



July 2011

# Fort Greely INTERCEPTOR



# BRAC...

By LTG Rick Lynch  
IMCOM Commander

The past 10 years have brought a great deal of change to our Army. Not only do our Soldiers continue to fight in two wars, but the Army is going through the greatest organizational change since World War II. Between instituting the Army Force Generation model, reorganizing around modular brigades and the Base Realignment and Closure process, our Army looks very different than it did 10 years ago. The BRAC process is a large part of that reorganization. With its completion on time and on target in September, the Army will have reshaped its infrastructure to better support Soldiers, Civilians and Families.

The Base Realignment and Closure commission made recommendations about how to make efficiencies in the Department of Defense to the president, who presented them to Congress and those recommendations became law in September 2005. Of the 182 commission recommendations, 113 affected the Army. This BRAC is an important part of the Army's historic transformation and has affected many commands, including the Installation Management Command Headquarters in San Antonio, Texas.

BRAC 2005 enables the Army to reshape its infrastructure to support its forces. It repositions our forces, making them more relevant and combat ready for the combatant commander. It also creates doctrinal efficiencies

designed to be LEED Silver certified. All of the new construction supports increased operational capacity and our war-fighting capability.

On installations across the Army you can see signs of success in meeting the goals of BRAC 2005. Construction alone has brought thousands of jobs to surrounding communities. Expanded installations have caused local businesses and service providers to grow. Even communities surrounding closure installations have benefitted by working with the Army to redevelop the surplus property. But with BRAC successes, there are also challenges. More people require more schools, houses and emergency services. The city of El Paso is a great example of a community that turned its challenges with BRAC into a success story.

Fort Bliss is experiencing the largest BRAC realignment in history with unparalleled growth of 29,600 Soldiers and 45,000 Family members relocating there. El Paso embraced BRAC, building new schools, while the state invested \$1 billion for transportation projects in the city and creating thousands of civilian jobs. When BRAC and Army Transformation are complete, Fort Bliss will have enough new facilities to accommodate 5 brigade combat teams, a division staff and their Families.

IMCOM plays a big part in transforming the Army's infrastructure through BRAC, supporting the movement of several organizations and welcoming thousands of Soldiers and Civilians onto our installations and into surrounding communities. This transformation has made us a stronger more efficient and agile organization, supporting a stronger, more efficient and agile Army.

BRAC is an important part of the largest Army transformation in three



by consolidating schools into centers of excellence and headquarters and other activities into joint or multifunctional installations for efficiency and cost control.

Joint Base San Antonio is experiencing the largest economic development in its history with 10,000 Families relocating here. This BRAC move has transformed the former Fort Sam Houston into a premier medical complex and the largest medical training campus in the world. Joint installations, like JBSA, improve training capabilities and eliminate excess capacity while providing the same or better service at a reduced cost.

Fort Benning, the new home of the Maneuver Center of Excellence, is a good example of how BRAC growth has been handled in an environmentally and fiscally sustainable way. Thirty-four new projects have been built there as a result of BRAC and all of them have been

generations. Consolidating and repositioning several major commands will save millions in personnel and facilities costs and is needed to put the Army on the path to future sustainability.

We have no way of knowing exactly what the future will look like, but the 2005 BRAC process better positioned the Army to meet future challenges. The Army has realigned its infrastructure with the new modular structure and modernized our support facilities, all while becoming more fiscally and environmentally sustainable. When it is complete it will be a major achievement for the Army. By this September, the Army will have completed over \$13 billion in construction and renovation projects, and a reorganization that will affect one-third of the Army. This will all have been done in six years putting the Army on time and on target to meet its future missions. ■

# Garrison Commander Change of Command Ceremony

By Deborah Ward  
Public Affairs

After weeks of preparation, Fort Greely had the opportunity to once again, view a time-honored military tradition - the Change of Command Ceremony.

The change of command ceremony is rooted in military history dating back to the 18th century during the reign of Frederick the Great of Prussia. At that time, organizational flags were developed with color arrangements and symbols unique to each particular unit. To this flag and its commander, the soldiers of the unit would dedicate their loyalty and trust.

When a change of command took place, the flag was passed to the individual assuming the command. This gesture was accomplished in front of the unit so that all could see and witness their new leader assuming his dutiful position. He who held the flag also held the soldier's allegiance. This symbolic tradition has survived throughout military history.

Lieutenant Colonel Chris Chronis has a distinguished record of service to his country, the United States Army and especially to Fort Greely. As the outgoing commander of United States Army Garrison, Fort Greely, he has served in an outstanding manner throughout his tenure. Equally distinctive, Lieutenant Colonel Terry Clark has now assumed command of United States Army Garrison, Fort Greely.

The strength and supremacy of today's Army stems in large quantities from the observance of customs and traditions founded on need and their contribution to stability, combat effectiveness and efficient transfer of authority. ■



Lieutenant Colonel Terry Clark  
Installation Commander  
Fort Greely, Alaska



Lieutenant Colonel Terry Clark is a native of Huron County, Ohio. He entered the military in 1985 as a Security Policeman in the Air Force National Guard and later transferred to the Active Army as a 19D Cavalry Scout, serving with the 3rd Armored Cavalry Regiment. LTC Clark attended Officer Candidate School at Fort Benning, Georgia and was commissioned as a second lieutenant of Armor in 1993. He later transitioned to the Adjutant General Corps in 1998.

His military education includes: Armor Officer Basic Course, Scout Platoon Leader Course, Adjutant General Officer Advanced Course, Combined Arms and Services Staff School, Joint Planning Course and the Army Command and General Staff College. He holds a Baccalaureate degree in Public Administration from Upper Iowa University where he graduated Cum Laude.

