



December 2010

# Fort Greely INTERCEPTOR

## **New this issue:**

**Important link to the OPSEC dangers of Geotagging -  
few things would frighten you more!**

**The INTERCEPTOR's been Scribd!**

# Building resiliency and restoring balance for Soldiers, Civilians and Families

By Lt. Gen. Rick Lynch  
IMCOM Commander

Given the Army's 235-year history, resiliency is a relatively new word in our vocabulary. We hear it often nowadays, from the highest levels of leadership on down, as we talk about how we are addressing the effects of nine years of conflict. There may be a danger that someone will hear the word once too often and tune it out as the latest buzz word. However, we need to keep talking about it until every member of the Army community — every Soldier, Civilian and Family member — hears it and gets the message that we want them not only to survive, but to thrive.

A dictionary definition of resiliency is the ability to recover from misfortune or adjust easily to change. When we in the Army talk about resiliency, though, we are talking about more than the ability to bounce back from adversity. We are also talking about the ability to realize personal growth and development in the face of challenging situations.

Resiliency is rooted in physical, mental and spiritual fitness. It is about finding the balance in your life between work, Family and self, and living your dash — the line on the tombstone between the dates of birth and death — to the fullest.

During the last nine years of conflict, our Soldiers, Civilians and Family members have faced challenging situations, and in too many cases, tragedy.

Multiple deployments and too little dwell time have strained our relationships. We can see the stress manifest in rising rates of divorce, domestic violence, suicide and other destructive behaviors. We have to reverse the trends. We owe it to our Soldiers, Civilians and Family members to help them build the resiliency they need to cope with their challenges and come out stronger and better.

The Army is recognizing the stress and strain on our forces and Families. We are making resiliency a priority and a part of Army culture, and have taken a number of steps to assess and build resiliency in our Soldiers, Civilians and Family members.

One of the initiatives is the Comprehensive Soldier Fitness Program. The program is designed to enhance the resilience, readiness and potential of Soldiers, Civilians and Family members by building strength in every area of life: not just physical fitness, but also emotional, social, spiritual and Family.

*“Resiliency is rooted in physical, mental and spiritual fitness. It is about finding the balance in your life between work, Family and self, and living your dash — the line on the tombstone between the dates of birth and death — to the fullest.” - Lt. Gen. Lynch*

CSF is mandatory for Soldiers, but geared to the whole Army community, with components for Family members and Civilians as well. Soldiers, Civilians and Family members begin with the Global Assessment Tool, which measures strength in each of the five areas. The GAT is located at the CSF website, [www.army.mil/csf](http://www.army.mil/csf).

The results of the assessment direct an individualized training plan, which includes virtual training, classroom training and support from resilience experts. It is a long-term program, meant to help every member of our community succeed in his or her job and grow personally.

Another resource that helps Soldiers, Civilians and Family members build their resiliency are the Army Wellness Centers. Like the CSF, the Wellness Centers are focused on prevention. They are focused on helping individuals identify their problem areas and make positive

changes for their health and well-being. Wellness Center programs include metabolic and fitness testing, nutrition education, weight management, stress management and tobacco cessation.

One challenge for the Army is to make sure that every member of the Army community, including National Guard and Reserve Soldiers, and Family members who are not located near an installation, have access to the resources they need to build resiliency. Every member needs to know what support exists for them and where they can access it.

We have plenty of great programs and services, such as the CSF program and Army Wellness Centers, but we need to make sure we are effective and efficient in delivering them to the Army Community members who can use them.

In the spring I will be joining senior commanders and other Army leaders at Fort Hood to discuss the importance of resiliency and the different ways we are approaching the issue. We are meeting there to take a look at a bricks-and-mortar model, the Fort Hood Resiliency Campus.

The Resiliency Campus is a one-stop shop where Soldiers, Civilians and Families can go to strengthen their mind, body and spirit. Composed of several buildings located next to each other, the campus offers a comprehensive array of services and programs, including spiritual and physical fitness programs, personal financial assistance, culinary classes, individual and Family counseling, Warrior Adventure Quest and Family Programs.

The symposium will also consider the possibility of a virtual resiliency campus, which is in the beginning phases of conceptualization and development. IMCOM Headquarters' Chaplain Ministry Team will demonstrate a virtual Spiritual Fitness Center, which would be a core component of a virtual resiliency campus.

The virtual Spiritual Fitness Center will be accessible both as a conventional website and in Second Life, on the Army One Source Survivor Island web page. Both avenues will provide Soldiers, Civilians and Family members faith-based and non-faith-based resources for building their spiritual fitness.

The virtual campus merits serious consideration. Like a physical campus, it would offer a single point of access to assess needs and direct the individual to the best source of help, but it would also be available to Army community members anywhere and anytime.

Ultimately, the symposium will consider what models of resiliency campuses, virtual and physical, can be standardized to benefit the whole Army.

The Army's focus on resiliency is important. It puts mental, emotional and spiritual fitness on par with physical fitness, all of which we need to perform successfully. It also acknowledges that the Soldiers who make up

our all-volunteer Army and their Family members need and want balance in their lives.

It is easy to get knocked off-balance by the challenges we face, which is why I encourage you to take the time to build your resiliency and find your balance. As I said, you have to live your dash. For me the dash signifies not only serving my country, but even more importantly, being a husband and father and making time for friends.

When you are taking your last breaths, you are probably not going to wish you spent more time working, but more time doing the things you enjoy and being with the people you love. Especially during the fast-approaching holiday season, take the time to do what recharges you, to spend time with those important to you, and ultimately, to live your dash well.



Sgt. 1st Class Lonzell Scott stresses that being able to participate in events such as the FGMS Carnival is a way to give back to the community. Photo by Dave Palmer

# School rewards positive behavior

By Dave Palmer  
Public Affairs

The Fort Greely Middle School Carnival brought together Servicemembers, Families and 275 excited kids for an afternoon of treats and games at the Middle School Gym Nov. 24.

At any carnival, rides and games, are all about how many tickets are needed to participate. For this event, the cost of each ticket might surprise you... good behavior, citizenship and grades.

"It's all about reinforcing positive behavior. Students were rewarded with tickets for all manner of positive action over the past few weeks and then cashed them in at the carnival," said Principal Jeff Lansing.

For a dozen members of the 49th Missile Defense Battalion the decision to participate was easy.

