs) to the Service Order Desk as soon as possible.

To advise the Housing Office of any extended absences (over four days) and to provide a point of contact.

To advise the Housing Office of any guest who will be residing in your quarters in excess of 30 days.

To update the Housing Office with changes in rank, DEROS, number of dependents, phone numbers and assigned duty units, and deployments over 30 days.

Summer responsibilities. Residents are responsible for maintaining their yards halfway to the adjacent building. This includes policing any garbage, picking up pet feces on a daily basis, timely cutting and trimming of shrubs, edging along your sidewalks; watering, fertilizing and pruning your yard, bushes and trees.

- If a tree appears to be dying or if you notice an infestation of bugs in your yard or on your

plants, call the Service Order Desk at 869-3000.

- Vegetable gardens are not authorized in housing areas.
- No major POV repairs may be done in the housing areas. Vehicles will not be left on block, stands, or any other form of support other than the tires. Please use the Auto Craft Shop for these activities.

Winter responsibilities. Residents are responsible for the removal of snow and ice from building signage, steps, porches, driveways, and sidewalks in the front and rear of their quarters to a point halfway to adjoining quarters/building. This must be accomplished within 24 hours of snowfall. Police your pet's feces daily, or you will have a not so nice "surprise" in the spring.

Ice melt is available through Self-Help. Remove snow from the sidewalk prior to sprinkling the ice melt. Do not expect ice melt to melt the snow so you do not have to shovel.

Residents living adjacent to fire hydrants are responsible for shoveling the snow three feet around the hydrant, to include a two-foot wide path from to hydrant to the nearest street.

Housing Repairs

Tel. 869-3000

Bldg 601 (Chugach Production)

Only bona fide emergencies are responded to after duty hours so please do not wait until then to call in a service order. Once you call in a service order,

please ensure that a responsible adult (18 years or older) is home so the maintenance personnel can do their work.

Self Help Store

Bldg 601, east side (back of Commissary building)
Store Hours: Mon, Wed, Fri, 12 -3 pm

Occupancy of government quarters carries with it a responsibility for some self-reliance, by doing “handyman” type work that would be done by a prudent homeowner to conserve funds and to preserve the individual premises. Caring for

your Army “home” is a cooperative effort amongst you, other residents and the maintenance workers. When necessary, major repair work will be accomplished for you by a skilled craftsman.

Furniture moving/Warehouse

by appointment only: Mon – Fri 7:30 am – 11:30 am
Tel. 873-3144 or 873-3042

Pets

The Resident’s Handbook can serve as an occupant’s first warning of noncompliance with the post’s pet policy (Installation Policy Memorandum #19: Pet Owners Responsibilities and the “Rules and Sanitation Requirements for Housing Pets on Fort Greely”).

Residents can have up to, but no more than two pets per household. Pets are not authorized in unaccompanied personnel housing (UPH). Undomesticated animals (i.e. snakes, rabbits, reptiles, spiders, etc.) are not allowed in government quarters.

Animals must be kept under control at all times and will not be allowed to become a nuisance or menace to other persons, animals or property. Common use areas (i.e. parks, playgrounds, open fields, etc) are off limits to animals.

Leashes for walking your pets should not exceed six feet in length. When walking your pet, a flex leash may be used. When coming upon other

persons, the flex leash must be retracted so it is not longer than six feet in length.

Cats will not be allowed to roam freely. Cats may be let outside only if maintained on a leash or tether and under direct supervision of a responsible adult.

Pets will not be tethered to any part of buildings or landscaping, to include electrical services, water faucets, porch railing or chain link fences. Leashes to tether your pet in your yard should not exceed 10 feet in length.

Owners should have a contingency plan for pet care in the event of deployment, field exercise or vacation. Animals will not be left unattended in housing.

Owners who wish their dogs to remain outside on a continual basis during winter must have their dogs examined by the Veterinarian who will issue a Winter Health Certificate. Cats should remain indoors during winter.

Home Business

If you are planning to operate a home-based business from your government quarters, you must first contact the Legal Office, 873-0420, to determine the proper procedures for your business. Home-based businesses must be in compliance with AR 210-7 and AR 210-50, Chapter 3-24 and 25. These businesses may include the following: craft items for resale, AVON, Government Quarters Cleaning Teams, Tupperware, Discovery Toys, Childcare, etc.

Businesses that create environmental or maintenance problems/concerns, i.e., pet grooming, beauty shops, pottery making, woodworking, will have permissions denied and may be financially liable for damage caused.

Care should be taken to ensure that home businesses do not create neighborhood, environmental or energy nuisances.

Weapons

All personnel (military, civilian or family members) living on post are required to register their weapons at the Visitor Center in Building 556 (front gate), tel. 873-3663, within 48 hours or two working days of arrival on Fort Greely.

Weapons are not allowed to be stored in privately owned vehicles or office areas while visiting or during work on the installation. Military personnel

are not allowed to store weapons in the barracks area.

Ammunition loading. If you wish to set up a reloading area in your home, contact the Fire Department, 873-3473, and the Safety Office, 873-5031, for guidance and inspection of the area to be used. A permit must be obtained from the Fire Department and posted in your reloading area.

Recreational Vehicles

Recreational vehicles (motor homes, towed travel trailers, off-road terrain vehicles, canoes, boats, truck campers, truck canopies, snow vehicles and any type of trailer) will be parked in the Recreational Vehicle (RV) Storage Lot and not parked in the housing area. The RV Storage Lot is located on First Street, north of Building 514.

Recreational vehicles are only allowed in Family Housing area for a period of time not exceeding 24

hours for trip/recreation preparation. The only exception is if special permission has been received from the Fort Greely Garrison Commander's Office. Contact the Police Desk, Building 663 basement, at 873-2677 for more information.

Refer to Fort Greely Installation Policy Memorandum #11, Recreational Vehicle (RV) Storage Lot.

Vehicles

All privately owned vehicles (POV) must be registered at the Visitor Center located in Building 556 (front gate), tel. 873-3663.

Speed limits. Slow down to 10 MPH when passing troops in formation, 15 MPH in housing street areas, and 5 MPH in parking/driveways within housing areas.

Winter Reminders

As the cold weather moves in and the winter months get closer there are a few things to keep in mind and adhere to as a resident on Fort Greely.

All air conditioners and aluminum foil need to be removed from the windows. Removing air conditioners will allow windows to close properly and eliminate the cold air from coming in. If aluminum foil remain on windows, the moisture will build up and the foil will freeze onto the window. The moisture and water behind aluminum foil create nice places for mold to begin growing. Housing occupants are responsible to make every effort to keep window sills dry.

Every housing unit should have a "red light". This light needs to be affixed to a window facing the street. The plug needs to be in an outlet on an inside wall. The temperature control should be set to be 55°. This light comes on when the temperature in a unit falls below 55 degrees, warning housing maintenance personnel that a mechanical/heating problem may exist.

Residents have the responsibility to remove the window screens and install the storm windows. Storm windows are those that add additional protection to prevent the cold air from coming into the home. Storage location for window screens is the basement of each home. The storm windows are/should be located in the basement. If you do not have storm windows contact the Housing Manager, Joyce Bendell, 873-4658.

When you leave your home, ensure that all windows are closed. A good practice when you open windows is to set a timer for 15 minutes. When the timer sounds close the windows.

If you have a garage do not leave the overhead or walk-thru door open. Many of the garages are heated. If doors are left open, the pipes will freeze. When pipes freeze there is a tendency for breaks and leaks. At temperatures below zero, the pipes could freeze very quickly.

Disconnect outside garden hoses and store in the garage or basement. Ensure that the outside water faucet is completely shut of

All residents are responsible for snow and ice removal around their home. If your unit is next to a fire hydrant, you are responsible for clearing the snow around it. If you choose to use ice melt on the walkway, remember that it will not melt snow. The snow must be removed prior to applying ice melt.

If you plan to be away from your home overnight or longer, please coordinate with a neighbor/friend to check your home. Please provide the name and a phone number of the individual responsible for checking your home to

the Housing Office. The individual will become the point of contact, in case of an emergency.

