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Fort Greely INTERCEPTOR

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American Patriotism... The Strength of the Nation

By Office Chief of Public Affairs



IMCOM Commanding General
LTG Mike Ferriter

American patriotism redefines what it means to love your country. We love our country. There is no doubt about that. We make sure everyone, everywhere knows it. Flip on the radio station today. Count how many times you hear Lee Greenwood's "God Bless the U.S.A." or even Toby Keith's "American Soldier." Just go to our stores and streets and baseball stadiums, and you will find them decked out in the finest colors imaginable... Red, white and blue.

Head on down to your local store, and you'll see folks gearing up to celebrate our independence with hot dogs and fireworks. Pyrotechnic plunder in all sizes and colors are available for purchase. Sparklers, screaming banshees and cracklin' meteors and kamikaze komets numbered in the hundreds. We really know how to celebrate a birthday with a bang. What a way to show that we love our country than to light up the sky for everyone to see.

Our nation was born like no other on this Earth, and our celebrations really show how much we love

America.

What is it that Americans really love about their country? Is it the majestic mountains? The spacious skies? Or the amber waves of grain? I argue that it's something deeper, more profound.

Our devotion to America transcends mere loyalty to the land that lies between our shining seas. It is a patriotism of principles. Plain and simple.

Our nation was born of the ideas that all men were created free and equal and that governments derive their power from the people.

Without those words, those ideas, those principles, America would not exist. Not then, not now, not ever.

And it is the sacred honor of the American patriot to preserve these words, these ideas, these principles to make sure they do not fade.

If you go to the National Archives, you can see an original Declaration of Independence. The words on that document are so faded you can barely read them.

But those words were not meant to just sit on parchment and fade behind a piece of glass. These words did more than declare our independence from England.

These words, these ideas breathed life into this new nation, and on July 4th, 1776, 56 men signed their names to permanently inscribed these principles onto the very heart and soul of this nation.

There is no doubt that America is beautiful, plentiful and prosperous. Other countries can claim that too.

It was the words, the ideas and the principles written on that

parchment 236 years ago, and it's what's written on our hearts every day.

These principles called our nation to arms in 1776 and continues to stir pride in the heart of today's American patriot...

You don't have to wear a military uniform to be a patriot. We have more than a million patriots in the Army, Army Reserve and National Guard who protect these principles and uphold our Constitution, but they are not alone in this mission.

We have American patriots who serve their nation every day. They serve their nation as police officers, civil servants or lawyers who shape our governments.

These patriots are mothers and fathers... teachers and ministers... mentors and coaches who raise our young people to be the future of America.

Every day, these patriots fight for the same American principles our Soldiers protect.

They fight to provide for their families.

They fight to educate our children.

They fight to protect our communities. They fight to ensure equality. They fight evil with kindness, greed with charity, and apathy with compassion. Every day, it is their sacred honor to put service before self.

As far back as the Revolutionary War, I've found stories of everyday citizens who cared for the families of Soldiers, tended to the injured and provided for the veterans. They did this for no other reason than pride and love of country.

In wartime and in peace, these

patriots stepped forward to tell our men and women in uniform, "We have your back."

Just ask anyone who has every deployed, and they'll tell you the same thing... Our Soldiers and their families need the support of our heroes on the home front. There's no doubt about that.

Our Soldiers knew, every single day, when they went out on patrol, that the American people had their backs. And they knew that what they did mattered, and that it meant something to the American people.

Every day, the American people recognize the sacrifice our Soldiers and our families make, and they do this in very visible ways.

With every act of support from these American patriots, our 94,000 deployed Soldiers know that what they do matters to the American people.

Your patriotic service is our nation's best defense. Our founding fathers laid America's foundation with the words, ideas and principles of the Declaration of Independence, but our nation's defense depends on you, American patriots, building upon that foundation with your service.

Your love of this country serves as a constant reminder to the world of what it means to be America.

Your service, the outward expression of this love, fortifies our resolve to protect our principles - liberty, freedom and equality - the true borders of America.

When you tutor a child after school, help a teacher in the classroom, or even coach little league on the weekends... You strengthen our families with your service.

When you send a care package to a deployed Soldier, help a wounded warrior, or hire a veteran... You strengthen our Army with your service.

You may have raised your hand to serve in the Army. You may have raised a son or daughter who became a Soldier. You may

be married to a Soldier... You strengthen our nation with your service.

As we celebrate this fourth of July, let us be proud of what this day means to us. Wear some red, white and blue. Play some Lee Greenwood. Grill something and shoot off some fireworks.

But at the end of the day, I want you to remember one very important thing... American patriotism, and even this uniform, will have no meaning if our principles do not live in our hearts, on our lips and in our actions.

Make sure the words, the ideas and the principles of Declaration of Independence will never fade.

So today, and every day, we must show the world how much we love this nation.

The world will know how American patriotism redefines what it means to love your country. The world will know you don't have to wear this uniform to be an American patriot. And the world will know that our nation's best defense is your service.

So today, and every day...

Keep doing what you do best, America... Keep serving.

Keep writing letters and sending care packages to deployed Soldiers. Keep caring for our wounded warriors and their families. Keep supporting our families. Keep hiring our veterans.

Keep writing those words, those ideas and those principles ever darker for the world to see. Keep serving... It makes a difference.

Thank you for your service. Thank you for your support. ■



FGA welcomes new Garrison Command Sergeant Major



Fort Greely Garrison Command
Sergeant Major,
CSM Robert Gooden

Command Sergeant Major Robert D. Gooden is a native of Talladega, Alabama. He enlisted into the Army on June of 1983. He attended Basic Training at Fort Jackson, South Carolina and Advanced Individual Training at Fort Sam Houston, Texas as a 91A (Combat Medic). He left the military in June 1985 and re-entered in November 1987 at Fort Bliss, Texas as a 16H (Air Defense Intelligence Specialist). In 1990 he was reclassified as 14T (Enhanced PATRIOT Launcher Crewmember, Maintainer/Operator).