"These Soldiers all volunteered, even though many

don't have kids enrolled here, it helps ease the isolation for all of us. It's a way for us to give back to our community," said Sgt. 1st Class Lonzell Scott.

Only about 30-percent of the students have a direct connection to the military. This event proved to be a great opportunity for the kids to interact with them and get an up-close look at the discipline the military possesses.

Principal Lansing noted no incidents of misbehavior during the carnival and believes the presence of the Soldiers played a key role in that factor.

The students clearly did their part, but the event wouldn't have been possible without the hard work of teachers like Stephanie Slette, and librarian Elizabeth Bender, the home room teachers and the community volunteers all pulling together, he added.



Bobbing for apples and face painting were only a few of the fun activities scheduled at the FGMS Carnival. The entire event is a great reminder that hard work does indeed pay off.

Photos by Dave Palmer





# December Movies



**Time:**  
7 PM

Youth Program  
Bldg 653 Big Delta Ave  
Phone: (907) 873-3405



U.S. Army Child, Youth  
& School Services

Friday, December 3



Free Snack:  
Popcorn



**A Christmas Carol (2009) PG**

An animated retelling of Charles Dickens' classic novel about a Victorian-era miser taken on a journey of self-redemption, courtesy of several mysterious Christmas apparitions.

Friday, December 10



Free Snack:  
Popcorn



**Home Alone (1990) PG**

An eight year-old, who is accidentally left behind while his family flies to France for Christmas, has to defend his home against idiotic burglars.

Friday, December 17

Free Snack:  
Popcorn



**Edward Scissorhands (1990) PG-13**

An uncommonly gentle young man, who happens to have scissors for hands, falls in love with a beautiful teenage girl.

Friday, December 24



**NO MOVIE  
HAPPY HOLIDAYS!**

## 4-H Community Club

Upcoming:

Nov. 5: Model Rocket Launch!  
Nov. 12: Fitness Project Starts  
(This is a 6 week project taking place on Fridays. Ends on Dec. 29)  
Dec. 29: Army PT Test: Challenge Yourself!

**WHEN: Fridays  
TIME: 4 - 6 PM**



U.S. Army Child, Youth  
& School Services



**PLEASE NOTE: YOUTH MUST BE REGISTERED WITH 4-H TO PARTICIPATE!**

Youth Program

Bldg 653 Big Delta Ave

Phone: (907) 873-3405

# Employee and Customer Covenant signed

The Family and Morale, Welfare and Recreation Command recently developed a comprehensive, holistic Customer Service Program for Army Family and Morale, Welfare and Recreation to create and sustain a customer service culture. The Army Senior Executive Leadership approved the program in Fiscal Year 2009 and implementation is now underway. This is a dedicated Family and MWR program to better position employees for success in serving our customers, in support of the Army Family Covenant.

The initiative establishes 30 Customer Service Coordinators, centrally-funded by FMWRC, who are strategically located across garrisons worldwide to support all of Family and MWR. These coordinators will support Family and MWR Directors in implementing, monitoring and sustaining the standardized enterprise program, which aims to increase customer participation and satisfaction, increase employee job satisfaction, retain high-performing employees, and sustain employee engagement and commitment.

Taking care of Soldiers, Families and our Civilian Workforce is a priority. To that end, Maj. Gen. Reuben D. Jones, Commander of FMWRC, signed the first *Family and MWR Employee and Customer Covenant* on Jan. 25, 2010. This covenant embodies a promise of excellence to both employees and customers.

"It is a symbol of the commitment we will make to doing business a bit differently, understanding the way to excellent service to Soldiers is through employees," said Mr. Rich Gorman, Executive Director and Chief Operating Office of FMWRC, at the first signing event.

Follow-on signing events will take place at every garrison to reinforce Family and MWR's commitment to the employees and customers we serve every day.

Fort Greely FMWR welcomed Ms. Christine Donovan, Customer Service Coordinator FMWRC, on Nov. 4 for the signing of the FMWR Employee and Customer Covenant and to attend our "all hands" meeting. We are pleased to note that Ft. Greely is the first Garrison in the Pacific and Korean Regions to achieve this accomplishment in the second phase roll out of Operational Excellence. As part of the FMWR "all hands" meeting approximately 60 FMWR employees witnessed the signing of the covenant by Lt. Col. Chris Chronis and DFMWR Connie Larson. All FMWR employees were then given an opportunity to sign the covenant.



Lt. Col. Chronis, Larson and Donovan display the newly signed FMWR Employee and Customer Covenant poster at Gabriel Auditorium. Photo by Emily Fisher



Photo by Deborah Ward

## Ice puts a spin on Greely

By Deborah Ward  
Public Affairs

On Nov. 22 an unusually warm, moist air mass moved around a large high pressure system over the North Pacific and brought widespread rain and freezing rain to the Interior of Alaska.

Most of the population found that when the warm rain started to melt the snow pack, causing more runoff, that the water had no place to go except for the roads and sidewalks.

For those that have never ice skated, they certainly got their chance. Paola Pacheco of North Haven Communities stood frozen on a crusted patch of snow not trusting her footing on the icy road she needed to cross in order to get to her vehicle. "I don't want to cross the street, I've never ice skated in my life," she said. Pacheco is resourceful and not one to let a little inconvenience get in her way, took off her high-heeled boots and walked across the road using the stiffened cotton of her socks as traction.

This was an extraordinary event for Interior Alaska. Rain during the winter is unusual. The last known record of having received this much rain occurred in January 1937 when .99 inches of rain fell on the 25 inches of snow.

For the first time, that anyone could remember, the roads conditions on Fort Greely were listed as BLACK from 10:30 a.m. Nov. 22 through Noon on Nov. 23.

The rough weather caused many cancellations and closures from Anchorage to Fairbanks and many spots in between.

The most up to date current road conditions can always be found at [511.alaska.gov](http://511.alaska.gov) or you can simply dial the numbers 511 from any cell phone. If you work on Fort Greely and do not have a cell phone, the office phones process the 511 number as well. "There is a slight 2-3 second delay for the 3-digit number to be routed through our system," said Melissa Brown, Customer Support Center Lead for NETCOM.

If for whatever reason the delay takes longer and you do not have a cell phone, (866) 282-7577 is the number to call for same current road condition statement recording on the 511 line.