Pet care is the resident's responsibility. Make sure that you remove pet feces daily from your yard. If the yards are not maintained, there will be an unsightly mess in the spring.

If damage occurs due to resident negligence, the resident will be charged for repairs and/or replacements.

If you have maintenance problems in your home, call the service order desk at 869-3000. If you have any questions, please contact the Housing Manager, Joyce Bendell, at 873-4658.

Chapter 5: FGA REGULATION 190-5 (Excerpts)

[Cell Phone Use](#)

[Commercial Vehicles](#)

[Driving privilege reinstatement](#)

[Driving privilege revocation/suspension](#)

[Driving while intoxicated](#)

[Emergency Vehicles](#)

[Headphones/Earphones Use](#)

[Jogging](#)

[Mopeds](#)

[Motorcycles](#)

[Off-Road Recreational Vehicles](#)

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[Roller Skates](#)

[Skate Boards](#)

[Tactical Vehicles](#)

[Traffic tickets](#)

[Traffic Violation Penalties](#)

[Vehicle DoD decal](#)

[Vehicle Maximum Warm-up Time in Cold Weather](#)

[Vehicle registration requirements](#)

[Vehicle registration termination](#)

[Vehicle Towing and Impoundment](#)

[Volunteer Emergency Service Responders](#)

[Weapons Transport/Storage](#)

[Weather/Road Condition Classifications](#)

Purpose: This regulation establishes policies, procedures, and responsibilities for the rules of the road and the safe operation of vehicles, bicycles, skateboards, and roller skates/blades on Fort Greely. This traffic code is established under the provisions of Army Regulation 190-5; "Motor Vehicle Traffic Supervision," and includes the assimilation of applicable portions of Alaska State Statutes, the Alaska Administrative Code, Federal Statutes and Fort Greely transportation and safety policies. In the case of conflict between this regulation and other Department of the Army regulations, Alaska State Law or Federal law the preceding will take precedence.

2. Scope: All persons on Fort Greely shall comply with this regulation.

3. Responsibilities

a. The Garrison Commander will ensure that assigned members and tenant activities are aware of the contents of this regulation and:

- (1) Establish an effective traffic supervision program.
- (2) Participate actively in alcohol safety action projects in neighboring communities.

b. The Chief of Police will---

- (1) Serve as the proponent for this regulation.
- (2) Apprise the Garrison Commander on violations regarding this regulation.
- (3) Oversee the Fort Greely Police Department in their pursuance of the administration of this regulation.

c. This involves the following areas/personnel.

- (1) The Fort Greely Police Department.

- (2) Installation Safety Officers.
 - (3) Directorate of Public Works.
 - (4) Army Alcohol and Drug Control Officer.
- d. Individuals will –
- (1) Comply with all requirements of this regulation.
 - (2) Report known or suspected violations of this regulation to the FGPD.
 - (3) Ensure their family members/guests follow the requirements of this regulation.

4. Vehicle Information and Requirements

a. General: Operators of vehicles must obey all traffic signs and observe the rules of the road and operate vehicles in a reasonable and prudent manner on Fort Greely.

b. Fort Greely Registration Requirements: All must register their vehicles within seven (7) working days of arrival on post. Registration of POVs on Fort Greely includes the requirements specified below:

(1) A valid military ID card or civilian DoD ID Card. Civilians and contractors must have an approved employment letter from their employer.

(2) **Possession of a valid Alaska state driver's license (including military dependants). Members of the Armed Forces of the United States must have a valid state license from their home state of record where they maintain residency.**

(3) Possession of a valid Alaska state vehicle registration form (including vehicles owned solely by military dependants). Members of the Armed Forces of the United States must have proof of valid vehicle registration from

their home state of record where they maintain residency.

(4) Possession of a valid insurance card and continuing compliance with Alaska Statutes for maintaining liability automobile insurance.

(5) While registering vehicles, a photo will be taken at the Visitor Center and maintained in the COPS, VRS system.

c. Termination of Fort Greely Registration: The commander or designee will terminate or deny initial registration (decals and tabs will be removed from the vehicle and returned to the Visitor Center) under the following circumstances:

(1) The owner fails to comply with the above listed registration requirements.

(2) The owner sells or disposes of the POV, is separated from service, is transferred

to a new duty station, resigns or is terminated from civilian employment authorizing access installation.

5. POV/GOV Operation

a. General: No person shall operate a vehicle on Fort Greely at a speed greater than what is reasonable and prudent under the existing road conditions.

b. Enforcement. Speed limits on Ft Greely will be strictly enforced by the FGPD using RADAR.

c. Parking: Except for emergency vehicles or DPW/Maintenance vehicles in the performance of official duties, no person will stop, stand, or park a vehicle on the traveled section of a roadway for any purpose except when necessary to yield to other traffic or emergencies.

6. Department of Defense Form 2220

a. Use. The DD Form 2220 will be used to identify registered POVs on Fort Greely. The form is produced in single copy for conspicuous placement on the lower portion of the driver's side windshield.

b. Specifications.

(1) The DD Form 2220 and installation and expiration tabs will consist of international blue borders and printing on a white background.

(2) Name of the installation will be specified on a separate tab abutting the decal. Army and installations having vehicle registration programs will use the

following standard color scheme for the installation tab:

(a) Blue—officers.

(b) Red—enlisted.

(c) Green DA civilian employees (including NAF employees).

(d) Black—contractor personnel and other civilians employed on the installation. White will be used for contract personnel on Air Force installations.

(3) Local policy specifies the exact placement of DD Form 2220 as, the lower portion of the driver's side windshield.

7. Recreational Vehicle Storage: Recreational Vehicles belonging to residents or employees of Fort Greely may not be parked in the housing areas (unless garaged) for periods more than 24 hours to prepare for trips. Violators of this section may be cited on DD Form 1408 and referred to the Directorate of Housing for administrative action.

8. Towing and Impoundment: Implied consent to impoundment: Persons accepting installation driving privileges shall be deemed to have given their consent for the removal and impoundment of a POV when it is parked illegally for unreasonable periods, interfering with operations, creating a safety hazard, disabled by accident, left unattended in a restricted or controlled area or abandoned. Such persons further agree to be held liable for the costs of towing and storage should their motor vehicle be removed or impounded. The existence of the conditions above will be determined by the commander or designee.

9. Implied Consent Provisions: Implied Consent to blood, breath or urine tests. Persons accepting installation driving privileges shall be deemed to have given their consent to evidential tests for alcohol or other drug content of their blood, breath, and/or urine if lawfully stopped, apprehended, or cited for any offense allegedly committed while driving or in physical control of a motor vehicle on the installation while under the influence of intoxicants. An individual's refusal under the "Implied Consent" provision will automatically result in a 1-year revocation of driving privileges. Mandatory revocation of driving privileges for refusal to submit to or complete a chemical test will not prevent initiating judicial, non-judicial or administrative

action against an individual based on other competent evidence.

10. Miscellaneous Provisions

a. Prohibition on Wearing of Headphones/Earphones: The wearing of headphones or earphones of electronic entertainment devices and the use of cellular phones on Army installation roads and streets is prohibited while operating a vehicle or bicycle.

b. Authorization: The wearing of headphones/earphones and cellular phones without a hands-free device while walking, jogging, skating, or skateboarding is authorized as long as emergency vehicles and vehicle horns can be heard.

c. Unreasonably Loud Music Produced by a POV: A person may not operate a POV that is producing unreasonably loud noise generated by the playback of music and recordings through an amplification system or install devices specifically intended to be exhaust amplifying instruments (whistle-tips, cherry-bomb glass-packs, etc.). As used in this section, "noise" is "unreasonably loud" if, considering the nature and purpose of the operator's conduct and the circumstances known to that person, including the nature of the location and the time of day or night, the conduct involves a gross deviation from the standard of conduct that a reasonable person would follow in the same situation. Violators of this section may be subject to criminal prosecution under Alaska Statute and the UCMJ.

d. Weather and Road Conditions: The road condition classification will be monitored by the FYPD and updated to reflect changes in the weather and road conditions. The road condition classifications are as follows:

(1) **GREEN:** Normal road conditions. Roads are dry or light rain or drizzle and temperature is +40 Degrees Fahrenheit. No special equipment or driving recommendations required.