CSM Gooden's duty positions and assignments include Medical Specialist, Alpha Company, 1/72 Armor Battalion, 2nd Infantry Division Korea; Squad Leader, Charlie Company, Academy of Health and Sciences, Fort Sam Houston, Texas; Section Sergeant, HHB, 2-61 ADA, Fort Carson, Colorado; Section Chief, HHB, 5-5 ADA, 2nd Infantry Division Korea; Small Group Instructor, Bravo Battery, 3-6 ADA, Fort Bliss, Texas; Platoon Sergeant, Alpha Battery, 1-7 ADA, Kaiserslautern, Germany; Platoon Sergeant, Alpha Battery, 5-7 ADA, Hanau, Germany; Force Modernization NCOIC, HHB USAADACEN, Fort Bliss, Texas; Platoon Sergeant, Alpha Battery, 1-43 ADA, Suwon, Korea; Chief Instructor, Primary Leadership Development Course, Senior Instructor & Small Group Leader, Advance Noncommissioned Officers Course, NCO Academy, Fort Bliss, Texas; First Sergeant, Foxtrot Company, 1-43 ADA, Suwon, Korea and Delta Battery 3-2 ADA, Fort Bliss, Texas. S-2 Sergeant Major, 31st ADA Brigade, Fort Bliss, Texas, Operations Sergeant Major 3-43 ADA, and S-2 Sergeant Major, 11th ADA Brigade, Fort Bliss, Texas.

His awards include the Meritorious Service Medal (4OLC), the Army Commendation Medal (8OLC), Army Achievement Medal (6OLC), Good Conduct Medal (8th Award), National Defense Medal, Southwest Asia Service Medal, Kuwait Liberation Medal, NCO Professional Development Medal (3), Overseas Service Ribbon (6) and the Army Service Ribbon. ■

CSM Gooden's military education includes the Primary Leadership Development Course,





Yuma Proving Ground Commander (U. S. Army Cold Regions Test Center's higher headquarters), COL Reed Young and CRTC outgoing commander, LTC John Cavedo look on as CRTC 1SG Edward Balboa passes the CRTC guidon to incoming commander Ground Commander, LTC Charles H. May signifying the change of command. Photo courtesy of CRTC.

Command changes hands at CRTC

By Clara Zachgo
CRTC

The reins of the United States Army Cold Regions Test Center (CRTC) were entrusted to a new leader at the Bolio Lake Test Complex on 22 May 2012. The men and women of the Cold Regions Test Center, along with many guests welcomed incoming commander LTC Charles H. May. He accepted the colors during the change of command ceremony from the host commander, COL Reed F. Young, United States Army Yuma Proving Ground Commander.

COL Young addressed the crowd saying "this event formalizes the transition of responsibilities and authorities between two outstanding and distinguished leaders". COL Young praised the accomplishments of the outgoing Commander, LTC John Cavedo

throughout his time in command saying, "The magnificent leadership and superb dedication of LTC John Cavedo led to CRTC's success over the past three years—a job well done."

After welcoming LTC May, his wife Delinda, and their two sons, Gareth and Ethan to team YPG and team CRTC, COL Young concluded his remarks with a challenge. "My challenge to you (LTC May) is to use your leadership acumen and skills to leverage the awesome talent within this Test Center, to take CRTC even beyond its current accomplishments." LTC May brings with him significant program management skills, Army test skills as an Engineer Officer and an Acquisition Officer, and a tremendous reputation.

Outgoing commander LTC John Cavedo graduated from the University of New Mexico ROTC Program and received his commission in 1991 as a Second Lieutenant of Infantry. In 1995, he was assessed into the Special Forces

where he served until 2001 when he joined the Army's Acquisition Corps. Since then he has served in a variety of operational and acquisition positions, including the past three years as CRTC's Commander, an assignment described by him as "truly the best assignment of my career". During his remarks, LTC Cavedo thanked the CRTC workforce for their hard work and service. "The real power in this organization is the people sitting in front of me today. I have never been so privileged and honored to be associated with a group of people or more proud to have been a part of your organization—the Rugged Professionals." LTC Cavedo closed his remarks with a few words from Dr. Seuss, "don't cry because it's over, smile because it happened."

LTC Cavedo will transition with his wife Stephanie and daughters Gabrielle and Catherine to Fort Leavenworth, Kansas where he will work in the Mission Command Center of Excellence.

LTC May is a graduate of the University of North Florida and received his commission as a Second Lieutenant in the Corps of Engineers. In 2001, he joined the Army's Acquisition Corps. Most recently, he served as an Operational Test Officer, Maneuver Support and Sustainment Test Directorate, US Army Operational Test Command (OTC). His time at OTC included a tour to the New Kabul Compound, Kabul Afghanistan as the Deputy Commander with US Army Test and Evaluation Command Forward Operational Assessment Team XIII.

During his remarks, LTC May said, "Personally and professionally I am humbled and excited to be a part of this all-star team." During the next few years, "I look forward to continuing to nurture and cultivate and achieve a progressive vision that puts the needs of the Cold Regions Test Center first."