LTC Clark served his first commissioned tour as a Scout Platoon Leader with 2nd Armored Cavalry Regiment, Ft. Polk, Louisiana. Other positions at Fort Polk included Assistant Squadron S4, Company Executive Officer and Assistant G1. His next duty station was Fort Wainwright, Alaska where he served as the Battalion S3 and later as Commander, Alpha Detachment within the 203rd PSB. This was followed by an assignment as the Brigade Adjutant for the 172nd Infantry Brigade (Separate). Leaving Alaska, LTC Clark then served as the Armor Branch Career Management Officer for the Reserves at Human Resource Command, St Louis, Missouri. He then commanded the Butte, Montana Military Entrance Processing Station.

After attending Army Command and General Staff College, LTC Clark served as the Human Resources Operations Branch Chief for the 593rd Sustainment Brigade where he deployed in support of Operation Iraqi Freedom. His most recent assignment was as the I Corps G1 Chief of Personnel Operations, Joint Base Lewis-McChord, Washington.

His awards include the Defense Meritorious Service Medal, Meritorious Service Medal with 2 Oak Leaf Clusters, Army Commendation Medal with 1 Oak Leaf Cluster, Army Achievement Medal with 4 Oak Leaf Clusters, Joint Meritorious Unit Award, Army Superior Unit Award, Army Good Conduct Medal, Air Reserve Forces Meritorious Service Medal, National Defense Service Medal, Armed Forces Expeditionary Medal, Global War on Terrorism Expeditionary Medal, Global War on Terrorism Service Medal, Humanitarian Service Medal, Army Service Ribbon, Overseas Service Ribbon, and the Air Force Training Ribbon. He has earned the Parachutist Badge and has been awarded the Joint Planner and Strategist Additional Skill Identifiers.

**Director IMCOM-Pacific, Debra Zedalis, passes the Installation Management Command guidon to incoming garrison commander, LTC Clark (left) as Command Sergeant Major Carolyn Reynolds, garrison command sergeant major (center) and the outgoing commander, LTC Chris Chronis, (right) look on during the Garrison Commander Change of Command at Fort Greely, June 24.** Photo by Deborah Ward

# Ribbon Cutting Celebrates Fort Greely Pavilion

By Betsy Woolley  
North Haven Communities

A milestone of the U.S. Department of Defense privatized housing program was celebrated Monday, June 13 in the Fort Greely picnic pavilion as a red ribbon was cut to commemorate its completion.

To honor the occasion, the colors were posted by the 49th Missile Defense Brigade and an invocation was given by Chaplain Earl Vanderhoff.

The event was marked by speakers LTC Chris Chronis, Fort Greely Garrison Commander and John Bittner, North Haven Deputy Director. "Thank you, North Haven for this beautiful picnic pavilion," remarked Chronis. "It will improve the quality of life for Soldiers and their Families on Fort Greely. It is already being used and has been since the day it

was finished." The pavilion, itself, was finished last year and has been used frequently by residents for picnics and social gatherings. The concrete paths and landscaping were completed last week. Bittner noted in his address, "This is just the first of many successes over the next seven years."

The ribbon was cut by LTC Chris Chronis, former Fort Greely Garrison Commander, CSM Carolyn Reynolds, Garrison Command Sergeant Major, Cyndi Larson, Residential Communities Initiative (RCI) Director, John Bittner, North Haven Deputy Director, Joyce Bendell, Fort Greely RCI and Housing Manager, and Kathy Rogers, North Haven Community Manager.

To meet the challenges of providing a better quality of

life and to provide for the well-being of Soldiers and their Families, the U.S. Army formed a partnership with Actus Lend Lease called North Haven. The partnership will finance, develop, build, renovate and maintain on post homes for a period of 50 years, including 126 homes on Fort Greely. The completion of the Fort Greely picnic pavilion marks the beginning of this process including the creation of additional amenities including playgrounds and a community center.

The pavilion was constructed with native spruce, grown no more than 50 miles from Fort Greely. The roof was built using a majestic open beam ceiling and the rock work on the fireplace is round, river stone offering a grand finishing touch for the

pavilion. Picnic tables fabricated from recycled materials and barbecue grills ring the pavilion and are available for resident use, year around. The grounds surrounding the picnic pavilion include an extensive playground and a wide open, grassy play area. In an interview the following day, Chuck Downham, Project Director for North Haven, smiled and noted that, "As stunning as the finished picnic pavilion is, the best is yet to come." ■



Left to Right: John Bittner, North Haven Deputy Director, LTC Chris Chronis, former Fort Greely Garrison Commander, Cyndi Larson, Residential Communities Initiative (RCI) Director, CSM Carolyn Reynolds, Garrison Command Sergeant Major, Joyce Bendell, Fort Greely RCI and Housing Manager, and Kathy Rogers, North Haven Community Manager. Photo by Deborah Ward



Command Sergeant Major Carolyn Reynolds, garrison command sergeant major, enjoys some of the, "...best is yet to come," as she leans out to enjoy the scenic view from one of the new field grade officer housing units. Photo by Deborah Ward

# 2nd Annual Bike Rodeo teaches safety, earns smiles

By Derek Robertson and Justin Freelove  
DES

On June 1, Child, Youth & School Services partnered together with the Fort Greely Police Department and put on the 2nd Annual Bike Rodeo at the Fort Greely Middle School.

Children ranging from 4 to 17 years of age attended. The Bike Rodeo is designed to teach children about bicycle safety and maintenance while riding on post.

The Rodeo is also to safeguard against bike theft, which is a common problem in some communities. The course included an S-curve cone lane, a three way stop, and a staggered cone drill.