Up to date road conditions for Fort Greely can be heard by dialing 873-7623. No matter the conditions, no matter the policies, don't out drive your skill level. It simply isn't worth the risk.

# ODR Winterization Information



## FROSTBITE

Frostbite is the freezing of a part of the body exposed to temperature 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.

# Fort Greely takes New York

## by surprise

By Deborah Ward  
Public Affairs

A week before this year's Thanksgiving holiday an e-mail with the subject line, "Fort Greely 1964," was sitting unopened in my In Box. My first thought was, "Good grief what did I put that date on?"

It was a small note from an Army veteran who was stationed here at Fort Greely in 1964. Michael Multari, currently a resident in the state of New York, wrote and said that a copy of the Fort Greely INTERCEPTOR had made its way to him and he was delighted to see the little post was headed back to what appeared to be a thriving community.

Multari's 19 month tour as a communication section specialist at Fort Greely began on March 4, 1964. Two weeks later he experienced an earthquake "to beat all earthquakes," the 1964 Good Friday Earthquake. With a magnitude of 9.2 it certainly shook Multari's world and it is an experience he never forgot.

Though it wasn't a good way to start out his tour in Alaska, he did have some good memories to share.

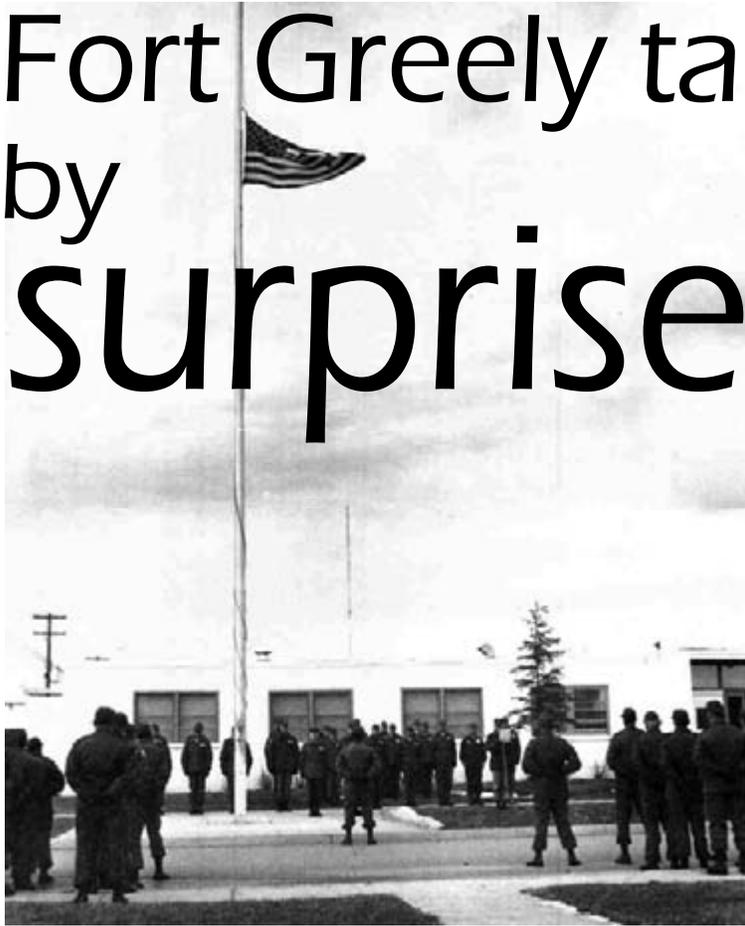
"Because of the earthquake, very few people ventured to Alaska that summer, so we had all the lakes, fishing and sightseeing to ourselves."

Multari went on to say that it was very remote back then. There was a bus that ran once a day to Fairbanks, but other than that there was no outside contact for a Greely Servicemember.

Multari enjoyed playing baseball and the baseball game played on Summer Solstice happened then just as it does now; midnight in the daylight. There were also countless fishing and hiking trips.

"We went to the top of Donnelly Dome to plant a flag. We thought we were going to be the first ones there, but National Geographic beat us to it...with a plaque."

Fort Greely was not a place that Multari wanted to call home so when his tour ended he moved on, but enjoyed the trip down memory lane and for that he thanked the INTERCEPTOR and the devoted individuals that remain at Fort Greely.



Headquarters Company assembled in front of what is now the Missile Defense Agency building. The Soldiers pictured here honor the memory of President Herbert Hoover who died in October of 1964. (Below) Soldiers wearing typical cold weather gear in front of the United States Army Alaska - Fort Greely sign that now no longer stands (notice the USARAK insignia). The photo was taken and was to be on display in the Alaskan Pavilion at the 1964 World Fair in New York City, for reasons unknown, the photo never made it to the World Fair. All photos courtesy of Michael Multari.