The Cold Regions Test Center is a subordinate command of Yuma Proving Ground and the winter test element of the Army Test and Evaluation Command. Its mission is to plan, conduct, and report the results of winter, mountain, and northern environment phases of developmental testing. CRTC provides quality testing by experienced cold weather experts and is the Department of Defense's only natural, cold environment test center. ■



Cold Regions Test Center Commander, LTC Charles H. May

Celebrating the birthday of our National Colors

By Treva Slaughter
Protocol

How many times have you seen "Flag Day" written on the block reserved for June 14th on your calendar and thought "What is Flag Day and what does it mean?" For most of us, Flag Day comes and goes as quietly as the rising and setting of the sun on June 14, the day set aside for national recognition and observance of Flag Day. In order to give voice to this understated observance, I want to share a little of the history of this celebration of our Nation's flag.

On June 14, 1885, a 19-year old school teacher in Waubeka Wisconsin, to commemorate Congress' acknowledgement of the Stars and Stripes as the flag of the United States on June 14 1777, assigned essays to his class on the flag and its significance. For the next thirty-one years that school teacher, Bernard J. Cigrand, devoted his life to bring about national recognition and observance of Flag Day. On May 30, 1916, when Mr Cigrand was fifty years old, President Woodrow Wilson issued a proclamation calling for a nation-wide observance of Flag Day. In 1949, President Harry S. Truman signed an Act of Congress designating the 14th day of June each year as National Flag Day.

Following the tradition set by President Wilson, President Barack Obama signed a proclamation on the June 11, 2012 declaring June 14, 2012 as Flag Day and the week of June 10, 2012 as National Flag Week, in which he encouraged all Americans to "display the flag, honor America, celebrate our heritage, and publicly recite

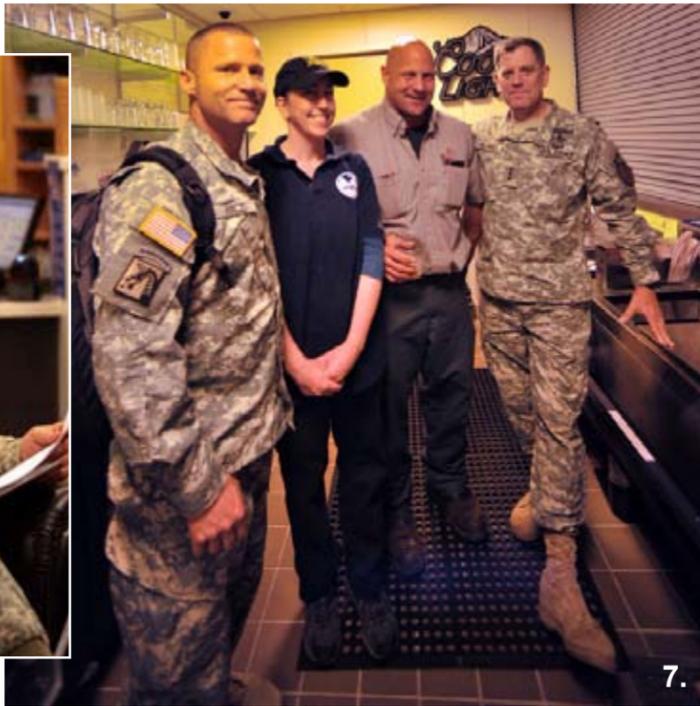
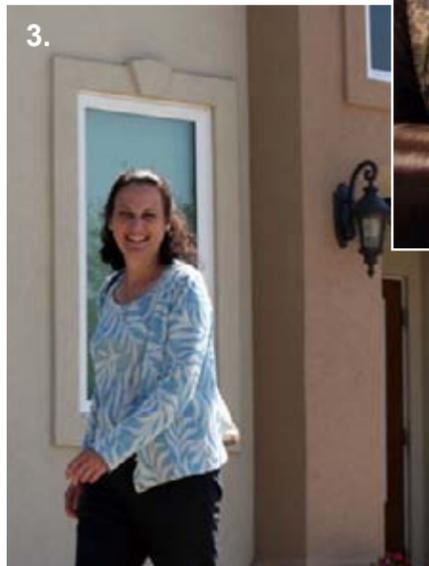
the Pledge of Allegiance to the Flag of the United States of America."

Flag Day is one of only twenty-one days the Garrison flag is authorized to be flown. The Garrison flag is a large 20x38 ft. flag whose history began in 1813 at Fort McHenry. Major George Armistead, Commander of Ft. McHenry considered that the British would attack Baltimore and wanted a flag that the British would be sure to see. He commissioned Mary Young

Pickersgill, a Baltimore flag maker to make a smaller storm flag and a 30x42 ft. garrison flag. It was this 30x42 ft. flag that inspired Francis Scott Key to pen "The Star-Spangled Banner" after watching the British bombard Fort McHenry with artillery for 25 hours from aboard a British Naval ship where he had been detained, along with Dr. William Beanes and Col. John Skinner to prevent them from providing key information about the British planned attack on Baltimore. ■



Fort Greely Police Department raise the Garrison Flag, a smaller representation of Fort McHenry's Garrison flag at 20x38 ft., to honor Flag Day, the "birthday" of the Flag of the United States. Photo by Treva Slaughter.