The kids begin in the inspection area and are given general bicycle safety instructions. The officers then take them through a bicycle inspection checklist that highlights all the important safety checks they should do before riding, such as checking tire pressure, and making sure bike chains are attached properly.

Upon completion of the

checklist the children registered their bikes with the FGPD. This involves taking their information and applying a decal to assist the police in finding the bike if it were stolen or lost.

Once their bike is registered they are ready to ride. Officer Guy Lene directed each rider through the S curve drill and on to the three way stop. He showed the children how to navigate safely and apply hand signals while at a stop sign to safely make turns and how to alert drivers to their intentions.

The children had a great time and really enjoyed the staggered cone drill that is designed to teach them how to make tight turns safely. The officers involved enjoyed promoting safety and teaching the cyclist how to properly operate a bicycle in traffic situations.

At the end of the day we registered 12 new bicycles and verified some decals from last year's participants. The day ended very well with all the children making it through the course and earning a CYSS water bottle and certificate of completion. ■



Left: Catherine Cavedo, daughter of LTC John Cavedo and Stephanie Cavedo, receives her certificate of completion for the 2nd Annual Bike Rodeo from CPT Terry Brown and Officer Lene. Above: Caroline Miley, daughter of LTC Joseph Miley and Tracy Miley, flashes a smile as she guides Officer Lene through her completion of the Bike Rodeo course. Photo by Emily Fisher





# Summer Safety

By ASAP Prevention Team  
IMCOM HQ

Memorial Day starts 101 Critical Days of Summer. This year, it will last until Labor Day, 5 Sep 11. This is one of the most dangerous and deadliest times of the year for our Soldiers, Families and Civilians. 101 Critical Days of Summer campaign partners with Safety to promote prevention awareness measures.

Increased alcohol use throughout the summer, and particularly around major holiday weekends, begins with Memorial Day, continuing through the 4<sup>th</sup> of July weekend and ending with Labor Day. This has made the summer season a very grim time for local law enforcement, emergency medical staff, highway safety officials and the friends and families of those involved in alcohol related incidents. America is at a crucial point where we must all do more as communities and as individuals if we are to see a

significant decline in the number of alcohol and drug related incidents.

The importance of avoiding alcohol while driving can not be over emphasized. Drinking and driving do not mix; drinking and boating do not mix. In fact, alcohol does not mix with any outdoor activity. We need to use common sense, be decisive and not let our friends drink and drive. If you have been drinking, use a designated driver or call a taxi. Impaired driving is one of the most often committed crimes. According to the National Council on Alcoholism and Drug Dependence, about 3 in every 10 Americans will be involved in an alcohol-related crash at some time in their lives.

It is a fact that 10 percent of the people drink 90 percent of the alcohol. What do the other 90 percent of the people do? They drink responsibly or they do not drink at all. Nevertheless, during the summer, there are a few things to keep in mind. If you have a get together, ensure there is plenty of water available for your guests. When you have water outings, ensure everyone wears a life jacket. A report generated by the United States Coast Guard showed that alcohol was involved in 32 percent of all boating accidents.

It is up to each and every one of us to PLAN and PREPARE. Enjoy your summer and remember that accidents do not take a holiday or time off. ■

## Have a safe 101 days of summer!

# INTERNET SAFETY TIPS

By DET Yulonda Scmidt  
DES

Summer is here, school is out and many kids, especially teenagers and pre teens, have unsupervised time on their hands. Many teens are immersed in an online and virtual world, through Online gaming and Social networking. Studies show eight out of 10 kids are on line CONSTANTLY. With the advent of smart phone technology, the internet is readily accessible nearly anytime, anywhere. Statistics show one in five kids will be sexually solicited online, one in four children are victims of cyber bullying, and child identity theft is also rapidly becoming a problem. It is important for parents to be aware of these online dangers and pitfalls and educate their children on internet danger. Here are a few Internet safety tips to ensure your child has a safe and responsible online experience:

**Be aware and involved.** It's up to us to teach kids how to use the Internet — and all media — safely and responsibly. Just as we teach them how to eat properly and drive safely, we must teach them how to be safe, responsible, and respectful on the Internet.

**Do your homework.** Check out sites, investigate ratings, and explore safety and privacy tools and parental control features. Don't be intimidated by the Internet.

**Talk to your kids.** Ask them questions about where they're going online and who their buddies are. Encourage them to report cyber bullying to the site mediator.

**Teach safety.** Make sure your kids know how to avoid dangers. No party postings, no personal information, no meeting strangers — ever.

**Teach them to protect their personal identifying information.** Never give out names, dates of birth, address, social security number, credit card numbers or any other identifying information which can make them a victim of

identity theft. Check their credit reports occasionally.

**Set rules.** Time limits, place limits, codes of conduct. Try to keep computers with Internet access in a central room in your house if younger kids are online. Certain behaviors can cause them to be banned from gaming sites. Teach your child not to be a cyber bully.

**Report suspicious activity** to your Internet service provider or the National Center for Missing and Exploited Children (1-800-843-5678).

**Help kids view online information with a critical eye.** Not everything that appears on the Web is true. Teach them to be savvy consumers of Internet information. Snopes.com is a valuable resource to dispel internet rumors before passing that information on to friends via e-mail.

**View your own online habits with a critical eye.** Our kids watch everything we do. If you don't want your kid doing what you're doing online you might want to think twice about your own habits.