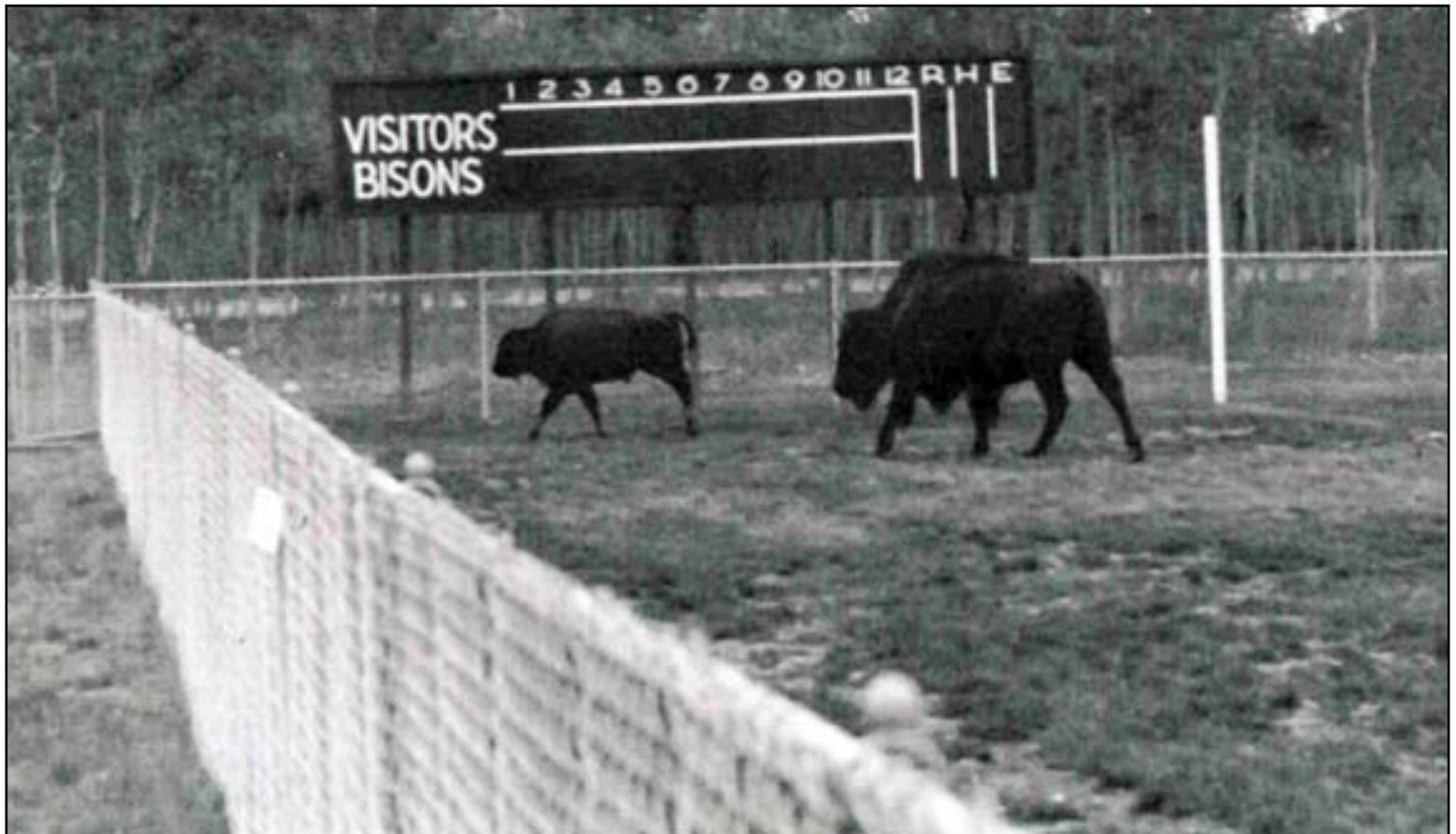




This 12 year-old boy, one of 20 lottery winners in 1964, was the youngest person on record at the time, allowed to shoot a bison. The bison involved in the lottery hunt were rogue males that had been forced out of the herd by dominant males. The bison selected for the hunt were chosen by Alaska Fish and Game and then allowed to be shot under careful guidance. Though it didn't make for much of a "hunt" it kept the freezers full for long periods of time. The bison herd roamed post freely in those days and would lie down by the old barracks building to get out of the wind during the long harsh and yes...windy winters.



Fort Greely Baseball Team stands proudly on their home playing field. Multari is pictured on the top row, four in from the left. The Greely Bisons baseball team traveled to Fort Richardson and Fort Wainwright for their games. Many of the players on the team had played or were playing minor league baseball when they joined the service. (Below) Practice and games may not have always been on schedule. Bison came and went as they pleased and the gates to post were never closed. Ultimately, the bison would make their way in or out regardless of any gate or fence just as the Fort Greely moose do today.



# Fort Greely recycling efforts

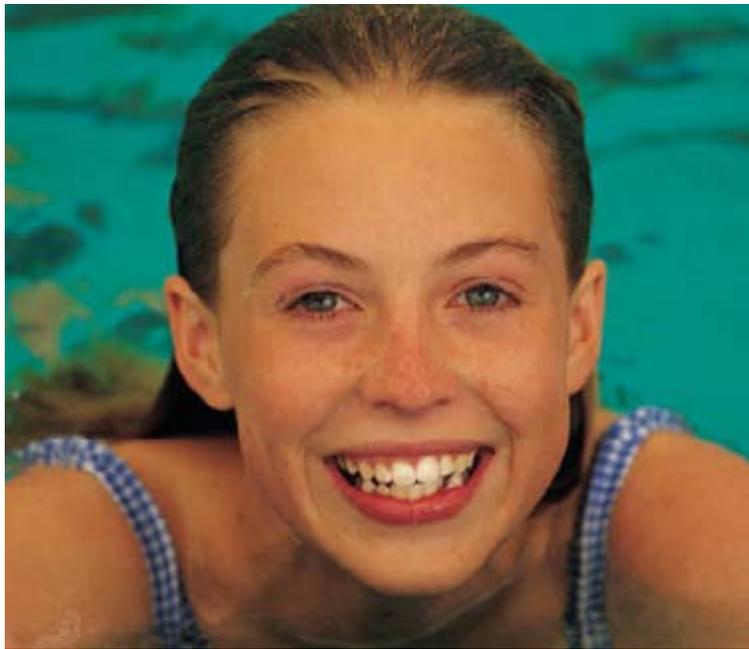
By FGA Environmental Office

Although we have expanded our collection of plastics for recycling, it seems many are still unaware or unsure of the types of plastics that can be deposited in the recycling bins. Plastics with the recycling codes of #1 - #7 will be accepted and includes most all types of plastic. Dumpsters that are still labeled #1 Plastic will now be available for the collection of all types, including plastic bags. The dumpsters will be repainted and labeled accordingly in the future. No more separating, just deposit all plastics in the same container/ dumpster as it will all get baled together for shipment. Some

Styrofoam will be incorporated as well and that type is known as the packaging material you find in manufactured products, no food containers at this time. Please ensure all containers are empty and free of contaminants and be aware of the following containers that are listed as restricted. **NO** containers used for **poisonous products** like weed or bug killer, containers that would cause chemical burns like drain cleaner, and no oil based containers such as motor oil. This is the first step in the expansion of our recycling program with more accepted materials to follow as soon as

# EXPAND

containers can be designated for additional materials. Thanks to all who participate in our recycling program at Fort Greely, we can't do it without you!



## Sink or swim

We understand the frustration at not having one of the most popular fitness facilities open for use. Unfortunately, the contractor that was hired for the renovating of the Fort Greely Fitness Center pool failed to meet the requirements of the contract and must still complete several more tasks before the pool can reopen; however, bathrooms and saunas will reopen this weekend. The locker rooms will be open to the public on December 7 at noon.