1. Fort Greely Garrison Command Sergeant Major, CSM Robert Gooden (left) speaks with Command Sergeant Major IMCOM-Pacific Region, CSM Karl Schmitt at the Community Activity Center about his (Gooden) recent move to Alaska and the warm welcome he received. 2. Installation Management Command, Commanding General, LTG Michael Ferriter bounding from the UH60 after touchdown at FGA takes off in prideful strides to jump on to a Fort Greely fire truck on the flight line at Allen Army Airfield to thank the firefighters for jobs well done. 3. Mrs. Margie Ferriter, wife of LTG Ferriter, heads out with a smile to the Delta Junction Community Library after a delightful lunch with new friends at Taste of Europe. 4. LTG Ferriter and CSM Rice pass out coins and shake the hands of FGA Firefighters while congratulating them on their most recent heroism award. 5. Fort Greely Garrison Commander, LTC Terry Clark takes a moment to review his command slides while enjoying pleasant conversation at the Community Activity Center. 6. Mrs. Ferriter says, "Farewell" to the 49th Missile Defense Battalion spouses after a zesty lunch at one of Delta Junction, Alaska's local flavors...Taste of Europe. 7. Eager



to meet as many people as he possibly can in the short amount of time allotted for his visit, LTG Ferriter, peaks behind the scenes at the Community Activity Center. Left to right: Installation Management Command, Command Sergeant Major, CSM Earl Rice (left to right) Jean Ghiotti, cook supervisor FMWR, Rick Skelly, Odom Corporation distributor, LTG Ferriter. 8. LTG Ferriter focuses intently on the conversation during the windshield tour portion of his visit to Fort Greely, Alaska on June 22. 9. CSM Earl Rice can't help but smile during his recent trip to Fort Greely, Alaska. 10. CSM Karl Schmitt is no stranger to Fort Greely, Alaska. His bright and cheery smile always fits well with Team Greely. 11. IMCOM Leadership arrives at Fort Greely, Alaska for a brief visit and tour of one of the most northern Army installations in the world. 12. Mrs. Ferriter receives a departing gift from the Delta Junction, Alaska Community Library's Director, Joyce McCombs during her recent visit. 13. IMCOM-Pacific Region Director, Debra Zedalis, enjoys a light-hearted conversation with Fort Greely's new Garrison Command Sergeant Major, Command Sgt. Major Robert Gooden, during her recent visit to Fort Greely. The Community Activity Center is a great place to sit back and catch up with friends, both new and old alike.

Old Glory etiquette

Contribution by Jamie Murray
DOL

The U.S. Flag Code (www.military.com/benefits/resources/us-flag-code) formalizes and unifies the traditional ways in which we give respect to the flag, it also contains specific instructions on how the flag is not to be used. The following is a list of do's and don'ts associated with Old Glory, the U.S. Flag.

When displaying the flag, DO the following:

Display the U.S. flag from sunrise to sunset on buildings and stationary flagstaffs in the open. When a patriotic effect is desired the flag may be displayed 24-hours a day if properly illuminated during the hours of darkness.

When placed on a single staff or lanyard, place the U.S. Flag above all other flags.

When flags are displayed in a row, the U.S. flag goes to the observer's left. Flags of other nations are flown at same height. State and local flags are traditionally flown lower.

When used during a marching ceremony or parade with other flags, the U.S. Flag will be to the observer's left.

On special days, the flag may be flown at half-staff. On Memorial Day it is flown at half-staff until noon and then raised.

When the flag is flown at half-staff, it should first be hoisted to the peak for an instant and then lowered to the half-staff position. The flag should be again raised to the peak before it is lowered for the day. "Half-staff" means lowering the flag to one-half the distance between the top and bottom of the staff. Crepe streamers may be affixed to spear heads or flagstaffs in a parade only by order of the President of the United States.

When the flag is displayed over the middle of the street, it should be suspended vertically with the union (blue field of stars) to the north in an east and west street or to the east in a north and south street.

When the flag is displayed in a manner other than by being flown from a staff, it should be displayed flat, whether indoors or out. When displayed either horizontally or vertically against a wall, the union (blue field of stars) should be uppermost and to the flag's own right, that is, to the observer's left. When displayed in a window it should be displayed in the same way -- with the union or blue field to the left of the observer in the street.

When the flag is displayed on a car, the staff shall be fixed firmly to the chassis or clamped to the right fender.

When the flag is used to cover a casket, it should be so placed that the union is at the head and over the left shoulder. The flag should not be lowered into the grave or allowed to touch the ground.

When saluting the flag DO the following:

All persons present in uniform (military, police, fire, etc.) should render the military salute. Members of the armed forces and veterans who are present, but not in uniform may render the military salute.

All other persons present should face the flag and stand at attention with their right hand over their heart, or if applicable, remove their headdress with their right hand and hold it at the left shoulder, the hand being over the heart.

When stowing or disposing of the flag, DO the following:

Fold in the traditional triangle for stowage, never wadded up.

The VFW offers the following instructions for properly disposing of a worn flag:

The flag should be folded in its customary manner.

It is important that the fire be fairly large and of sufficient intensity to ensure complete burning of the flag.

Place the flag on the fire.

The individual(s) can come to attention, salute the flag, recite the Pledge of Allegiance and have a brief period of silent reflection.

After the flag is completely consumed, the fire should then be safely extinguished and the ashes buried.

Please make sure you are conforming to local/state fire codes or ordinances.

Quick list of Flag Etiquette Don'ts:

Don't dip the U.S. Flag for any person, flag, or vessel.

Don't let the flag touch the ground.

Don't fly flag upside down unless there is an emergency.

Don't carry the flag flat, or carry things in it.

Don't use the flag as clothing.

Don't store the flag where it can get dirty.

Don't use it as a cover.

Don't fasten it or tie it back. Always allow it to fall free.

Don't draw on, or otherwise mark the flag.

Don't use the flag for decoration. Use bunting with the blue on top, then white, then red. ■

Two brave Soldiers tackle the unknown and make history down a highway

By Les McLaughlin
Yukon Nugget/MVPA

Two young American Soldiers made northern history back in September of 1942. Driving a Dodge half-ton weapons carrier, they left Dawson Creek and headed northwest into the history books.

Corporal Ottawa Gronke was from Chicago Illinois. Private Robert Bowe hailed from Minneapolis, Minnesota. Both were young Soldiers working on the construction of the Alaska Highway.

On September 22, 1942, the pair left Mile 0 at Dawson Creek, bound for Whitehorse.