**Have your child visit some Internet safety awareness sites such as:** [www.fbi.gov/fun-games/kids/kids-safety](http://www.fbi.gov/fun-games/kids/kids-safety), [www.netsmartz.org/Safety/SafetyTips](http://www.netsmartz.org/Safety/SafetyTips)

**Embrace their world.** Download music, IM your kids, play an online game, visit Social Networks. Not only will your kids appreciate it, you'll know what you're dealing with!

If you have questions about internet safe sites or have an interest in more safety tips contact Fort Greely Police Department at 873-4060. ■

# Delta-Greely baseball team splits win, losses

By Mary Lester  
Family and MWR

The Delta-Greely baseball team held their first double header home game Saturday, June 18, against a team of youth from the Fairbanks/North Pole area. The day was beautiful with clear blue skies, temperatures in the low 80's, and very eager home fans came out to watch their team.

Command Sergeant Major Carolyn Reynolds, garrison command sergeant major, threw the first pitch, a perfect fast ball that sailed over home plate.

The teams ended up splitting the two games with Delta-Greely winning the first game with a score of 12-5, and the visiting team winning the second game with a score of 13-10. Both games were played with fun, intensity, and excitement.

During the second game, the home team was down 11-0 when Drew Renaud ended the skunk with a solo home run for the team.

Coach Nate Hurst is proud of his players stating, "...they have come a long way and we are playing really well as a team! We are always considered a sandlot team, and a lot of teams from Fairbanks/North Pole area are always looking forward to playing us because they think that it's an easy win for them." The team's record so far this season is 4-2.

The Delta-Greely team consists of youth ages 11-14 years old from both Delta and Fort Greely community. This is the second year this program has partnered with Fort Greely's Child, Youth & School Services. ■



**Above: Command Sergeant Major Carolyn Reynolds, garrison command sergeant major, throws the opening pitch at the Delta-Greely Pony League baseball game Saturday, June 18. Drew Renaud, catcher for the Delta-Greely Pony League baseball team, stops the ball short after player from opposing team, Fairbanks Dodgers, swings and misses!** Photos by Deborah Ward





# Fitness Center floors to be resurfaced

Beginning in July the gym and racquetball courts will be getting a face-lift or as they say in the business resurfaced. Unfortunately that means access to these areas will be restricted until the work is completed. We will have all the Hammer Strength plate loaded equipment moved out and the flooring for the climbing wall removed. The scheduled dates for the work is July 5 through August 5. We apologize for the inconvenience. We encourage you to use this opportunity to adopt new and creative exercise routines using equipment that is unaffected by the renovation. See Michele Cheyne at the front desk for recommendations.

## Summer Solstice Skeet and Trap winners

By Emily Fisher  
Family and MWR

Wednesday, June 21 marked the Summer Solstice as well as the First Annual Summer Solstice Skeet Competition at Family and MWR's very own Nanook Skeet, Trap & Archery Range. The competition amongst 10 shooters was a success, in spite of rain clouds that seemed to hover above the clay pigeons. Shooting results are as follows:

### Men's Skeet

Luis Rosado, 1st Place Gold Medal, 45/50  
Richard Thompson, 2nd Place Silver Medal, 43/50  
Dave Smith, 3rd Place Bronze Medal, 41/50

### Men's Trap

Jeff Lipscomb, 1st Place Gold Medal, 44/50  
Steve Baugh, 2nd Place Silver Medal, 41/50  
Dave Smith, 3rd Place Bronze Medal, 31/50

### Women's Skeet

Angela Hannan, 1st Place Gold Medal, 29/50  
Annette Hannan, 2nd Place Silver Medal, 27/50  
Rachel Hannan, 3rd Place Bronze Medal, 23/50

### Women's Trap

Angela Hannan, 1st Place Gold Medal, 30/50  
Rachel Hannan, 2nd Place Silver Medal, 21/50  
Annette Hannan, 3rd Place Bronze Medal, 17/50

Thanks to everyone who participated in this event, we are already looking forward to the 2012 competition!



Angela Hannan (top) takes aim during the Summer Solstice Skeet and Trap Competition. Dave Smith, Director of Resource Management, hones in on his target for a clean, crisp break. Photos by Emily Fisher

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U.S. Army Child, Youth  
& School Services

# Delta-Greely Summer Blast-Off Triathlon 2011



# Donnelly Dome sees foot-traffic for Solstice

By Deborah Ward  
Public Affairs

Members of the 49th Missile Defense Battalion, North Haven and a few friends, family and community members celebrated Summer Solstice by hiking Donnelly Dome on June 21.

The event began with a safety briefing held in the parking lot of the Fort Greely Visitor's Center followed by a short drive out to the gravel pullout at the base of Donnelly Dome.

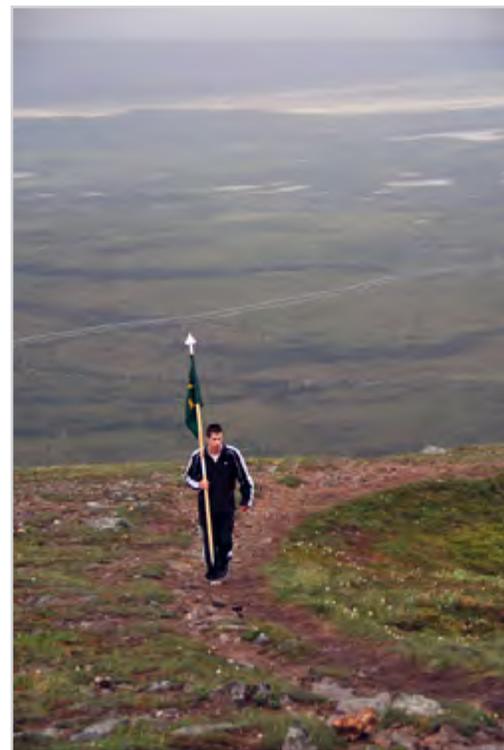
Donnelly Dome, standing at nearly 2,400 feet above ground level, can be seen from the vicinity of Delta Junction and the surrounding area. The dome has been called many things by visitors from a fleigberg – a mountain that has been overridden from ice – to a lonely, misplaced volcano. No matter what it is called, Donnelly remains a popular hike for local residents and visitors alike.