We continue to stay focused on Soldier, Family and Civilian Readiness while improving our ability to support and strengthen the resilience and balance through programs, services and facilities that help to sustain physical, emotional, social, family and spiritual needs.

## New AFN Radio Channels

On a *lighter shade of pale*...we have two new Armed Forces Network radio stations in the area.

For those that can't get enough words in during the day Talk radio will be 92.7 FM and a composition of country, classic rock and the top 50 hits can be enjoyed on 90.5 FM.



# Safe Tips:

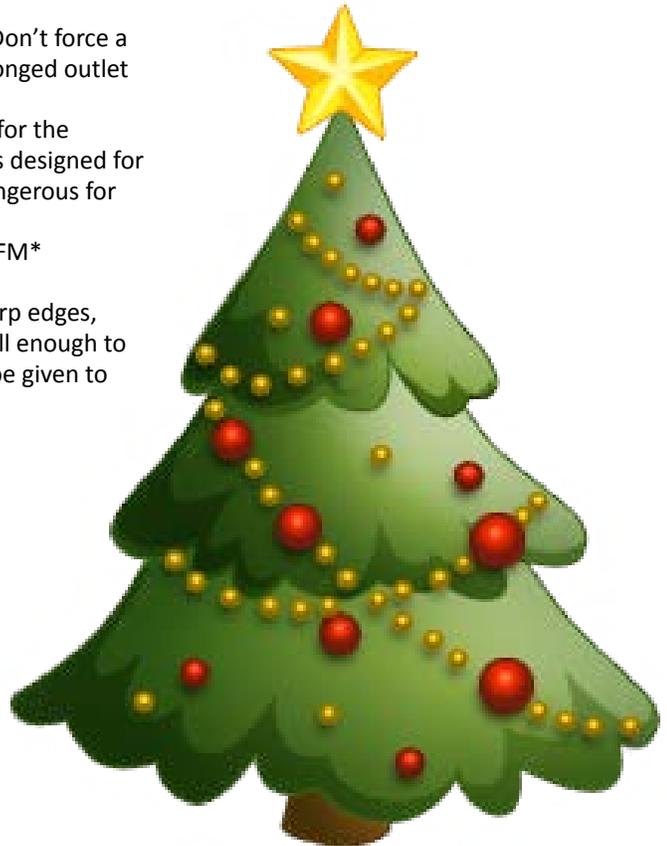
By Garrison Safety Office

## Christmas trees:

- Keeping safe during the Christmas holidays:
- Christmas Trees:
- Purchase green, moist Christmas trees, never old or brittle. Check the needles. Try to find a tree with needles that bend instead of break
- After purchasing a live tree, be sure to cut the bottom of the tree to expose new wood that will be able to soak up water
- Always keep a live tree watered
- Keep trees, and any other combustibles, away from ignition sources such as fireplaces, space heaters, candles, overhead lights and radiators
- Ensure that artificial trees are fire resistant and UL or FM listed. This will ensure the tree has been manufactured and tested to meet specific safety standards
- Make sure the base is steady so the tree won't tip over easily
- Only use UL or FM approved extension cords
- Make sure the extension cord is large enough to carry the intended load. The thicker the cord, the greater the load it should be able to carry without overheating.
- Inspect the cord for damaged insulation, splices or loose plugs before using. Never use an extension cord that has any of these conditions.

- Do not overload the outlets. Use surge protectors if multiple outlets are needed.
- Immediately replace any broken bulbs that have exposed filaments
- Never use electric lights on old metal artificial trees
- Don't run cords through doorways or under rugs. The insulation on the cords can become damaged if the door closes on the cord or if people step on it under the rug, causing a potential fire and/or shock hazard
- Match plugs with outlets. Don't force a 3-pronged plug into a 2-pronged outlet or extension cord.
- Purchase appropriate toys for the appropriate age. Some toys designed for older children might be dangerous for younger children
- Electric toys should be UL/FM\* approved
- Toys with sharp points, sharp edges, strings, cords, or parts small enough to be swallowed should not be given to small children

- Place older ornaments and decorations that might be painted with lead paint out of the reach of small children and pets (big or small).
  - Never drink and drive. Provide non-alcoholic drinks for designated drivers and other guests.
- \*UL - Underwriters Laboratory  
\*FM – Factory Mutual

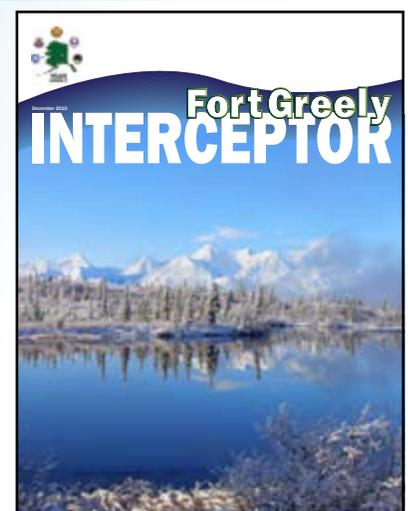


**Play it safe and your holiday won't be filled with unwanted surprises.**

**On the cover:** Winter, Jack Frost, Frosty the Snowman and icy grandeur hit all at once in Alaska. Photo by Al Sheldon.

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

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



# You know you're an Alaskan when...

You see people wearing hunter orange at special social events.

(907) is the only area code you ever need to know.

Salmon isn't a delicacy, it's a staple.

A "hot" vacation spot is Anchorage.

You have security lights installed on the house and garage, but don't lock the doors.

You think \$4 for a loaf of bread is cheap.

You've been chased or know someone that has been chased by a moose...some of you may have even thought it fun and tried to reenact the event.

You've seen your boss "shoo" moose away from the front office door.

You know who Binki was - laughed at the dumb Australian tourist and cried when Binki died.

You can wear flip-flops all year and not get sick.

You can't find your car in the parking lot because of the exhaust fog.

Anyone without a crack in their windshield is a tourist - or gets paid way too much.

Your idea of having a few good "studs" around has ALWAYS referred to tires.

It's 30 below zero and you crave ice cream.

You only watch the news when the dividend amount is going to be announced.

You know someone who's bought "moose nugget" jewelry.

When you have six months to "carpe diem."

Cleaning the grease off the grill is a must or the bears will do it for you.

Your snow-blower gets stuck on the roof... again.

You know two speed limits: "get outta my way" and "take cover."

When you can spell ARCTIC correctly.