When they arrived in Whitehorse on September 27, they left behind them 1,030 of the most gruelling highway miles in the world. Hairpin turns, treacherous mud, and almost impossible grades made every mile an exciting adventure experience.

Proudly, their Dodge weapons carrier bore a sign saying "first truck, Dawson Creek to Whitehorse. Driving time 71 hours." Surprisingly, they had only one mechanical problem, a flat tire about 40 miles out of Whitehorse.

On November 18, 1942, it was announced that Gronke and Bowe would drive the first truck of the first convoy from Whitehorse to Fairbanks. On the morning of November 20, at Soldiers Summit, officials from Canada and the U.S. joined hands across a red, white and blue ribbon to officially cut the ribbon and open the highway.

Gronke and Bowe were in their little weapons carrier followed by a small caravan of heavy-duty trucks. They rolled forward at the drop of the ribbon with the first load of freight for Fairbanks, arriving in the Alaska town in 32 elapsed driving hours.

Gronke and Bowe were the first to travel the entire length of the Alaska Highway. ■

To experience the reenacted site of historic vehicles traveling the Alaska Highway, everyone is invited to attend the 70th Anniversary Building of the Alaska Highway Convoy that is scheduled to roll through Delta Junction at 11:30 am on Aug. 21.

More than 80 historic military vehicles will be parked at the Deltana Fairgrounds beginning at 11:30 am on Aug. 21 for all eager historians, energetic youth and curious passersby to see.

The members of the Military Vehicle Preservation Association will travel a short distance to the Delta Junction Visitor's Center, Mile Post 1422, the official end of the Alaska Highway for their group photo and End of Highway Certificates.

This is a FREE event and everyone is welcomed and

encouraged to attend.

The MVPA won't be here long. They are expected to roll out before 2:30 pm on Aug. 21. Come on out and wish them a safe and happy journey on to Tok, Alaska.

*More than 80 historic military vehicles
Traveling 27 days
Covering 4,100 miles...a site not to be missed.*

The vehicle pictured below is a 1942 Dodge WC21. This was the first truck to drive from Dawson Creek, British Columbia, Canada to Whitehorse, Yukon, Canada on the Alaska Highway.
Photos courtesy of Wendy Rowsam



Though they are not the healthiest way to start ones day, nothing says "Happy birthday" better than deliciously frosted cupcakes that are easy to share. Smile after surprised smile came through the installation gate on the morning of June 14 as Garrison Commander, LTC Terry Clark and Garrison Command Sergeant Major, CSM Robert Gooden, handed out 237 cupcakes and wished all who entered a wonderful, "Happy Army Birthday!"



Greely's first summer month races by with patriotic events

By Deborah Ward
PAO

The month of June was a non-stop rush of events for Fort Greely Members. The Army's 237th Birthday week started off with a splash on June 9 when Delta-Greely community members hit the water in the annual Delta-Greely Summer Blast-Off Triathlon. This event initiated the week-long birthday celebration. Bowling and Chinook Grille specials for Soldiers and their Family members were abundant at the Community Activity Center along with discounted services, trips and rentals from FMWR Outdoor Rec.

On June 14, the Army's 237th Birthday and Flag Day, started with the glorious raising of the Stars and Stripes promptly at 6:30 am. Afterward the Fort Greely Garrison Commander, LTC Terry Clark and Garrison Command Sergeant Major CSM Robert Gooden headed out with their public relations team members Treva Slaughter and Deborah Ward to pass out 237 red, white and blue cupcakes to the first 237 people arriving on the installation in honor of the day's grand celebratory events.

To end the week's events FMWR hosted the Army's Birthday Celebration at the Child Development Center. Free, fun, food, entertainment and games were available for all to enjoy.

When the last hotdog was served and the last traces of frosting licked from the lips it was time to get back to work and prepare

See EVENTS page 11

U.S. Flag patch worn backward for a reason

By Hanni Marchuk
DOL

Why is the U.S. Flag patch worn backwards on the Army uniform?

While attending an official function the other day I noticed that one of the Soldiers had a U.S. Flag patch on their right sleeve that was "backwards," meaning the stars and the stripes were on the right of the flag and not the left that you usually see when the flag is displayed in a picture/two-dimensional image.

Why I have never noticed this before is beyond me, but having been born a curious type of individual I pondered over this and at the next opportune moment asked a Soldier why the flag was backwards, his story was compelling and made for a lovely bit of trivia I thought I'd share with all of you who may, like me, have no military background. The following article is found at www.marlowwhite.com;

"The reason has to do with proper display of the flag. The blue field of stars should always be in the highest position of honor. When viewing the flag on a wall, the highest position of honor is the upper left when displayed horizontally, and at the top (upper left) when displayed vertically. When displayed on a "moving object" like a person or vehicle, the highest position of honor is the front, and not the rear; so the field of blue should be displayed to the front.

In application, then, flags are displayed on moving vehicles with the blue-star field always displayed towards the front of the vehicle. In this way, the flag appears to be blowing in the wind as the vehicle travels forward

(flags are always attached to their flag poles on the blue field side). If the flag were not reversed on the right hand side of the vehicle, the vehicle might appear to be moving backwards (or "retreating").

The next time you visit an airport, notice that the US-flagged aircraft also have a "reverse" flag painted on the right side of the aircraft.

For flag patches worn on uniforms, the same principle applies: the blue star field always faces towards the front, with the red and white stripes behind. Think of the flag, not as a patch, but as a loose flag attached to the Soldier's arm like a flag pole. As the Soldier moves forward, the red and white stripes will flow to the back.

As the proponent for standardization and authorization of heraldry items within the Department of Defense, the Institute of Heraldry addresses the apparent oddity of the reverse flag patch by stating, "When worn on the right sleeve, it is considered proper to reverse the design so that the union is at the observer's right to suggest that the flag is flying in the breeze as the wearer moves forward."