Over 60 individuals of all ages arrived to participate in the hike despite the cold, misty rain that hovered over Donnelly Dome. The first to reach the summit was PFC Kyle Kelderman carrying the A Co. guidon followed closely by HHB's very own guidon carried by SFC Eric Wood.

The hike is steep, but not too terribly difficult. The arduous task awaited in going downhill after hours of rain on a muddy trail. Some areas made for a rapid slide and flailing

grasps for the sturdy branches of alder bushes.

All in all, folks made the climb to the top with rosy cheeks and runny noses and finished the hike down with muddy rumps and smiling faces.



**PFC Kyle Kelderman, carrying 49th Missile Defense Battalion's A Co. guidon, is the first to reach the top of Donnelly Dome.** Photo by Deborah Ward



## WORK PLACE SAFETY TIPS

By FGA Safety Office

1. A work area with safety as a primary concern will result in a safe, efficient and productive workplace.
2. Most productive work areas are clean, neat and organized. Not only will you remove many hazards from a work area by keeping it clean, but you will also provide a more productive work environment for your employees.
3. Involve your employees in the safety planning. There is no one on your staff who knows more about the potential dangers than the employees themselves. Get their input and follow their suggestions to engineer safety into their work areas.
4. Safety is everyone's concern and your employees should be actively encouraged to bring any type of safety concern to management's attention. Then it's your responsibility to act on their concerns and eliminate the safety deficiency. In the long run, it's cheaper to fix safety problems than to ignore them.
5. Nothing stays the same in your workplace. Your employees may change, your machines age or are replaced with new machines, and your work area layout may even change. Every change means that your previous safety procedures may not be sufficient anymore and need to be revisited and modified to reflect your changing environment.
6. Always wear proper Personal Protective equipment (PPE) for the job you are performing.

## Miss Teen Deltana: 16-19 / Ms. Deltana: 20 & Up

This is a beauty pageant with the following categories: Interview, Question and Answer, Costume and Formal Wear. No swimwear will be worn at any time during the event. Interviews will be conducted on each contestant prior to pageant. Questions will be asked on stage at the event and the answers will be given on stage. The costumes will be made by each contestant and will have meaning that will be explained on stage. The contestants will be expected to dress according to formal standards during the formal wear event; this implies that a dress below the knee will be worn. Contestants can be married.

We will award one queen in each age category for evening wear. Queen will receive a stoned crown and sash. The contestants will vote on a Ms. Congeniality.

Photograph of contestants should be turned in no later than two weeks prior to the event, and should be an 8X10 photo. The photograph will be returned. A beauty fee of \$25 will accompany all sign up forms.

The winners of each category and Ms. Congeniality will be asked to be present throughout the fair after the event. This is an honor and should be enjoyed.

We will stop taking entries two weeks before the pageant date. Your entry fees are due in full at this time. No door entries will be accepted. Please contact either Phebe Horschel or Kristi Emmons [missdeltana@alaska.usa.com](mailto:missdeltana@alaska.usa.com) for more information and registration forms. We're on Facebook at Missy Deltana !



# Highway's End Farmers' Market 2011 workshop schedule

The Highway's End Farmers' Market is open and in full swing every Wednesday and Saturday from 10 a.m. to 3 p.m. Local vendors offer plenty to choose from. Items such as jellies, meats, home grown vegetables, fruits, bedding plants, hand thrown pottery, knitted, woven and spun items, seasoned sea salts, jams, herbal vinegars, breads, cookies and more are available for purchase.

The market also offers a workshop every Wednesday at 1 p.m. These workshops are free and open to the public; the schedule is listed below:

**July 6:** How to divide your raspberry plants - tips and growing hints.

**July 13:** Composting with worms.

**July 20:** Solutions to your home canning problems and answers to your questions.

**July 27:** Pruning lilac bushes with hands on experience. You won't forget it once you've done it.

**Aug. 3:** Tole painting instruction. Paint your own watering can which will be provided for you.



**Aug. 10:** Transplanting trees and houseplant care.

**Aug. 24:** Time to plant your garlic bulbs and other end-of-season information.

**Aug. 31:** How to divide and transplant your lilies.

There will also be an open mic at the market. If you have talent, a new composition you'd like to debut in front of a live audience, the market welcomes you and your family-oriented entertainment. Electricity is available without charge in the gazebo, center stage at the market. ■

## North Haven Announces 3<sup>rd</sup> Annual National Night Out *Giving crime and drugs a "going away party"*

By North Haven Communities

Once again, North Haven is pleased to bring the celebration of *National Night Out* a unique, nation-wide crime and drug prevention event driven by the National Association of Town Watch, to the Forts Wainwright and Greely communities on *Tuesday, August 2, 2011*. We anticipate this year's celebration to be even bigger than last year with over 3,500 residents, Soldiers and



Family Members in attendance.

National Night Out, "America's Night Out Against Crime," was introduced by the National Association of Town Watch (NATW) in 1984. In an effort to heighten awareness and strengthen participation in local anti crime efforts, a high-profile, high-impact type of crime prevention event was needed nationally. The event has grown to involve 37 million people, in 15,110 communities from all 50 states, U.S. territories, Canadian cities and military bases worldwide.