You can cook moose in more than 50 different ways.

You've seen reindeer - and the only time they fly is when they hit the hood of your truck.

You spend all summer shedding your winter "coat."

**If you have a funny one-liner or photo you'd like to submit, now's your chance:**

**You're an Alaskan When...**



**Weather conditions change quickly in Alaska (above) as the students who rode their bikes to class will soon find out. Alaska has an uncanny way of depositing real-life statues in the least expected of places. Clearly this poor fella (below) can't read; he's going the wrong way to make his deposit.** Photos by Deborah Ward



*The Delta/Greely Community Choir invites you to our  
Annual Christmas Concert  
7 p.m.  
Thursday, December 9  
at the Fort Greely Chapel*

This is an Open Post Event at Fort Greely Chapel. Guests who do not have Fort Greely passes may join us by bringing a driver's license and proof of both vehicle registration and insurance. Photo IDs are required for all passengers 16 and over. Guests without passes need to arrive 15 minutes early.



## School-Age Services Visits to the Youth Program



**WHEN:** December 4<sup>th</sup> & 18<sup>th</sup>  
**WHERE:** Youth Program (bldg 653)  
**TIME:** 12 – 4 PM

This is an option offered to SAS registered youth (grades 1-4). Parents may drop off their children, at no additional cost. **Remember that children must be signed in and out of the program by a parent or approved release designee.**

**PLEASE NOTE THAT PARENTS MUST PICK UP CHILDREN NO LATER THAN 4 PM!**

Parents must fill out a permission form before youth can participate in the program!



U.S. Army Child, Youth  
& School Services



Youth Program  
Bldg 653 Big Delta Ave  
Phone: (907) 873-3405



# December ACS Events



Thursday 9<sup>th</sup> 1200 -1300 *Holiday Smarts*

You don't have to be Scrooge,

but you can be a Wise Man and save during the season and have an enjoyable holiday.  
BYOL (Bring Your Own Lunch) and have an Humbugin' good time.

Wednesday 15<sup>th</sup> 1000 -1100 *Positive Control*

With a new year approaching , this would be a good time to start off the year being more positive.

Learn how to keep the blues at bay even during the harsh winter months.  
Start 2011 with a positive charge in attitude and pass it on!

CLASSES WILL BE AT THE GABRIEL AUDITORIUM

CALL 873-2384 or 873-4346 to sign up.



## ACS wishes you and yours Happy Holidays!



## CROCHET SERVICE PROJECT

Calling all YP youth! If you know how to crochet or would like to learn how, come participate in our Service Project to crochet hats and scarves for cancer patients in Fairbanks.

If you're a beginner, come learn from more experienced youth, and if you're an expert show off your crochet skills! 😊



Youth Program

Bldg 653 Big Delta Ave

Phone: (907) 873-3405



The US Army Volunteer Program of Fort Greely is seeking a Volunteer Program Coordinator. This individual will set up, coordinate and supervise a new volunteer program for the Fort Greely Community. To find out more about this opportunity please contact ACS at 873-3284/4346

# Random Acts of Kindness has Returned!

Again, the Fort Greely Community is to become vigilant in identifying random acts of kindness in our community! If you see someone going out of their way to assist someone, please let us know. Too many of us see or do positive actions “just because”. We want YOU to notice and let us know, so we can share the kindness by informing our community. We do this to promote positive actions and continued belief in the community. We must be aware of these random acts, and not let them go unnoticed.



So if you see it...let us know by emailing [emily.b.fisher@us.army.mil](mailto:emily.b.fisher@us.army.mil) or call 873-4346 to report a positive incident. These observances will be placed in the Interceptor to make this an aware community. Of course you can remain anonymous as you report these random acts of kindness. This is your community so let's promote how good we are!

BE ON THE LOOKOUT...

BLDG. 661

# THE LAUNCH ROOM

873-4444

MENUSUBJECT TO CHANGE DUE  
TO CHANGES IN PRODUCT AVAILABILITY

## MONDAY 6 DECEMBER

BBQ'D SPARE RIBS,  
MASHED POTATOES & GRAVY, TATER TOTS,  
CREOLE SUMMER SQUASH, CORN-ON-THE-COBB,  
SLICED CARROTS, HOT ROLLS, SALAD BAR,  
AWESOME SOUP, CHILI

## TUESDAY 7 DECEMBER

TURKEY CURRY, GRILLED PORK CHOPS,  
STEAMED WHITE RICE, SAVORY DRESSING,  
OVEN POTATOES, GRAVY, HERBED GREEN BEANS,  
PEAS-N-CARROTS, HARD ROLLS,  
SALAD BAR, SOUP A LA MOMENT, CHILI

## WEDNESDAY 8 DECEMBER

SOUTHERN FRIED CHICKEN, ROAST PORK,  
WILD RICE, MACARONI-N-CHEESE,  
MASHED POTATOES & GRAVY, HERBED GREEN BEANS,  
CALICO CORN, MIXED VEGGIES, HOT ROLLS,  
SALAD BAR, SURPRISED SOUP, CHILI

## THURSDAY 9 DECEMBER

BRAISED BEEF-N-NOODLES, CHICKEN POT PIE,  
RICE PILAF, BAKED MAC-N-CHEESE,  
HERBED BROCCOLI, SLICED CARROTS, SWEET PEAS,  
HOT ROLLS, SUPER SOUP, CHILI

## FRIDAY 10 DECEMBER

BAKED STUFFED FISH, DEEP FRIED FISH,  
STUFFED CABBAGE, RICE PILAF, POTATOES O'BRIEN,  
PAS IA PRIMAVERA, CORN COMBO, HERBED BROCCOLI,  
SLICED CARROTS, TEXAS TOAST, SALAD BAR,  
NEW ENGLAND CLAM CHOWDA, CHILI

## SATURDAY 11 DECEMBER

ROASTED PORK LOIN,  
MASHED POTATOES & GRAVY,  
CAULIFLOWER PARMESAN, MIXED VEGGIES,  
FRESH BAKED HARD ROLLS,  
SALAD BAR, GOOD HOT SOUP, CHILI

## SUNDAY 12 DECEMBER

SPAGHETTI & MEATBALLS,  
TATER TOTS, DEEP FRIED OKRA,  
SAVORY SUMMER SQUASH, TOASTED GARLIC BREAD,  
SALAD BAR, A MOST WONDERFUL SOUP, CHILI