"How interesting!" I thought, but being the inquisitive person that I am my next question was why the flag is worn on the right shoulder and not the left where the flag would still be correctly positioned but not look backwards to a civilian. After some research I found that the U.S. Code does not address the positioning of the flag patch and it is appropriate to wear the patch on the left or right sleeve.

However, Headquarters Department of the Army (HQDA) policy states that the patch will be worn on the right shoulder of the uniform and that is why we see the "backwards" flag.

Another interesting tidbit I picked up while researching this personal

conundrum of mine was that the flag of the United States is always placed in the position of honor- to its own right, therefore Soldiers displaying the flag on the right shoulder indicates the Stars and Stripes place of honor.

And now you know too... ■



Above: Flag pictured on Army Uniform

Below: Typical View of Flag in two-dimensional imagery



EVENTS

for one of the largest and most important visits Fort Greely has seen in a year. Installation Management Command, Commanding General, LTG Michael Ferriter and team were on their way and Team Greely still had much to do to ensure a grand welcome for our esteemed guests.

Though we constantly prepare, better ourselves and our team's operations, it is always a whirlwind of events moments before a big visit.

Every ounce of hard work, long hours and stressful period was soon found to be worth it when LTG Ferriter and his team stepped off the UH 60 on the morning of June 22.

Never have so many smiles erupted from a such a visit.

Anyone that has been with the military for a length of time can tell when a leader is sincere. LTG Ferriter, his wife Margie, Installation Management Command, Command Sergeant Major, CSM Earl Rice, IMCOM-Pacific Region Director, Debra Zedalis and Command Sergeant Major IMCOM-Pacific Region, CSM Karl Schmitt are nothing but genuinely sincere in not only their leadership, but in their ability to touch base with all of their installations, Soldiers, Family members and civilians.

In order to see as much as possible in their allotted amount of time for the visit, the team split up.

LTC Clark and CSM Gooden hosted LTG Ferriter, CSM Rice, Ms. Zedalis and CSM Schmitt's portion of the visit while the Fort Greely Deputy to the Garrison Commander, Brent Abare hosted Margie Ferriter's portion.

The teams provided windshield tours of the installation, opportunities to meet the Soldiers and community members, luncheon discussion groups, key leader huddles and more.

It was a successful visit for FGA, and we were all left with the message to continue to work as a team, build strong relationships, "People that want to stay in a places speaks highly about their command. Keep it up," said Ferriter.

Wrapping up the month was FMWR's Independence Day Kick-Off Celebration June 28. Check out the photos from the events at www.facebook.com/fort.greely.

Now as we enter July we prepare for another welcomed visit from our United States Army Space and Missile Defense Command, Commanding General, LTG Richard Formica and the upcoming Installation Planning Board. ■



Safety Corner

Fort Greely has an approved Motorcycle Safety Foundation (MSF) Training Program. This program offers the Basic Riders Course (BRC), the Experience Riders Course (ERC) and the Sports Riders Course (SRC).

If you are a Soldier and would like to take Motorcycle Safety Training, please go to https://apps.imcom.army.mil/AIRS/usg_disclaimer.aspx and sign up.

If you have questions, please feel free to call the Fort Greely Garrison Safety Office at 873-5239/5031. Thank you, and enjoy the ride!



Bicycle safety

By Harold Zarecki
DES

The weather is nice, the kids are out of school and construction season is in full effect. The bicycles are rolling through the streets with the children laughing and yelling. When riding a bicycle always remember Anyone Can Get Hurt..... It's easy to crash on a bicycle. Each year, more than half a million bicyclists visit the hospital when they do just that. (Estimates are that more than one million bicyclists seek treatment in their physician's office.) These injuries can happen anytime, anywhere. People often think they're safe because they "just ride around the neighborhood". Unfortunately, most serious crashes occur on quiet neighborhood streets.

While broken bones heal, a head injury can lead to death or permanent disability. Each year, nearly 70,000 bicyclists suffer serious head injuries. Many never fully recover. Every bicyclist

needs the protection that a good bicycle helmet provides. Of course, a helmet can't keep a bicyclist from falling. But it can cut the chances of serious brain injury. Researchers say that bicycle helmets can prevent three out of four serious cycling head injuries. That's a worthwhile investment for any bicyclist, young or old. While bicycle helmets cost money, what they protect is priceless: the bicyclists' life and future. Head injury rehabilitation is a very costly and difficult challenge. Compared with such costs, a bicycle helmet is a good bargain.

Fort Greely Regulation 190-5 (2-18 (a)) states: Bicycles helmets are required for all persons operating a bicycle on Fort Greely. Helmets must comply with a mandatory safety standard issued by the CPSC. Bicyclists must observe and obey all traffic signs and markings in the same manner as operators of motor vehicles are required. Bicycle the American Society for Testing and Materials (ASTM) or



BIKE RODEO 2012

By Harold Zarecki
DES

On June 7, 2012 Child, Youth & School Services partnered together with the Fort Greely Police Department and put on the 3rd 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 four way stop, and a staggered cone drill. The kids started 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, from checking tire pressure, to making sure their bike chains are on properly. Upon completion of the checklist the children register their bikes with FGPD. While registering their bikes, the children are

See BIKE page 13

Snell Memorial Foundation may continue to be used. Bicycles will comply with the requirements of 13 AAC 02 sections 385-420 in addition to the requirements of this regulation.