(2) **AMBER:** Cautionary road conditions. Roads are extremely wet from heavy rain, patches of ice or snow covered roadways making roads slippery. Temperature is at or near freeze mark (normally (less than) <32 Degrees Fahrenheit). No special equipment needed to travel on roadways. Drivers must use extra caution when traveling as stopping distances may be

slightly increased, vehicle control moderately diminished and/or visibility slightly reduced. Vehicle operators should adjust speed to meet existing road conditions.

(3) **RED:** Hazardous road conditions. Roads are covered with 12 or more inches of snow accumulation, or there is a thick layer of hard packed snow, or ice is covering the majority of the roadways, or flooding is occurring caused by abnormally heavy rain showers. 4WD or tire-chains are mandatory for GOVs and are highly recommended (but not mandatory) for the general public. Unnecessary/non-mission essential GOV travel is suspended. Drivers must significantly adjust vehicle operation and speed to maintain control. Police patrols will implement rotational static posts and walking patrols concentrating on high visibility locations within main cantonment only.

(4) **BLACK:** Extremely dangerous road conditions. The Garrison Commander has directed, or received directions to close post to all non-essential personnel and/or motor-vehicle traffic due to severe weather and the resulting road conditions. (Usually, but not limited to <-50 degrees Fahrenheit).

e. Limitations on Vehicle Running Times During Cold Weather: Cold Weather Conditions are considered 20 degrees Fahrenheit and below. The maximum time allowed to warm-up a vehicle during cold weather has been determined by the Garrison Commander to be fifteen (15) minutes. Police will attempt to contact the individual responsible for the vehicle and have them turn the vehicle off. This policy will be enforced and Police will ticket any vehicle with a DD Form 1408, that is left standing for more than 15 minutes. Excessive operations of a standing vehicle add to pollution and go against the environmental friendly policies of the Garrison Commander. Emergency Vehicles are exempt from this section.

f. Transporting Personally Owned Weapons in vehicles: Weapons are not allowed to be stored in privately owned vehicles or office area while visiting or during work on the installation. All personnel utilizing the skeet range (civilian or military) must register their weapons with the DA Police in compliance

with Fort Greely policy and travel the most direct route to and from the main gate and skeet range or to skeet range from quarters and return. Weapons and ammunition must be stored separately out of arms reach while transporting on the installation.

g. Seat Belts: Operators and passengers will wear seat belts when the vehicle is so equipped and being operated on any road or other authorized area.

h. Accident Reporting: Operators of any vehicle involved in a traffic accident will promptly report the accident to the Fort Greely Police Department.

i. Emergency Vehicles:

(1) Police vehicles, ambulances, fire fighting vehicles and any other vehicle designated by the commander as an emergency vehicle are the only vehicles authorized to use emergency lights and/or sirens. In responding to an emergency, operators of emergency vehicles will exercise due care so as not to jeopardize their safety or the safety of others.

(2) Vehicles responding to emergency calls may exceed the posted speed limit by no more than 10 miles per hour and only when it is safe to do so.

(3) Local Volunteer Emergency Service Responders may operate their vehicles on the installation during emergency response calls if the POVs are equipped with a flashing blue light and credentials as described in Title 13 Alaska Administrative Code. These operators must activate the flashing blue light when responding to an emergency, obey all traffic control devices (Stop, Yield, etc.) and observe the posted speed limit.

11. Commercial and Tactical Vehicles

a. Tactical Wheeled And Soft Component Track Vehicles: Tactical vehicles are not allowed in the main cantonment area of Fort Greely. Tactical vehicle traffic will be restricted to accessing the post via the main gate and following the Commercial and Military Supply Route to the POL, the water point or Range Control. Tactical Vehicles are not authorized to visit or park at the Fort Greely Commissary, Shoppette or Gym, operators using these facilities must park the tactical vehicle in the gravel parking area at the pavilion on Arctic Avenue.

b. Tactical and Commercial Vehicle Route: The Commercial and Tactical Vehicle Route is as

follows: Big Delta Avenue west of the traffic circle intersection with Robin Road; Robin Road north of the traffic circle intersection with Big Delta Avenue and Arctic Avenue east of Robin Road. (See Appendix A)

12. Exceptions: Wheeled or soft-component tracked tactical vehicles (HMMWV, SUSV, etc.) used by Law Enforcement and A/49th GMD BN Military Police may be utilized in any part of the installation in the performance of duties.

13. Motorcycles and Mopeds: For any motorcycle or moped operated on Fort Greely the following traffic rules apply:

a. Headlights: Headlights will be on at all times when in operation.

b. Mirrors: A rear view mirror will be attached to each side of the handlebars.

c. Safety Equipment: Department of Transportation approved protective helmets, eye protection and highly reflective clothing or vests will be worn by operators and passengers when in operation.

14. Off Road Recreational Vehicles (ORRVs)

a. Registration: ORRVs must be registered with the Fort Greely Visitors Center within seven (7) days of initial entry onto the installation. A post decal will be issued and must be displayed on the ORRV in a conspicuous location

b. Speed Limits: Speed limit for ORRVs is the posted speed limit for other motor vehicles but not to exceed 20 mph in the industrial area of the cantonment area.

c. Passengers: Passengers on ORRVs are authorized if the ORRV is equipped with a factory-mounted passenger seat.

d. Safety Equipment: Operators and passengers will wear a shatterproof helmet and eye protection approved by the Alaska Department of Transportation. Operators and passengers will wear appropriate clothing to include, but not be limited to; a long-sleeved shirt or jacket, long pants, gloves/hand protection and closed-toed shoes (boots, sneakers, etc.). A reflective safety vest or belt will be worn at all times while on the cantonment area. All ORRVs will have head lights turned on while in operation. Roadside safety checks will be performed randomly.

e. Weapons: ORRV operators will not carry loaded weapons. Fort Greely Police and Military Police in the performance of their duties are exempt.

f. Age Limitations: No persons under 14 years of age will operate an ORRV unless accompanied by a parent or guardian at least 18 years of age.

g. Commuter Use: ORRVs are not allowed to be driven in the Garrison Area as a personal vehicle for transportation to and from places of work, the Gym, PX, and Commissary or between housing units.

h. Lane Use: ORRVs must ride to the far right of the road in the direction of traffic flow and yield to any passing vehicles.

i. Liability: The United States Government shall not be liable for any damages to property or injury to persons while participating in ORRV activities on Ft Greely or United States Army Alaska installations. It is understood by owners and operators of ORRVs that both natural and man-made hazards do exist in the designated ORRV use areas and that any one who engages in this activity does so completely at their own risk. ORRV owners and operators are financially liable for any damage to government or private property resulting from their activity. Insurance is not required but is highly recommended.

j. ORRV Prohibited Areas: The following areas are specifically prohibited for use by ORRVs:

- (1) The main cantonment area and all primary roads except as authorized below.
- (2) The vicinity of the airfield approach lights east or west of the runway.
- (3) Housing area and hardtop roadways except behind Building #601 and to and from the AAFES Gas Station, MWR (Bldg. 514) and the RV storage lot located at the north end of Bldg. 514.
- (4) All playground areas.
- (5) The Missile Defense Field area.
- (6) Within 100 meters in any direction from the Ammunition Supply Point (ASP) fence.
- (7) The Pipeline right-of-way.
- (8) The Allen Army Airfield Safety Zone.

k. ORRV Authorized Areas: ALL ORRVs are to take the most direct route to utilize authorized trails. This does not mean opening gates or crossing prohibited areas. Dirt roadways in the industrial area of the cantonment area may be used to access the following areas:

- (1) To and from the RV lot and MWR storage at Building 514.

- (2) The ski hill area (except during ski season).

- (3) The Fire Break trails to the east side of Landfill Road.

- (4) Outer perimeter of the Garrison except as stated above.

l. Exceptions: ORRVs used by Law Enforcement and A/49th GMD BN Military Police and in the performance of duties are exempt from this section. Specialized ORRVs operated by steering wheel (Rangers, Gators, Mules, etc.) and equipped with a roll cage are exempt from helmet requirements and those used as implements of husbandry by maintenance or MWR personnel.

m. Donnelly Training Area: Fort Wainwright rules apply for the Donnelly Training Areas. The HTF Cards are issued through the DPW environmental office and Conservation Officers. (These may differ from Fort Greely requirements.)