## MONDAY NIGHT

HONEY GLAZED ROCK CORNISH HEN,  
MASHED POTATOES & GRAVY,  
CREOLE SUMMER SQUASH, SLICED CARROTS,  
FRESH BAKED HARD ROLLS,  
SALAD BAR, SOUP-OF-THE-DAY

## TUESDAY DINNER

BBQ'D BEEF, EGGPLANT PARMESAN,  
BUTTERED SPAGHETTI, HERBED BROCCOLI,  
CAULIFLOWER, TOASTED GARLIC BREAD,  
SALAD BAR, SOUP-OF-THE-DAY

## WEDNESDAY EVENING

CHEESE MANICOTTI/MEAT SAUCE,  
HERBED GREEN BEANS, SUCCOTASH,  
TOASTED GARLIC BREAD, HOT ROLLS,  
SALAD BAR, SOUP-OF-THE-DAY

## THURSDAY NIGHT

BEEF YAKISOBA,  
FRIED CABBAGE, HERBED GREEN BEANS,  
BAKING POWDER BISCUITS,  
SALAD BAR, SOUP-OF-THE-DAY, CHILI

## FRIDAY SUPPER

GRILLED STEAK,  
SAUTÉED MUSHROOMS & ONIONS, AU JUS,  
BAKED POTATO, FRESH ASPARAGUS,  
SLICED CARROTS, SWEET CORN, TEXAS TOAST,  
SALAD BAR, SOUP-OF-THE-DAY, CHILI

## SATURDAY EVENING

SOUTHERN FRIED CATFISH,  
PARSLEY POTATOES, CALICO CORN,  
MIXED VEGGIES, FRESH BAKED DINNER ROLLS,  
SALAD BAR, SOUP-OF-THE-DAY, CHILI

## SUNDAY DINNER

SAN FRANCISCO GLAZED CHICKEN,  
LONG GRAIN & WILD RICE,  
SAVORY SUMMER SQUASH,  
CAULIFLOWER AU GRATIN,  
FRESH BAKED DINNER ROLLS, SALAD BAR,  
SOUP-OF-THE-DAY, CHILI

**BREAKFAST 06:00-08:30 LUNCH 11:30-13:00 DINNER 17:00-18:30 EVERY DAY!**

**SECRETARIAT**

(Diane Lane, John Malkovich) Penny Chenery is a devoted mother and housewife whose ailing father is the proprietor of Meadow Stables in Virginia. Penny prepares to prove that gender has no bearing on one's ability to breed a fast race horse. As Secretariat blasts out of the gates to leave his competition in the dust, the whole world watches in amazement, and a legend is born. Rated PG (brief mild language) 105 min



**RED**

(Bruce Willis, Morgan Freeman) Frank, Joe, Marvin and Victoria used to be the CIA's top agents but the secrets they know just made them the Agency's top targets. Now framed for assassination, they must use all of their collective cunning, experience and teamwork to stay one step ahead of their deadly pursuers and stay alive. To stop the operation, the team embarks on an impossible, cross-country mission to break into the top-secret CIA headquarters, where they will uncover one of the biggest conspiracies and cover-ups in government history. Rated PG-13 (intense sequences of action violence and brief strong language) 105 min



**CASE 39**

(Renee Zellweger, Ian McShane) In her many years as a social worker, Emily Jenkins believes she has seen it all, until she meets 10-year-old Lilith and the girl's cruel parents. Emily's worst fears are confirmed when the parents try to harm the child, and so Emily assumes custody of Lilith while she looks for a foster family. However, Emily soon finds that dark forces surround the seemingly innocent girl, and the more she tries to protect Lilith, the more horrors she encounters. Rated R (violence and terror, including disturbing images) 109 min



**JACKASS**

(Johnny Knoxville, Steve-O) (Presented in 2D format) Johnny Knoxville and company return for the third installment of their TV show spin-off, where dangerous stunts and explicit displays rule. Rated R (male nudity, extremely crude and dangerous stunts throughout and for language) 94 min



**MY SOUL TO TAKE**

(Max Thieriot, John Magaro) In the sleepy town of Riverton, legend tells of a serial killer who swore he would return to murder the seven children born the night he died. Now, 16 years later, people are disappearing again. Adam "Bug" Heller was supposed to die on the bloody night his father went insane. Unaware of his dad's terrifying crimes, he has been plagued by nightmares since he was a baby. But if Bug hopes to save his friends from the monster that's returned, he must face an evil that won't rest...until it finishes the job it began the day he was born. Rated R (strong bloody violence and pervasive language including sexual references) 107 min



**HEREAFTER**

(Matt Damon, Cécile de France) Three people are touched by death in different ways. George is a blue-collar American who has a special connection to the afterlife. On the other side of the world, Marie, a French journalist, has a near-death experience that shakes her reality. And when Marcus, a London schoolboy, loses the person closest to him, he desperately needs answers. Each on a path in search of the truth, their lives will intersect, forever changed by what they believe might—or must—exist in the hereafter. Rated PG-13 (mature thematic elements including disturbing disaster and accident images, and for brief strong language) 126 min



**THE SOCIAL NETWORK**

(Jesse Eisenberg, Andrew Garfield) On a fall night in 2003, Harvard undergrad and computer programming genius Mark Zuckerberg sits down at his computer and heatedly begins working on a new idea. In a fury of blogging and programming, what begins in his dorm room soon becomes a global social network and a revolution in communication. A mere six years and 500 million friends later, Mark Zuckerberg is the youngest billionaire in history, but for this entrepreneur, success leads to both personal and legal complications. Rated PG-13 (language, drug and alcohol use and sexual content) 121 min