We can make bicycling safer for all by observing the following safety tips:

- Always wear a helmet
- Obey all traffic controls
- Ride your bicycle near the right-hand edge of the road
- Never carry another person on your bicycle
- Always use hand signals when turning or stopping
- Look out for cars at cross streets, driveways, and parking places
- Be careful when checking traffic and don't swerve when looking over your shoulder
- Give pedestrians the right-of-way
- Keep your bicycle in good condition
- Always ride carefully

Remember a bicycle is a vehicle.

Bicyclists share traffic with other larger forms of vehicles. Youngsters under age nine lack the physical and mental development to interact safely in that environment. If you have any questions contact the Fort Greely Police Department. Information provided by Adventure Sports Online and the National Highway Traffic Safety Administration. ■



Learning bicycle safety at a young age promotes safe riding throughout a lifetime. Officer Mike Greaser from the Fort Greely Police Department walks a Bike Rodeo participant through the obstacle course during this year's 3rd Annual Bike Rodeo. Photo by Rob Mathews

Beginner fitness tips

By CPT Ryan Skaw
49th MDB (GMD)

Summer is here and it is time to get out and enjoy Alaska's great wonders. Just don't skip on the workout time or go too crazy on the food. So I encourage you to stay active and get out there and enjoy the weather while it last. Here are some workout tips to help you stay on point. Be sure to clear any exercise program with your health care provider prior to starting.

Your body core is one of the most critical body parts of maintaining great strength and body tone. I am talking about the abdominal muscles, lower back, and oblique muscles here folks. Now I see a great deal of people hitting up the smith machines which is great, keep it up! However, if you want some rock hard core muscles that will last and help you get better results with the rest of your lift workout you have to venture over to the free weights.

Instead of doing the curl machine grab some dumbbells, stand with you feet close together, and conduct your exercise sets. This forces your core to tighten up to stabilize your body and the offset weight. Keep in mind that this technique can be applied to many exercises.

If you are feeling sore after a workout try getting a massage. Studies have shown that as little

as 10 minutes is more than enough to reduce tissue inflammation and expedite the recovery process. If you cannot find someone to give or the time for a massage try walking and stretching in the shallow end of the pool. The resistance from the water has similar effects plus it's free.

Take up a competition or fun event. One example of a competitions is the upcoming Bench Press Competition running from June 1 to Aug. 1. This is a great way to see where your strength is sitting. Just remember, do it for you and not the others standing next to you at the gym. After you knock out your first attempt try and beat your previous attempt later. Always try and make each attempt your personal best. Fun runs, triathlons, etc. are great ways to motivate yourself to be fit and the best part is other people are there feeling the pain and gains with you. Remember to try and find a workout partner to share your successes with.

Someone asked me about when to take protein and how much. This depends on the goal. It will also vary from person to person, but here is a good rule of thumb: if you are workout out to be in shape (not to bulk up) than one (1) gram for every pound you weigh. Just keep in mind that you get protein

from your normal meals. If you are looking for building muscles and really bulking up then try consuming 1.5 grams for every pound you weigh.

When should you take protein? Again, this depends on the person, but a typical schedule is one shake upon waking up in the day, half a shake 30 minutes before your workout, half a shake within 30 minutes after your workout, and one shake prior to sleep. Just remember that the shake doesn't replace your meals.

Another important point to remember when consuming protein is that there are two types: Whey and Casein. Both serve two different roles but are equally as important. Whey protein is fast acting in nature. This is the stuff you want in the morning and for workouts. Casein is slow acting and takes your system hours to digest and utilize. Casein is what you want prior to going to sleep.

I wish everyone the best in the endeavor to get in shape or maintain it! Hope to see you out there. Cheers! ■



Missoula Children's Theatre to shine center stage at Greely

Over the past two decades the Missoula Children's Theatre International Tour has filled an important morale-building need on U.S. military bases. MCT conducts residency weeks on the vast majority of Air Force bases around the US and around the world. The tour also has a growing presence on Army bases, Navy bases, and those

populated by NATO Forces. MCT also offers week-long training sessions for civilian personnel employed by the US Military. This training is held in beautiful Missoula, Montana at the MCT headquarters and offers fun and educational materials, hands-on experience and training for personnel working with children at the youth and family centers

on base. Each participant earns CEUs for the class and is given a complete packet of materials at the completion of the week, which includes access to theatrical resources, ideas for games, productions and more!

The MCT will visit Fort Greely CYSS Sep. 17-22. More information will be available as we get closer to their arrival! ■

BIKE

shown where to locate their serial number at. After locating the serial number the child reads off the number to the register and is given a decal. They are also given information on how to report their bike missing and to whom to report it to. Once their bike is registered they are ready to ride. Officer Greaser and CPT Brown took each one through the S curve drill and on to the three way stop. They showed the children how to navigate safely and apply hand signals while at a stop sign to safely make turns and 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 also had a great time promoting safety and teaching how to properly operate a bicycle in traffic situations. Overall at the end of the day we registered several new bicycles and had a few returning kids from last year with their decals still on. The day ended very well with all the children making it through the course and receiving a CYSS water bottle and a certificate of completion. ■



CPT Terry Brown, from the FGA Police Department instructs children on safety procedures at a four way stop. Photo by Rob Mathews



1.



3.



2.



4.



5.



6.



7.

WIC Program

What it is...

What it provides...

How to apply...

By Deb Darland
FMWR/ACS

WIC, the Women, Infants and Children program, is a nutrition program what helps pregnant women, new mothers and young children eat well, learn about good nutrition and stay healthy.