While traditional "lights on" and front porch vigils remain part of NNO, North Haven will bring everyone together in celebration to a central meeting place and encourage participation while "having fun under the Midnight Sun." This free and fun-filled event will include activities such as music, bounce houses, crafts, face painting, hamburgers and hot dogs and much, much more!

North Haven would like to invite community partners to participate and support this year's NNO. Sponsorship options are available in a variety of methods, including hosting a booth, providing item donations for give-away, and participation in activities. NNO supporters are promoted on all event marketing collateral including posters, flyers, newsletters and the North Haven Facebook page and website, [www.nhcalaska.com](http://www.nhcalaska.com). Sponsors will also have the opportunity to display their business/products for the

Service Members and the Families of North Haven. If your organization would like to sponsor the event at Fort Wainwright, please contact Jonni Roos at 356-7165 or Heather Misquez at 869-3032 to sponsor at Fort Greely.

### NATW

The National Association of Town Watch is a nonprofit, crime prevention organization which works in cooperation with thousands of crime watch groups and law enforcement agencies throughout the country. Since 1981, NATW has been dedicated to the development, growth and maintenance of organized crime and drug prevention programs nationwide.

### North Haven Communities

Through the Military Housing Privatization Initiative, The U.S. Army formed a 50 year partnership with Actus Lend Lease to finance, develop, build, renovate, maintain, and operate the 1,800 homes on Forts Wainwright and Greely. The partnership is known as North Haven Communities. North Haven is dedicated to creating welcoming, safe communities that positively influence the way our Service Members and their Families live. North Haven is also committed to positively contributing to the local and regional economy by working with small businesses, relying on local resources and hiring local people. North Haven adheres to best practices in safety, energy-efficient construction, and sustainability.

# DeCA announces Commissary Gift Card program

By Kevin L. Robinson  
DeCA Public Affairs

FORT LEE, Va. – Extending the gift of groceries to authorized commissary patrons will soon be a lot easier thanks to the new Commissary Gift Card.

The gift cards, available in denominations of \$25 and \$50, will be available June 30 for purchase in stateside stores or online through <http://www.commissaries.com>. Commissary customers overseas can expect to see Commissary Gift Cards in their stores by early July. Customers there should stay tuned to their local store for card availability.

Anyone will be able to purchase the gift cards for commissary shoppers, said Defense Commissary Agency Director and CEO Joseph H. Jeu.

“These gift cards allow anyone to give the gift of groceries – whether it’s mom and dad at home helping their military child in Germany stock up for a holiday dinner or a senior noncommissioned officer who wants to introduce the commissary benefit to a

*“We are excited to unveil a program that will allow more people to take full advantage of their benefit.” - Joseph Jeu*

junior soldier who has a family at Fort Hood, Texas,” Jeu said. “We are excited to unveil a program that will allow more people to take full advantage of their benefit.”

This is how the card works: Anyone can purchase the card, but only an authorized patron can redeem it. A customer uses the card as long as there is a balance on it; once the complete \$25 or \$50 total is exhausted, the card can no longer be used. There is no monetary change issued for unused portions of the card. Shoppers can use the remaining card balance in conjunction with other forms of payment, said Robert J. Bunch, chief of DeCA’s customer service division.

SVM, the global leader in gift card program management, is administering the Commissary Gift Card program on behalf of the commissary agency. SVM has provided businesses and organizations with gift cards for promotions, incentives and rewards for more than a decade.

“These cards allow us to offer the gift of groceries without a paper voucher or a gift check,” Bunch said. “And, the ability to order them online helps people who may not ordinarily be connected with the military, or

even on an installation, to still be able to reach out to support the troops.”

Here are some quick facts about the Commissary Gift Card:

- The cards will be available at all commissaries worldwide – on a rack at full service, front-end registers – as well as through the DeCA website, <http://www.commissaries.com>.
- The cards expire five years from the date of purchase.
- Online orders incur a handling fee. These fees are not assessed to in-store orders.
- There is no limit to the number of gift cards that a purchaser can buy. However, DeCA officials recommend organizations and activities consider purchasing online if they need \$500 or more in gift cards.
- Commissary Gift Cards can be shipped anywhere in the United States. Outside the United States, gift cards can be shipped to APO, FPO or DPO addresses.
- For customer service questions, call the toll-free phone number, 1-877-988-4438,

which also allows the user to check the card balance.

- DeCA is not responsible for replacing lost, stolen, destroyed or mutilated cards.

Once commissaries receive their first gift cards for sale, they will no longer sell gift vouchers. However, customers who have already purchased gift vouchers will be able to redeem them through Aug. 31, 2016.

“In the military we have a longstanding tradition of taking care of our own,” said Army Command Sgt. Maj. John M. Gaines Jr., DeCA senior enlisted advisor to the director. “However, this program also allows families at home, friends, our industry partners and charitable organizations to extend the gift of groceries to our commissary patrons. That’s a wonderful way to say ‘thanks’ for everything they do in serving our nation.”

DeCA began using gift vouchers in 2009 shortly after the agency’s gift check provider, CertifiChecks Inc., ceased operations on Feb. 26, 2009. Since then, customers have redeemed nearly 191,000 vouchers for about \$4.7 million in sales.



*“In the military we have a longstanding tradition of taking care of our own.” - ACSM John Gaines*



## FAMILY FUN DAY AT THE MARKET

Family Fun Day will be celebrated at Delta's Highway's End Farmers' Market on Saturday, July 9<sup>th</sup>.

Beginning at 1:00 P.M., there will be children's games and a coloring contest. The coloring contest winner will receive a certificate for FOUR free hot dogs. There are goodie bags for each child that include a token for a free ice cream cone at the Delta Drive-In.