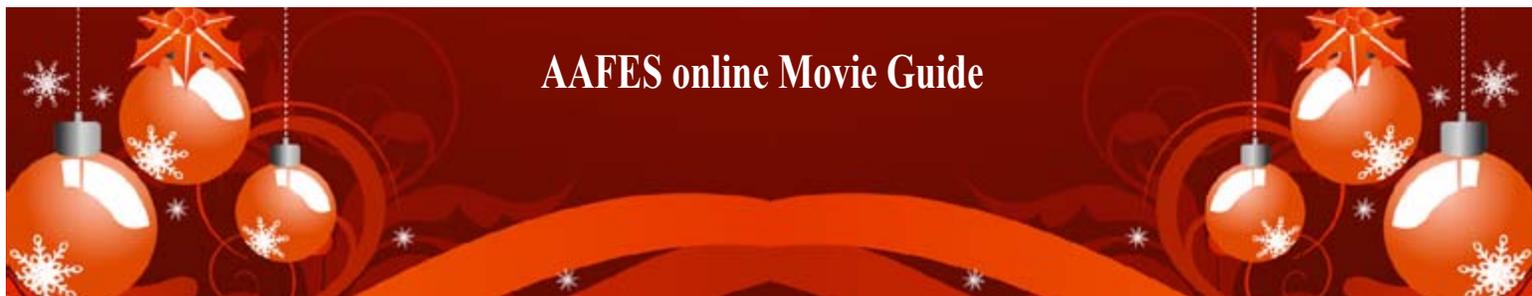


**LIFE AS WE KNOW IT**

(Katherine Heigl, Josh Duhamel) Holly Berenson is an up-and-coming caterer and Eric Messer is a promising network sports director. After a disastrous first date, the only thing they have in common is their dislike for each other and their love for their goddaughter, Sophie. But when they suddenly become all Sophie has in the world, Holly and Eric are forced to put their differences aside. Juggling career ambitions and competing social calendars, they'll have to find some common ground while living under one roof. Rated PG-13 (sexual material, language and some drug content) 115 min



<b>FRI</b>	<b>DEC 03</b> - 7 p.m. Secretariat	.....	(PG)
<b>SAT</b>	<b>DEC 04</b> - 7 p.m. Case 39	.....	(R)
<b>SUN</b>	<b>DEC 05</b> - 7 p.m. My Soul to Take	.....	(R)
<b>FRI</b>	<b>DEC 10</b> - 7 p.m. The Social Network	.....	(PG-13)
<b>SAT</b>	<b>DEC 11</b> - 7 p.m. Life as We Know It	.....	(PG-13)
<b>SUN</b>	<b>DEC 12</b> - 7 p.m. The Social Network	.....	(PG-13)
<b>FRI</b>	<b>DEC 17</b> - 7 p.m. Red	.....	(PG-13)
<b>SAT</b>	<b>DEC 18</b> - 7 p.m. Jackass	.....	(R)
<b>SUN</b>	<b>DEC 19</b> - 7 p.m. Hereafter	.....	(PG-13)
<b>FRI</b>	<b>DEC 24 - DEC 31</b> CLOSED		



# What an awesome raft of turkeys!

A great "thank you" to everyone that submitted their colorful turkey pictures from the November INTERCEPTOR! Everyone did such a fantastic job!

If you would like your name displayed on the Fort Greely Marquee and your colored picture on the Command Channel please submit your artwork by the twentieth of each month to [deborah.ward3@us.army.mil](mailto:deborah.ward3@us.army.mil). The next deadline is Jan. 20. Hurry and get those colors out!

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

Submit a photo of your work or a scanned image and we'll find a spot to highlight it for you. Don't let your creativity go unnoticed. If you used one of our FMWR facilities, be sure to list the location so we can give them credit too.

**The winner of the Fort Greely year-long photo contest will be announced in the February \* edition of the INTERCEPTOR!**

**\*Please note that there is no scheduled INTERCEPTOR issue for the month of January**



**Juliana Rodgers, age 4**



**Josiah Merrymon, age 7**



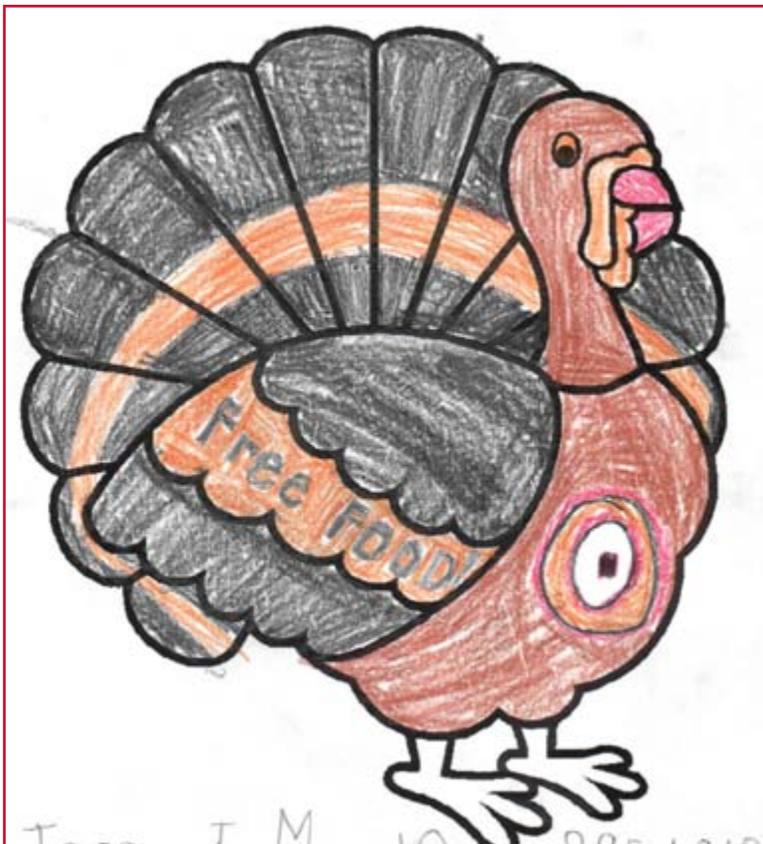
**Tristan Massey, age 6**



**Reuben Merrymon, age 9**



**Leann Shautt, age 11**



**Jason Merrymon, age 10**



**Levi Merrymon, age 5**

**Have something to say?  
Have a great idea?  
Got a question?  
Click the bear!**

**Need to know the current time and temperature for Fort Greely?**

**Call 873-1234**

**Need to know the current road conditions for Fort Greely?**

**Call 873-7623**

**Need to know the road conditions outside of Fort Greely?**

**Call 511 from your cell phone  
or 866-828-7577 from your home/office phone**

# Kids' Corner

## KIDS' CORNER

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

Winners will be chosen each month and will get the chance to have their name in lights on the Fort Greely Marquee for the month!

Be sure to include your first name, age and telephone number in the space provided below so we may contact you if selected.

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



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

GUARDIAN'S NAME: \_\_\_\_\_