15. Bicycles

a. General: Bicycles must be operated in a safe and proper manner. Bicyclists must observe and obey all traffic signs and markings in the same manner as operators of motor vehicles are required.

b. Yield Right-of-Way.

c. Stopping: Bicyclists will not stop in a lane of traffic except when necessary to yield to other traffic at intersections. Bicyclists will not impede the flow of traffic.

d. Lights: Use of a light is required when traveling in all areas of Fort Greely during the hours of darkness. The hours of darkness are 30 minutes after sunset to 30 minutes before sunrise.

e. Lane Usage: Each bicyclist will operate the bicycle on the right side of the roadway.

f. Signals: Bicyclists will use hand and arm signals when turning.

g. Speed: Each bicyclist will operate the bicycle at a speed that is reasonable and prudent under existing conditions and not exceed any posted speed limit.

h. Clinging: No bicyclist may cling to another bicycle or motor vehicle while moving along any roadway.

i. Riders: Carrying passengers on bicycles is prohibited except when carrying a young child or infant secured in an infant pouch, permanent seat or child passenger trailer.

j. Registration: Bicycle registration is recommended, not required.

16. Skateboarding and Roller Skating

- a. General: Skateboarders and roller skaters will operate these items with due caution so as not to jeopardize the safety of others or themselves. They must wear protective pads on their knees and elbows, canvas or leather shoes covering the entire foot, and safety helmets with chin straps.
- b. Prohibited Areas:
 - (1) Tennis Courts.
 - (2) The parking areas of the PX, Commissary and Gym.
 - (3) Any area designated by the commander or his designated representative.
 - (4) Not operate these devices on roadways during the period between sunset and sunrise without carrying an operational flashlight and wearing reflective material on the front and rear of the body. The reflective material will be at least 10 square inches.

17. Pedestrian Rights and Responsibilities

- a. Sidewalks: Where sidewalks are provided and when possible, pedestrians should walk only on the left side of the roadway or its shoulder facing traffic, which may approach from the opposite direction. This provision also applies to joggers not running in a unit formation.
- b. Exercising: All persons exercising (jogging, running, speed walking, etc.) upon roadways during the period between sunset and sunrise will wear light colored clothing and/or a reflective material. The use of a light is recommended.

18. Reports

- a. Policy: All traffic violators on Fort Greely will be issued either a DD Form 1408 (Armed Forces Traffic Ticket) or a DD Form 1805 (US District Court Violation Notice), as appropriate. Unless specified otherwise, only on duty law enforcement personnel with the Fort Greely Police Department may issue these forms.
- b. DD Form 1805:
- c. DD Form 1408:

19. Suspensions and Revocations: Authority to operate a vehicle on Fort Greely may be suspended or revoked for cause at any time by the Commander or his designated representative.

20. Notifications: When the Commander or his designated representative decides to suspend or

revoke the authorization to operate vehicles, a notice will be sent to the individual. A notice will also be sent to the FGPD, Legal Office, Post Safety Officer, the individual's senior supervisor (if military or federal employee) or executive director (if a contract worker).

21. PENALTIES

- c. Suspension:
- d. Revocation:
- e. Remedial Training:

22. Demerit Point Schedule: See AR 190-5.

23. Point Schedule as defined in AR 190-5: See AR 190-5.

24. Administrative due process for suspensions and revocations: See AR 190-5

25. Army administrative actions against intoxicated drivers Army commanders will take appropriate action against intoxicated drivers. These actions can be extensive, see AR 190-5.

26. Restoration of driving privileges upon acquittal of intoxicated driving: See AR 190-5.

27. Restricted driving privileges or probation: See AR 190-5

28. Reciprocal State-military action: Commanders will recognize the interests of the States in matters of POV administration and driver licensing. Installation commanders will honor the reciprocal authority and direct the installation law enforcement officer to pursue reciprocity with State licensing authorities. Upon receipt of written or other official law enforcement communication relative to the suspension/revocation of driving privileges, the receiving installation will terminate driving privileges as if violations occurred within its own jurisdiction.

29. Reinstatement of driving privileges: Reinstatement of driving privileges shall be automatic, provided all revocations applicable have expired, proper proof of completion of remedial driving course and/or substance abuse counseling has been provided, and reinstatement requirements of individual's home State and/or State the individual may have been suspended in, have been met.

Chapter 6: Alaska Recreation



There are many exciting things to do and see in Alaska. Interior Alaska is a vast region which contains some of the state's most impressive natural wonders. The mighty Yukon River and majestic Mt. McKinley are places you won't want

to miss. The awe inspiring Aurora Borealis is a wonder of nature that you can't fathom until you see it for yourself. Photographs don't do it justice.

Fishing, camping, hunting, skiing, snowboarding and sledding are offered to those that enjoy the outdoors. Fairs, exhibits, museums and craft bazaars are always interesting. Shopping in Anchorage, halibut fishing in Valdez, salmon fishing at Chatanika, clamming on the Spit in Homer, and, of course, the picturesque state capital of Juneau are things that you will have to travel to do but will enjoy the experience.

Whatever you want, Alaska has it and more! Get out there and try something you have never done before and make a few new friends along the way...Alaska's interior is the "Friendly Frontier"!

20 of the many things to do in Alaska

1. Canoe, kayak or raft down a wilderness river.
2. Cross-country ski, where you make your own trail.
3. Watch a grizzly bear on the tundra in Denali National Park.
4. Explore the ghost town of Kennicott.
5. Battle a king salmon in a stream or on the high seas.
6. Greet spring in Fairbanks, when the geese return to Creamer's Field.
7. Watch Dall sheep cavorting on a mountainside.
8. Land a barn-door sized halibut on a fishing trip.
9. Drive to the Arctic Circle on the Dalton Highway.
10. Pull a lake trout for supper from a pristine mountain lake.
11. Watch the north's white whale from Beluga Point south of Anchorage.
12. Watch for killer whales and humpback whales from a tour boat on Resurrection Bay out of Seward or on Prince William Sound out of Valdez or Whittier.
13. Participate in the annual Heart Run in Anchorage.
14. Dig a bucket full of clams at Clam Gulch.
15. Hike the world-famous Chilkoot Trail—the Trail of '98.
16. Ride a ferry through the Inside Passage.
17. Enter the Crow Creek Pass Marathon – if you dare.
18. Be cool at -40F.
19. Ride with a bush pilot.
20. Watch the start of the Iditarod Trail Sled Dog Race in downtown Anchorage – or the restart in Wasilla.

Bears of Delta country

The Delta and Deltana areas are home to two of Alaska's three species of bear: the black bear (*ursus americanus*) and the brown or grizzly bear (*ursus arctos*).

While Fort Greely itself is not home to bears, they sometimes frequent the outer edges of the garrison when moving to and from other wilderness areas. For that reason, we must consider ourselves as living in bear country and should take steps to ensure our safety and the safety of others.

A bear's goal during the summer is to put on as much weight as possible to nourish themselves through the coming winter. To meet this goal bears will forage where ever food is available. Bears will not normally enter housing or work areas and generally try to avoid humans. However, they are opportunistic feeders. To help keep the bears in the woods, we must do our part and not give them any reason to want to look around where humans hang out. Do not leave pet food, food scraps, grease, or other food items outside. Clean your fish and

game in the field. Off the installation, or as a last resort, residents should use the dump site at the end of First Avenue to dispose of fish and game remains.

If you see a bear on the garrison, contact the Fort Greely Police at 911 or 873-COPS (873-9126). Do not approach the bear or attempt to harass or shoot it yourself. Bears can only be hazed or taken by a permit, under strict guidelines issued by the Alaska Department of Fish and Game, unless stringent self defense guidelines are met.