Complimentary cookies and soda will be served to the children. Coffee, tea and rhubarb cake will be served to the adults.

The Market is located behind the Sullivan Roadhouse Museum and across the street from the Visitor's Center.



## LOST AND FOUND

- **FOUND:** Chevy key with remote control start found Memorial weekend at Nickel lake on Windy Ridge Road.
- **LOST:** Yellow diamond engagement ring with etched band and peridot birthstone ring.

Please contact 873-5023 if you have found these items or if you have something you'd like to have help finding



# Reduced Prices!

108

WOODED CAMPSITES AT  
THE BASE OF THE MAJESTIC  
CHUGACH MOUNTAINS



## DAILY RATE INFORMATION

### Amenities

The campground offers 87 standard campsites, 21 RV pads (20/30, 50 amp), dump site, shower house and six latrines. Most sites include picnic tables and fire rings. We also have three Large Group Areas that provide plenty of room for group camping and family events.

### Daily Tent Sites

\$10 Military  
\$20 Public

### Large Group Area - minimum 5 tents

\$5/tent Military  
\$10/tent Public

### RV Pad (20/30 amp)

\$20 Military  
\$35 Public

### RV Pad (50 amp)

\$25 Military  
\$40 Public

### Travel Trailers\*

\$45 E1-E5  
\$50 E6-E9, O1-O3, CW1-CW3  
\$60 O4-O10, CW4-CW5, DoD Civilians &  
Fort Greely Contractors

### Rental Equipment\*

Tents, sleeping bags, coolers, mountain bikes, canoes and more!

\*Travel trailers, fishing trips and rental equipment are available to DoD cardholders and retirees only.

Pricing as of: 6/17/2011

## Fishing Trips (authorized patrons only\*)

Day trip - approximately 30 miles to Bligh Reef, min. 4 people

\$115 E1-E5

\$145 E6-E9, O1-O3, CW1-CW3

\$165 O4-O10, CW4-CW5, DoD Civilians &  
Fort Greely Contractors

\$250 - optional surcharge to travel 60 miles to Hinchinbrook and/or Montague Islands

• Outdoor Recreation (ODR) will have a Stand-By List for the fishing charter. Please call ODR at 907-873-4058 for details and secure a spot on the list.

# 907.873.4058



# FrontLine Employee

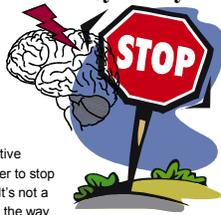
Wellness, Productivity, and You!

July 2011

July 2011 FrontLine Employee

## Fort Greely Army Substance Abuse Program

### Stopping Negative Thoughts



A recent study showed that negative thoughts are harder to stop for depressed persons. It's not a "willpower thing." This is the way depression works. If you suffer with depression, don't remain stuck in this cycle of trying to stop negative thoughts and being frustrated with yourself that you can't do it. Other research has shown that talk therapy (cognitive behavioral therapy) is very effective in treating depression for many patients—as helpful as medication, in some cases. Reduced negative thinking is one goal of such therapy. Talk to your doctor or healthcare advisor. More direct help to reduce negative thinking may be the missing piece of your plan to beat depression and get your life back.

Source: <http://tiny.cc/negative-thoughts>



### Employee Assistance Program

#### YOUR EAP PROVIDER

EAP services for DADOD employees and military retirees as well as family members of soldiers, DA DOD civilians and military retirees.

ASAP Services are confidential. For more information or to schedule an appointment call (907) 873-3353

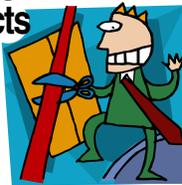
### Parents: Learn More at ClubDrugs.gov

Club drugs tend to be used by teenagers and young adults at bars, nightclubs, concerts, and parties. Concerned persons can now find out what these drugs are and what they do at ClubDrugs.gov. Some of these drugs are used in association with rape and many have strange-sounding street names. Club drugs include GHB, Rohypnol®, ketamine, and others. MDMA (ecstasy), methamphetamine, and LSD (acid) are also considered club drugs. Clubdrugs.gov unravels the confusion. Do you know what the "love drug" is? Find out at clubdrugs.gov. Sources: (Statistics: [tiny.cc/club-drugs](http://tiny.cc/club-drugs)). (Street Names for Drugs: [tiny.cc/street-names](http://tiny.cc/street-names))



### Detaching from Small Conflicts at Work

Do you work in a crowded office? Working with people in close quarters can give rise to small conflicts and irritations. Gain better control over the ability to detach from small conflicts and you'll retain a more positive mood during the day. Detachment is the skill to use. It takes practice, but detachment is a purposeful decision to disconnect from the stressful thoughts prompted by an undesirable event or situation. Be indifferent and refuse to succumb to small irritations. You'll experience fewer conflicts, forget the small stuff faster, and possibly be happier at work.



### Investing in Workplace Relationships



Are you a master at managing workplace relationships so they become valuable resources rather than sources of irritation, frequent conflicts, or personality clashes that derail a good day? Practice the following six relationship skills and you'll be a happier, healthier, and more productive employee: *investment skills, receptivity skills, connective skills, impression skills, empathy skills, and repair skills.* Investment skills build up or nurture workplace relationships. These can include telling others they did a good job, praising your coworkers, or including them in social events. Receptivity skills include being a good listener; maintaining eye contact; asking for opinions; thanking coworkers for feedback; acknowledging that a coworker helped save you time, energy, embarrassment, etc. Connective skills include telling coworkers you appreciate them, encouraging coworkers, or honoring others' choices or deferring to what they want or would like to do. Impression skills get you remembered. They are positive behaviors others typically don't practice. These can include sending a handwritten thank-you note; taking the lead to coordinate a birthday; or sharing a skill or resource to elevate the effectiveness of a coworker, even if you create your own competition. Empathy skills include the ability to recognize others' emotions and identify unmet needs—need for a break, need for recognition, need for validation, need to be heard, or even need for a helping hand. Repair skills include the willingness to discuss your relationship, clear the air, or "check in" to address misunderstandings and obstacles that prevent feeling good about the relationship.