For more information about living in bear country

For Kids

<http://www.wc.adfg.state.ak.us/education/pdfs/beerawarecoloring.pdf>

For Adults

<http://www.wildlife.alaska.gov/index.cfm?adfg=bears.bearfax>

Moose on Fort Greely

We at Fort Greely are fortunate. Our installation can be home to almost all of Alaska's large land mammals. Black and Brown Bears, Caribou, Moose, and Bison have roamed this area for centuries and will continue to wander through. Through your normal activities, you may have to interact with these creatures. If done correctly it can be an enjoyable experience.

Moose are the most commonly viewed animals on Fort Greely. They are often found grazing all across the post, in housing areas, outside offices, or resting in the wooded areas of the installation. Here are a few tips on interacting with them safely

Are moose aggressive towards humans?

Moose are not normally aggressive. However, they can be very aggressive when harassed by people, dogs, and traffic. In winter, they can be aggressive when hungry or tired of walking in deep snow. Kids and adults sometimes throw snowballs at moose or approach them much too closely for safety. Dogs chase moose out of backyards, and loose dogs bark at them and chase them.



Moose consider dogs to be their enemies and will sometimes go out of their way to kick at one, even if the dog is on a leash or in a fenced yard. Give moose an extremely wide berth, if you have a dog with you. Don't let your dog chase a moose.

When moose are on a road, driveway, or trail or when they are lying under a deck or up against a house, they are often trying to rest. When people repeatedly approach them closely or chase them away, moose become stressed. If

they are harassed enough, many moose will act aggressively.

The State of Alaska has restrictions on the ways a moose or other land mammal may be hazed. Persons who harass wildlife by changing its behavior may be in violation of Alaska Code 05 AAC 92.080 "Unlawful Method of Taking Game. Alaska defines "taking" to include "in any manner disturbing" a game animal. "Harassing" includes "repeatedly approaching an animal in a manner which results in the animal altering its behavior".

Are there other seasons when moose tend to be aggressive?

During the fall mating season, in late September and October, bull moose may be aggressive toward humans. In late spring and summer, cow moose with young calves are very protective and will attack humans who come too close. If you see a calf and not a cow, be very careful, because you may have walked between them, a very dangerous place to be.

Is it okay to feed moose?

No. It is illegal and very dangerous. Moose fed by humans often become aggressive when they are not fed as expected. They may attack the next person they see, if the person has no food to offer. Don't feed moose, and ask your neighbors not to feed them. If your neighborhood moose is fed, the chances that it will charge people, especially kids, are increased many-fold. A moose with a history of unprovoked attacks will be shot by enforcement officers to protect the public. By feeding a moose, people may be contributing to its death. Keep pet foods indoors to prevent animals from identifying that as a food source. Leaving hay, scraps, vegetables, pet food or other edible items out where Moose or other game animals may feed on them is a violation of Alaska State Code 05 AAC 92.230 "Feeding of Game".

How do you know when a moose might attack?

The long hairs on its hump are raised, ears laid back (much like a dog or cat), and it may lick its lips. If you can see this, you are way too close. A moose that sees you and walks slowly towards you is not trying to be your friend; it may be looking for a handout or warning you to keep away. All of these are dangerous situations. Back off. Look for the nearest tree, fence, building, car, or other obstruction to duck behind.

What if a moose is standing next to your house or car door?

Is there another door or a way around the moose? If not, be patient. The moose will often move away, on its own. It may take half an hour or more, but it's usually worth waiting. Sometimes a loud noise or movement will startle them into moving, but moose that are used to people are usually not easily chased away.

If you have to get by, try to keep a large tree, snow berm, vehicle, building, or fence between you and the moose. Don't get near a moose if its only escape route is in your direction. Always leave yourself one or more escape routes. As a last resort, a large squirt of pepper spray will often move them, or at least provide you with some protection if they charge.

What if a moose charges?

Many charges are "bluff" charges, warning you to get back. However, you need to take them all seriously. Even a calf, which weighs 300 or 400 pounds by its first winter, can injure you. When a moose charges, it often kicks forward with its front hooves.

Unlike with bears or even dogs, it's usually a good idea to run from a moose, because they won't chase you very far. Get behind something solid; you can run around a tree faster than a moose can.

If it knocks you down, a moose may continue running or start stomping and kicking with all four feet. Curl up in a ball, protect your head with your hands, and hold still. Don't move or try to get up until the moose moves a safe distance away or it may renew its attack.

Are kids safe around moose?

Yes, usually. The problem is, both kids and moose are somewhat unpredictable. Young kids will take their cues from adults. If you take chances, they might also. Keep kids away from moose. If a moose is hanging out at a school bus stop, ask the driver if he or she can pick up the kids one or two blocks away along the route.

Establish a parent patrol to wait at the bus stop with the kids (more to control the kids than the moose). If your kids walk to school, show them another route to walk if they see a moose on their normal route. If you know a moose is in your neighborhood, kids should probably avoid walking on long paths through the woods where it is dark and there is no easy escape if a moose runs down the path. Police Officers will be

patrolling during these times to help prevent negative interactions with the moose.

-- Fort Greely Police Department, from Alaska Department of Fish and Game and USFWS sources

When Swallows return to Fort Greely: Nests and Pests

A sure sign of summer in Alaska is the arrival of swallows in the spring. After completing incredible journeys from as far as South America, several species of swallows spend their summers in the Fort Greely area. These include the Tree, Violet-Green, Bank, and Cliff Swallows.

Swallows are amazing birds that spend most of their time zipping about in search of food. Their flying abilities are crucial, because they dine on the hordes of insects (including mosquitoes!) that also thrive in Alaskan summers.

Swallows are generally quite tolerant of human activity nearby and will happily go about their business in full view of their human neighbors. Watching swallows make their nests and catch bugs can be extremely entertaining and educational.

Tree and Violet-Green Swallows construct their nests of grass and feathers in cavities or nest boxes. Bank Swallows dig burrows, and Cliff Swallows build their nests with mud.

Despite their sociable nature, swallows are not always welcome. Cliff Swallows normally nest on cliffs, canyon walls and vertical banks close to their food and water. However, due to habitat loss and increased human development, they are now nesting more frequently on man-made structures. Cliff Swallows prefer to live close together in colonies and can end up making a mess of mud and droppings on the ground below.

Before you think about knocking down nests, however, think about how far these birds have traveled and all the mosquitoes they will consume during the summer! An important fact to consider is that Swallows are a protected species under the Migratory Bird Treaty Act of 1918.

Fort Greely has strict policies to protect swallows, their nests, eggs, and chicks. No



swallow nest may be disturbed between April 30 and July 30. Empty swallow nests at other times of the year may be removed only with the approval and oversight of the Fort Greely environmental office.

The environmental office (tel. 873-3202/4665) has information on how to discourage Cliff Swallows from building nests where you don't want them, as well as on how to build nest boxes where you can safely enjoy viewing Tree and Violet-Green Swallows. Now is the time to take preventative measures against their nest-building. Once the swallows return to Fort Greely, they are here to stay.

Please be aware that clearing vegetation and undertaking other construction site preparation and activities should not result in destroying active bird nests. The bottom line is: swallows may not be "harassed" at any time during their summer stay in Alaska.

For more information regarding swallows, or to report any activity resulting in harm to adult birds, nests or eggs please contact the **Environmental Office at 873-3202 or 873-4665.**

Chapter 7: Winter Safety

Winter and Cold Weather Tips

Compiled by the FGA Safety Office from multiple sources

Cold Weather Training

Due to the remote location and extreme cold weather in the interior of Alaska, the Fort Greely Garrison/Installation (FGA) Safety Office sponsors annual winter/cold weather training for all Team Greely members (FGA, Tenant, and Contractor employees, Soldiers, and their family members).

The training is mandatory for all FGA Military/DA Civilians who did not attend this local training in the past year. It is strongly

encouraged for all tenant Soldiers/employees who did not take this local training in the past year. This training is also available and strongly encouraged for all family members of any "Team Greely" employer. The training included localized information on cold weather risks, winter clothing, winter driving, etc and is intended to help "Team Greely" members prepare for and make it through interior Alaska winters.

Family Winter Clothing for Interior Alaska

Completely outfitting your family with winter clothing can be costly. If you come from a cold weather area, much of the winter clothing you used there can also be worn here in Alaska. However, you may need to wear a heavy sweater under your coat and a heavy pair of socks inside your boots. If, as the winter progresses, your winter garments are not warm enough, additional garments can then be purchased. You will also have had the opportunity to observe what others wear to protect themselves against the cold.

Remember that school, office buildings, stores, and apartments are warm, so make sure the indoor garments you and your family members wear are not too warm. It is better to add a sweater if needed. Make sure that heavy clothing can be removed when inside a building.

There are a number of things which need to be considered when buying winter clothing, such as how much time is going to be spent out-of-doors going to the car, walking to work or school, working out-of-doors, or participating in outside activities.

There is a wide price range in winter garments and footwear. Buying a very expensive parka or other winter garments doesn't necessarily guarantee warmth. Some of the warmest parkas, boots, and mittens are those that can be purchased second-hand at the military surplus outlets.

General Rules for Dressing for Cold Weather



1. Several layers of clothing will keep you warmer than one heavy layer, as dead air trapped between the layers and among the fibers acts as excellent insulation.
2. To keep warmest when outdoors in cold weather, cover head, neck, hands, and feet, as well as the rest of the body. The more skin surface that is exposed, the faster the heat escapes from the body.
3. Do not wear sock combinations that restrict blood circulation. Remember that cold comes up from the bottom of the boot. Therefore, some type of insulation should be inserted in the boot to form an inner sole.
4. Mittens are better than gloves since the fingers can be kept together for warmth. Two-layer mittens are preferred. Wool lining and an

outer layer of leather or water repellent fabric is best.

5. It is almost as bad to wear too much clothing as too little clothing. Sudden chilling of an overheated body may cause colds, chapped skin, sore throat, chill blains, or even frostbite. Avoid perspiring when out-of-doors in cold weather. If you become too warm, loosen your outer garment a bit at the top, but keep your head covered.
6. Care of clothing is important. Dirt clogs the air space in clothing and reduces the insulation. Follow label instructions when cleaning winter garments.

Basic fabrics include: nylon taffeta, nylon rip-stop, and nylon packcloth. These come in various weights, although the taffeta and rip-stop are much

lighter than any of the packcloths. Waterproof versions (fabric coated with polyurethane) are available. Blends of fabrics are generally a mixture of polyester and cotton, with some nylon added. These are in a tight plain-weave providing a tough, hard-wearing cloth. Different trade names include: Mountain Cloth, Weather Cloth, Sierra Cloth, and Storm Cloth. These fabrics make good windbreakers and may be treated for water repellency.

The newest fabrics are micro porous, waterproof materials. They keep a person dry while allowing body moisture to escape. Trade names are Gortex and Klimate.

Some types of fabrics are more expensive than others. Choose the one that will do the best job for you in the price range you can afford.

Clothing Items to Carry in the Car

Because there is always the danger of the car stopping or stalling, extra clothing should be carried to keep you warm while waiting or walking for help. If not properly dressed in extremely cold weather, a walk of only a few blocks may place you in danger of getting frostbite.

You should carry the following items in your car:

1. A pair of warm mittens; gloves do not keep your hands warm in extreme cold.

2. A pair of snow pants or heavy, warm slacks.
3. Heavy scarf and/or knit cap which comes down over the ears and forehead and covers your face.
4. Warm boots or mukluks if you are wearing light boots or shoes.
5. A warm blanket or sleeping bag.

Children

In many cases children spend more active time outdoors than we do. Put their names in all clothing items to help identify lost items. Children should have one or more sets of cold weather gear.

Winter clothing. Coat, snow pants or snow suit, winter boots, hats (head bands and head gaiters are also good), gloves or mittens, mufflers/scarves.

Durability. Look for durable clothes with reinforcing in the knees, elbows & seats. Snaps are better than buttons. Jackets & coats need to have sturdy zippers.

Water-resistance. Water resistant boots, gloves & jackets/coats are best.

Fit. Fit is important - all items should be loose enough to avoid restricting circulation. Restricted circulation in the hands or feet can lead to cold hands & feet and possible cold weather injuries.

Boots. For winter boots - make sure they are easy to get on and off. Look for boots with a pull-out liner, so that it can be aired out when moist.

Seasonal Affective Disorder (SAD)

Many newcomers to Alaska find the long winter darkness as hard to adjust to as the cold weather. Scientists believe that Seasonal Affective Disorder (SAD), also known as winter depression, is caused

by sunlight deprivation. Sunlight plays an important role in our well-being and affects the brain's production of melatonin and other chemicals which control sleep patterns. About

10% of people living in northern latitudes experience SAD.

SAD is much more common in women than in men. Symptoms can be depression, fatigue, anxiety, weight gain, inability to concentrate, and lower energy levels. A milder version is known as subsyndromal SAD or winter blues.

Treatment for SAD often begins with light therapy. Many doctors recommend phototherapy lights. They also recommend getting outside each day in the winter – even the sun reflecting off the snow is beneficial. Exercise and an active schedule are important for the entire family. “Sad Lights” provide artificial sun light – just like plant “Grow Lights”. Sometimes knowing this when you are

shopping for a “Sad Light” can save you money by getting a “Grow Light” bulb that will fit into your existing light fixtures.

Untreated, SAD usually diminishes by end of winter, but it can last well into spring. Although less common in children, teenagers can be affected, and this is one more reason to encourage activities throughout the winter months, to get everyone in the family involved in activities outside the home.

Don’t let the cold and darkness keep you at home. Plan events to get you and your family out of the house, active and involved. Fort Greely’s Moral, Welfare, and Recreation (MWR) Directorate offers many programs and events to keep everyone busy during the winter.

Don’t get SAD – Get Glad. Find winter social activities or indoor activities that bring joy. Prevent cabin fever, winter blues, and/or depression. Activities to combat SAD include:

- Snow sports
- Ice fishing
- Northern Lights (Aurora borealis) watching
- Workouts at FGA Gym & pool
- Community Activity Center activities and classes
- MWR activities & group tours
- Family activities
- Learn a new hobby
- Take on a social project
- Adopt or borrow a pet
- Adopt or borrow a family
- Volunteer/community service activities
- Install SAD (natural sunlight) lights
- Seek professional counseling

Pets

Pets can get cold injuries also!

Thinner furred pets will need to live indoors.

Consider sweaters, hats & booties for thin-coated pets (protect extremities: feet, ears, etc).

Outdoor exercise will have to be limited in periods of extreme cold.

Pets with thicker fur (huskies, etc) can be boarded outside. However, even thick-furred pets need more indoor time in periods of extreme cold.

NOTE: In FGA housing, only units with fenced back yards can have dog houses.

Consider ways to warm a dog house

- A light bulb or a heating system
- Dry, wind-proof boarding.
- Dry bedding (straw, old towels or blankets).

Food and Water: Ensure your pets have access to clean (unfrozen) water. Ensure they are well fed and have access to food that is not frozen.

Home Safety & Preparedness

Alaska has one of the highest incidents of house fires during its long winter season.

- **BEWARE OF FIRE:** Don’t use stoves as heaters.

- Have smoke detectors AND carbon monoxide (CO2) detectors
- Use appropriate outdoor arctic electrical cords
- Have a fire extinguisher
- Prepare a home fire plan.
- Install glass doors on all fireplaces and wood stoves (to prevent sparks when burning and to stop drafts when not burning)
- Stock up (a couple days worth of non-perishable food and must have items).
- Prepare an emergency kit with tools, flashlight, candles, matches, a radio w/batteries.

FGA Housing

Storm Windows. DPW has a program to install storm windows

Home heating system. Ensure heating system is turned on and being checked.

Set heat to a reasonable temperature (70 to 72 degrees). Dress warmer indoors when it is sub-zero outdoors.

Do not set heat for 80 to 90 degrees. This is not energy efficient. It can also set you up for cold weather injuries when you go outdoors.

Humidifier. Invest in a humidifier. It is safer than boiling water on a stove.

Windows. Close all windows when you leave your quarters.

If you put plastic sheets to insulate windows, remember that you have to return the quarters in same condition as you when you moved in (use duct tape instead of staples).