### Summer Courses for a Lifetime

Summer is in full swing, but does your youngster have time to spare? Consider introducing him or her to powerful courses they may not get in school yet can still spark passion for a career or provide commanding and impressive leverage on a résumé in the future. Courses like business writing, entrepreneurship skills, public speaking, how a website works, financial literacy, and leadership skills are just a few examples. Many of these courses can be found online or through continuing education opportunities in your community. Next steps like public speaking contests, internships, and field experiences typically are included in these types of courses, making them as fun as they are rewarding.



### Turn On Productivity by Turning Off Distractions

To eliminate procrastination, turn things off! Getting more done isn't about mind games, willpower, or gimmicks about focusing. These are all flawed approaches. Instead the secret is cutting oneself off from the pipeline of distractions. Turn off the Internet, turn off the phone, turn off access to other people, turn off the cell phone, turn off email, and even turn off peripheral vision by working in a booth. If you're smart, quick, and full of ideas, procrastination can be even worse, because you are prone to creating distractions to keep your mind busy and stimulated. Distractions can include anything from painting your nails and doodling to writing multiple to-do lists so you can entertain your brain with activity and feel productive. You cannot eliminate every distraction, but you can multiply your productivity by eliminating the biggest P-bombs.



### Work-Life Balance: Define Your Targets

Achieving a better work-life balance does not have to be as difficult as it appears. Focusing on too big a picture of what you want rather than on specific, targeted goals—one small goal at a time—will get you to your bigger goal faster. Set aside the next 90 days to work on balance. Identify specific activities in the most valued parts of your life. Target the "hunger"—fun time, relationships, personal, exercise, family, etc. Write down what and when specific things will happen. Balance is not about divvying up time and allotting percentages. It is about doing things to match your values—those things you hold dear, the things that really matter to you.



Important notice: Information in *FrontLine Employee* is for general informational purposes only and is not intended to replace the counsel or advice of qualified health or legal professional. For further help, questions, or referral to community resources for specific problems or personal concerns, contact an employee assistance or other qualified professional. Source URL's may be abbreviated for convenience and are case sensitive.

**On the cover:** A playful sea lion pops up to say, "Hello!" near the Bligh Reef marker in Valdez, Alaska on Memorial Day weekend, timing was everything for this shot. Photo by Emily Fisher.

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).

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Command Sergeant Major ..... CSM Carolyn Reynolds  
Deputy Commander ..... Chris Boerst  
Public Affairs/Editor ..... Deborah Ward





# CYS Services

## School Age Summer Camp 2011

### Included in Summer

#### Camp:

- ✓ Different themes and activities each week!
- ✓ Field Trips every week!  
(Cost of all field trips and meals is included in the camp fees. If you wish to send extra cash with your child on field trip days, please be advised they will be responsible for it themselves.)
- ✓ Swimming every Friday, 1230-1430!
- ✓ Partnership activities with the Youth Center Summer Camp!

### Sample Daily Schedule:

0600-0800	Kid's Choice
0800-0830	Breakfast
0830 -0900	Morning Assembly (Songs, skits, & silly stuff)
0900-0930	Reading Buddies in Preschool
0930-1130	Outdoor play/sports & fitness
1130-1230	Lunch
1230-1430	Designated activities based on weekly theme: arts, science, & math
1430-1500	Snack
1500-1600	Club Option (Gardening, Wood Working, Journalism, Sign Language and Student Government)
1600-1800	Kid's Choice

**Children and Youth must be registered with CYS Services. Registration must be done in person at Parent Central Services (BLDG 847). For more information please call Parent Central Services at 873-4599.**

Camp fees may be waived through the Army Family Covenant for family member of deployed Soldiers or those scheduled to deploy.

**School Age Center | Bldg. 847 Big Delta Ave | Phone: (907) 873-4599**

**SIGN UP**



# CYS Services

## Youth Center July Field Trips



July 6 <sup>th</sup>	July 13 <sup>th</sup>	July 20 <sup>th</sup>	July 27 <sup>th</sup>
11 am – 7 pm	2:30 – 4:30 pm	11 am – 7 pm	11 am – 7 pm
Pioneer Park Mini-Golf	AAFES Movie (PG)	Go-Karts of Alaska	UAF Botanical Gardens

Children and Youth must be registered with CYS Services. Registration must be done in person at Parent Central Services (BLDG 847). For more information please call Parent Central Services at 873-4599.

The Army Family Covenant benefits may be used by family members of deployed Soldiers or those scheduled to deploy.

**Youth Center / Bldg 653 Big Delta Ave / Phone: (907) 873-3405**



# Infant & Toddler Spaces available!

Full time, Part time and Hourly spaces are now available in the newly renovated Infant & Toddler classrooms at Ft. Greely's Child Development Center. These rooms accommodate children 6 weeks to 36 months of age.

Participants must be registered with CYS Services. To register, please, visit Parent Central Services in building 847, or call 873-4599 for more information.



*Class fee may be waived through The Army Family Covenant for family member of deployed Soldiers or those scheduled to deploy.*

**TODAY!**