Pipe and plumbing. Open cabinet doors under sinks when you leave your quarters (this warms your pipes & plumbing)

Weatherizing Your Home

References:

Home Energy Advisor: <http://homeenergysaver.lbl.gov/>
Alaska Cooperative Extension Office (800) 478-8324

Heating system. Service & clean your heating system at the start of the season.

Chimney. Service and clean your chimney flue at the start of the season.

Drafts. Check for drafts and air leaks from cracks and open seams. Incense sticks are good for checking for air leaks & drafts. Check for drafts around:

- Doors
- Windows
- Electrical boxes
- Switch plates (phone, electrical)
- Plumbing inlets & fixtures
- Chimneys
- Ductwork and vents
- Attic access openings

- Crawl space access openings
- Floor & wall joints or seams
- Exterior wall openings (electrical & plumbing, dryer vent)

Seal cracks and drafts before onset of winter. Moisture from condensation and frost prevents adhesives used in many insulating materials (caulk, weather-stripping, insulation, plastic sheets, and rubber gaskets) from setting correctly.

Windows. Install double or triple pane windows. Or – add storm windows or install plastic sheets on the outside of windows.

Fire Alarm. Install fire alarms and CO2 monitors. Check them to ensure they are operational.

When to plug in your vehicle

A common sight on cars and trucks in Interior Alaska is a short, yellow or blue electric cord with a plug sprouting from the front of the engine hood. Many parking lots on Fort Greely and other places in Alaska sport stumpy poles in front of parking stalls with electric sockets. These sockets are not for tailgate parties, but to provide electricity to the plug from your car (with an extension cord).

The plug is connected to a small heating device (head bolt heater) inside the engine compartment to keep your engine from getting too cold to start, during sub-zero weather conditions. Some plugs

also have connection to the vehicle battery, so that the battery is not affected by frigid temperatures.

It is recommended that cars be plugged in when the temperature falls to 10 degrees or colder. Do not place an extension cord through your quarter's window to plug in your car. This is a dangerous practice and a fire hazard. Do not leave extension cords across sidewalks when not in use, as this is an electrical or tripping hazard. More information about plug-ins is at the Northern Alaska Environmental Center website (www.northern.org)

Weatherizing a Car/Truck

Check/Use or replace standard auto parts and consumables with the following:

- Arctic (thinner) oil & fluids
- Antifreeze to Minus Sixty Degrees (- 60)
- Winter windshield wiper blades (heavier)
- Wheel bearings, repack grease if needed
- Tire serviceability (Tread depth, Proper air pressure)
- Snow tires (1) vs. Studded tires (2) vs. All Season tires (3) vs. Regular tires
- Treat for Water in gas tank (Heet or other additives).
- Keep gas tank at least half full in winter to prevent condensation
- Engine heater plug ins (save wear & tear, ensures start)
- Block heater (warms engine & antifreeze)
- Battery heater
- Oil Pan heater
- Remote starting devices – very convenient.



Especially in the long Alaskan winter nights, driving long distances can be dangerous. If you get into an accident in one of the many sparsely populated areas of the state (like spinning over an embankment), only a few other motorists are on the

road, and even they may not notice your dire situation. You may be alone for several hours before being rescued.

Use the buddy contact system by telling someone before you leave on a long trip, where you are going and when you expect to arrive. You can call the Fort Greely Police Desk (873-COPS) and have them enter your name in their log book.

Car Emergency Kit/Gear

When you arrive at your destination, call your “contact buddy” to scratch your name off the book. If you don’t call, they can initiate steps to look for you along the route you were driving.

Having a proper emergency kit may well save your life and others in your car. Keep critical items within reach. You may not be able to open your trunk after an accident.

- Cell phone, CB Radio
- Emergency contact phone list
- First aid kit
- Sleeping bags or blankets
- Chemical hand warmers
- Spare warm clothes (jackets, over pants, over boots, gloves, and socks) for all occupants

- A small shovel
- Sand, kitty litter, old carpet pieces, rubber mats (for traction)
- Flashlight w/ batteries
- Matches & candles
- Bright cloth for signaling
- Railroad flares (signaling & fire starting)
- Water & energy bars
- A general car repair tool kit
- Jumper cables
- Tow chain, strap, rope
- Spare tire (good tread/properly inflated)
- Tire chains

Bad Weather Warning System



Fort Greely has a color-coded warning system to advise motorists during bad weather. Look for a sign near the main gate and a notice sent to email addresses included in the Fort Greely email system called “Dist A FGA.” Bad driving conditions are also posted on the electronic marquee next to Building 501, the garrison headquarters.

(1) **GREEN: Normal road conditions.** Roads are dry or affected by light rain or drizzle and temperature is +40 Degrees Fahrenheit. No special equipment or driving recommendations required.

(2) **AMBER: Cautionary road conditions.** Roads are extremely wet from heavy rain, or patches of ice or snow-covered roadways make roads slippery. Temperature is at or near freezing. No special equipment is needed to travel on roadways. Drivers must use extra caution when traveling. Stopping distances may be slightly increased; vehicle control moderately diminished

and/or visibility slightly reduced. Vehicle operators should adjust speed to meet existing road conditions.

(3) **RED: Hazardous road conditions.** Roads are covered with 12 or more inches of snow accumulation or a thick layer of hard packed snow; ice is covering the majority of the roadways; or flooding is occurring due by abnormally heavy rain showers. 4WD or tire-chains are mandatory for GOVs and are highly recommended (but not mandatory) for the general public. Unnecessary/non-mission essential travel is suspended. Drivers must significantly adjust vehicle operation and speed to maintain control.

(4) **BLACK: Extremely dangerous road conditions.** Post Garrison Commander has directed, or received directions to close post to all non-essential personnel and/or motor-vehicle traffic due to severe weather and resulting road conditions. This is usually, but not limited to whether -50 degrees Fahrenheit or below.

Ten Winter Driving Tips

1. Keep inside of windshields clean, the amount of film build up (even for non-smokers) that builds up will reduce visibility.
2. Iso Heet, Power Aide for diesels, put in after every fill up if you garage vehicle. Every other fills up if vehicle is kept outside.
3. Some equipment recommendations; candle, sleeping bags, winter clothing that is adequate, water (no alcohol), cell phone (limited coverage, need to know where it is, could be within easy walking distance), energy snack, flares etc.
4. Watch out for ice on bridges, these are the first places to freeze. They can be covered with ice virtually any time of year.
5. Rain on cold highway (BLACK ICE), this event occurs commonly during Chinooks, warm southerly winds bring in moisture that may come in the form of rain. These conditions are extremely hazardous and should not be driven in except on emergency basis.
6. Frost Heaves, these are a common occurrence on our highways, they tend to occur in the lower areas where muskeg and water are located.
7. Ice Fog, this is a phenomenon that happens on very cold mornings. It happens frequently in Fairbanks near Ft Wainwright, moisture from the power plant causes a local patch of Ice Fog that appears and disappears suddenly
8. White Out, blowing snow or being passed by a large vehicle. When passed by a large vehicle, remain calm; do not slam on the brakes. Continue, gradually reducing speed, watch for center line and fog line to keep on pavement.
9. Wind, we occasionally experience winds in excess of one hundred miles per hour, be especially wary of drifts that will form. Jarvis Creek Bridge and old FAA site (just before airfield) are notorious for drifting.
10. Moose, deep snow fall drives the moose out onto the road where the walking is easy. Usually the first you see are the eyes, start slowing down immediately, prepare mentally to go the opposite direction that the moose is headed.

Mileage and Hazards Chart

Delta Junction to Fairbanks

Mile Post	Distance from Delta Junction	Location	Services / Hazards
265	0	Delta Junction	Last gas station for 57 miles
275 to 290	10-25	Tanana River to Shaw Creek	Multiple areas with black ice, Dangerous curves & slopes
20+ mishaps per year on this section			
292	27	Tenderfoot Pass	Black ice / Sloping road
10-15 mishaps per year on this section			
306 to 325	40	Birch Lake to Salcha Store	Dangerous Curve/Phone
307	42	Lost Lake Rd	Dangerous curves and Slopes
314	49	Midway Lodge	Food and Phone
318	53	Harding Lake	Campground/Food/Phone
322	57	Salcha River Lodge	Food/Gas/Motel/Phone
324	59	Sno-Shoe Inn	Phone
328	63	Salcha Store	Food/Gas/Phone
10-15 mishaps per year on this section			
330 to 347	65-81	Balch Way to Old Richardson Hwy (Eielson) to Lawrence Rd	Multiple areas with black ice, Dangerous curves & slopes
332	67	Knotty Shop	Gifts/Ice cream/Phone
341	76	Eielson AFV	All Services/4-lane Hwy
25-40 mishaps per year on this section			
350 to 364	85	North Pole	All service available
352 to 363	87-97	Old Rich Hwy (North Pole) to Steese Hwy/Airport Way	Multiple areas with black ice, Dangerous curves and slopes
75-110 mishaps per year on this section			
364	99	Fairbanks/Fort Wainwright	All services available

All mileage is approximate and is intended as a guide only. Winter driving conditions along this stretch of roadway are extremely hazardous. For most of the distance, the road consists of a narrow two-lane. The highway is filled with many curves, up-and-down slopes, and a few narrow bridges. Night driving during the winter

months is not recommended, due to the extreme darkness and poorly identified road edges. Wild animals can/do appear out of nowhere right into your lane of travel. Normal vehicle traffic ranges from very light to non-existent at times. If you are involved in an accident, help may not be available for quite some time.

Safe Driving Precautions

Be prepared. Always tell someone about your travel plans in advance and then again on the day of departure. If you have a cell phone, take it with you. Although summer driving is less hazardous, make certain you are well rested before driving. Travel between the two points can be very tedious and tiring. If you become sleepy, pull over to a safe spot and rest. Get out

of the vehicle and walk around for five or ten minutes. Never drive after drinking. Always wear your seatbelt (Click It or Ticket) and obey the speed limit along the entire route. Drive below the speed limit when conditions dictate. Drive defensively and have a safe trip. We want you back alive and well.

Frostbite

Frostbite is the freezing of a part of the body exposed to temperatures of 32 degrees or below. The first symptom is usually an uncomfortable aching sensation, tingling, or stinging. If the condition is allowed to continue, numbness sets in. The skin usually turns red, later becoming pale gray or white.

TREATMENT:

Frostbite attacks in two stages: superficial and deep. Treatment depends on the degree of the frostbite injury. You can decide how severe the frostbite has become by finding out how long the part has been without feeling. If the time is very short, the frostbite is probably superficial. Otherwise, you should assume the injury is deep and therefore serious.

In case of deep frostbite, don't attempt to treat the frostbite in the field. Get to a hospital or aid station as soon as possible. If transportation is available, don't walk. Protect the frozen part from further injury, but don't try to thaw it by rubbing, bending, or massaging the injured area. Do not soak the frozen area in either cold or warm water or rub with snow. Do not expose the area to hot air, engine exhaust, or open fires. Do not use

ointments or salves either. Thawing in the field increases pain and may lead to infection, greater damage, and gangrene. If feet are deeply frostbitten, there is less danger involved in walking on the feet while they are frozen than there is in walking on them after they have thawed. Although thawing of the frozen part is not recommended, the rest of the body should be kept warm.

PREVENTION:

It is a lot easier to prevent frostbite or to stop it in its early stages than to thaw and care for badly frozen flesh.

- Wear sufficient clothing, but avoid wearing clothing that interferes with circulation. Tight-fitting shoes, socks, and hand-wear are especially dangerous.
- Keep dry. Avoid becoming wet with perspiration.
- Exercise your face, fingers, and toes to keep them warm.
- Use the buddy system. Pair off and watch each other for signs of frostbite and give each other aid if frostbite occurs.

Hunting Safety Tips

Treat your disarmed gun or bow with the same respect that you would with a loaded bow or gun. ALWAYS assume that your gun or bow is loaded and ready to shoot.

NEVER, EVER point your gun or bow at anyone when unloaded.

1. Always point your weapon in a safe direction.
2. Keep your safety on until ready to shoot.
3. Do not become anxious and take your safety off of your weapon prior to the shot. That is why the safety is located usually within an inch of the trigger.
4. ALWAYS keep your target IN FRONT of you. This is crucial.
5. Clearly identify your target before you shoot. Always unload your firearm; never climb into a tree stand, climb over a fence, with a loaded weapon.
6. Know the range of your weapon. Know how far it will shoot. Know what loads you have in the chamber. Know how accurate you are with a bow and how far your bow will shoot. Know what is behind your target.
7. Ear safety: Many hunters will sacrifice ear safety so they can hear game coming. Put a soft earplug in the ear closest to your weapon. All of our senses are precious and we must take care of them as best as possible.
8. Always keep your gun clean. When you unload your gun, if it is a pump, make 2-3 ejections after the 3 shells come out to ensure there is nothing in the chamber. Leave the chamber open. The same for automatics. Check and see if your barrel is free of any debris. Even a little bit of snow at the end of your barrel can cause severe injury. IF you drop your gun, you

- should always dismantle it, clean it, wipe it down, and put it back together.
9. As with any piece of equipment, a clean weapon is a functional weapon. This holds true with bows, as well. Check

them before use, to ensure they are in good working order. All parts of the bow should be tightened and in correct position, usually accomplished with an Allen wrench, prior to hunting.

Emergency Preparedness for Alaskans

Alaska is an area of natural beauty and magnificent landscapes. Natural forces loom large in our history and in our daily lives. Because of this, our lives are subject to a wide range of natural disasters. Floods, earthquakes, wildfires, severe storms, tidal waves (tsunamis), and volcanic eruptions are normal routines. Being prepared for these eventualities is just a matter of a little time and effort to pull together some supplies to help you adjust to emergencies without undue stress.

Stocking up now on emergency supplies can add to your safety and comfort during and after any natural disaster. Store enough supplies for at least 72 hours.

Emergency Supply Checklist

SURVIVAL

Water-2 qts - 1 gal. per person per day
First aid kit-freshly stocked
First aid book
Food (packaged, canned, no-cook, baby food, and for special diets)
Can opener (non-electric)

Blankets or sleeping bags
Portable radio flashlight and spare batteries.
Essential medication and glasses
Fire extinguisher-A, B, C type
Food and water for pets
Money

SAFETY AND COMFORT

Sturdy shoes
Heavy gloves for clearing debris
Candles and matches
Change of clothing

Knife or razor blades
Garden hose-for siphoning and fire fighting
Tent

COOKING

Camp stove, propane appliances
Fuel for cooking
Plastic knives, forks, spoons

Paper towels
Heavy duty aluminum foil

SANITATION SUPPLIES

Large plastic trash bags-trash, water, protection
Large trash cans
Bar soap and liquid detergent
Shampoo
Toothpaste and toothbrushes

Feminine and infant supplies
Toilet paper
Household bleach
Newspaper to wrap garbage and waste

TOOLS AND SUPPLIES

Axe, shovel, broom, and saw
Crescent wrench for turning off gas
Screwdriver, pliers, hammers

Coil of ½ inch rope
Plastic tape and sheeting
Toys for children

EMERGENCY SUPPLIES TO BE STORED

After a major earthquake, electricity, water, and gas may be out of service. Emergency aid may not reach you for several days. Make sure you have the following items in your home, at your office, or in your car.



Fire Extinguisher

Your fire extinguisher should be suitable for all types of fires and should be easily accessible.



First Aid Kit

Your first aid kit should be in a central location and should include emergency instructions.



Wrench

Have a crescent or pipe wrench to turn off gas and water valves if necessary.



Flashlight & Extra Batteries

Keep flashlights in several locations in case of a power failure. Extra batteries last longer if you keep them in the refrigerator.



Water and Disinfectant

Store several gallons of water for each person. Also keep a disinfectant such as iodine tablets or chlorine bleach to purify water.



Radio and Extra

Transistor radios will be useful for receiving emergency broadcasts and current disaster information.



Dry or Canned Food

Store a one-week supply of food for each person. It is preferable to store food that does not require cooking.



Alternate Cooking Source

Store fuels and appliances and matches for cooking in case utilities are out of service.



Blankets, Clothing, Shoes

Extra blankets and clothing may be required to keep warm. Have shoes suitable for walking through debris.