WIC provides:

Checks that can be used to purchase healthy foods such as milk, juice, eggs, cheese, cereal, dry beans and peas or peanut butter
Information about nutrition and health to help you and your family eat well and be healthy
Support and information about breast-feeding your baby
Breast pumps to help support breast-feeding mothers

People eligible for WIC are:

WIC is for all kinds of families: married and single parents, working or not working. If you are a father, mother, grandparent, foster parent or other legal guardian of a child under 5 years of age, you can apply for your child. Women and their children who need better nutrition and who are:
Pregnant, breast-feeding, or a six month old baby;
Children under 5 years of age (including foster children)

You can Participate in WIC if you:

Live in Alaska
Have a nutritional need (WIC staff can help determine this)
Are a pregnant or breast-feeding woman
Postpartum or a six month old baby
Have a child under 5
Have a family income meeting WIC Income Eligibility Guidelines.

How do I apply?

Call to make an appointment. At your



appointment, WIC staff will check to see if you and your family qualify. If you live in a community without a WIC office, you can apply through your Public Health Nurse.

What do I bring to a WIC appointment?

ID for yourself and each child
Proof that you are an Alaska resident, such as your driver's license, voter registration
Library card, and bill with your address on it, rent or mortgage receipt.
Proof of income such as paycheck stubs or a W2 Form, proof that you get food stamps, Medicaid, Denali Kid Care or a free or reduced price School Lunch
Proof of pregnancy if pregnant
Bring any children you are applying for
Completed application forms (if you filled them out before your appointment)

2012 GUIDELINES

WIC Income Eligibility Guidelines for Alaska
WIC calculates eligibility based on gross income before taxes are taken out
Total income includes all of your family's PFD's.
When pregnant, your unborn child counts as a family member.

The Public Health Nurse is located in Delta Junction, & can be reached at 895-4264.
You may download application forms from the State of Alaska website:
<http://www.hss.state.ak.us/dpa/programs/nutri/WIC/default.htm>

Over 115 Soldiers, Family members and Civilians headed out to Donnelly Dome to join 49th Missile Defense Battalion (GMD) in their 3rd Annual Summer Solstice Trek up Donnelly Dome. 1. CPT Ryan Skaw stands with son Hunter and daughter Wyona in front of the SUSV after embarking on a thrilling ride at the bottom of the dome. 2. Corey Vandenboom, North Haven Communities helps hand out donated granola bars and water for snacks during the trek. 3. Donnelly Dome looms in the background with a vertical height of 2,400 ft.. 4. A group of hikers set out for the trek up Donnelly Dome. Some plan to make it all the way to the top while others will go only as far as their little feet will carry them - the rest is up to mom and dad. 5. A Squad Utility Support Vehicle (SUSV) driven by SSG Travis Kline (49th MDB) offers rides to any willing travelers. 6. Quinn Kraus, age 5, son of CPT Eric Kraus (49th MDB) was raring to go, but took time out to tell me that kindergarten was going to be a breeze for him because, "I got my shots (immunization) today!" 7. CPT Jeremy Shepherd stands with wife Joy, daughters Addison and Hollana, and son Jebediah for a quick snapshot before heading up to the top. Music, bonfire, American Red Cross safety briefings, SUSV rides, certificates of achievement and more topped off this successful event. Photos by Deborah Ward



DOYON UTILITIES
www.doyonutilities.com
Office: 907-338-3600
PWS# 2212039

Drinking Water Quality Fort Greely Alaska

Fourth Annual Water Quality Report • June 2012

Letter from the Site Manager



Mike Lanegan,
Doyon Utilities Fort
Greely Site Manager

Doyon Utilities has prepared the following report to provide information to you, the consumer, on the quality of our drinking water for 2011. This report has been prepared as part of state and federal requirements to inform the consumer as mandated by the Safe Drinking Water Act. However, we welcome this opportunity to inform residents and partners of our high water quality and hope that consumers will contact our office on Fort Greely with any questions or concerns regarding water quality and service.

Who are we? Doyon Utilities owns and operates the utilities located at Forts Wainwright, Joint Base Elmendorf-Richardson and Greely under a program to privatize utility operations throughout the Department of Defense. Doyon Utilities submitted its competitive bid for the purchase of the utilities in 2005. We received notice that

This Consumer Confidence Report summarizes drinking water quality for the period between January 1, 2011 and December 31, 2011. In order to conserve natural resources and make it more efficient to distribute DU is not mailing them directly to individual homes/consumers. An electronic copy can be downloaded from our website at www.doyonutilities.com, or hardcopies are available at your local Doyon Utilities depot or by contacting Kathleen Hook at 907-455-1540.

we were the successful bidder in September 2007. Upon receiving the award notice in September 2007, Doyon Utilities quickly began evaluating the utility systems, organizing the construction of our "depots" at each Army Post, and identifying and hiring key positions. On August 15, 2008, the date selected to transfer the utilities to private ownership, Doyon Utilities was staffed, had all necessary equipment, and was ready to assume the critical role of owning, operating and maintaining the utilities.

Water Quality. Water is one of the world's most precious resources and we take seriously the integrity of our supply. Doyon Utilities adheres to strict testing requirements with oversight by the Alaska Department of Environmental Conservation (ADEC) and the Environmental Protection Agency (EPA). The results from our 2011 water quality tests are included in this report. The results of which indicate that your water meets or exceeds the state and federal drinking water requirements.

of Environmental Conservation (ADEC) and the Environmental Protection Agency (EPA). The results from our 2011 water quality tests are included in this report. The results indicate that your water meets or exceeds the state and federal drinking water requirements. Source water protection is also a high priority which requires special attention. Doyon Utilities completes annual water quality tests on its source water (water wells). The test results indicate that Doyon Utilities' water supply is safe and free of contaminants. Full test results are available at Doyon Utilities headquarters located at 714 4th Avenue, Fairbanks, Alaska.

Doyon Utilities Employees. You can have the utmost confidence in the dedicated and committed employees responsible for producing and distributing your drinking water. Doyon Utilities' water treatment plant operators and water distribution system personnel are highly trained and certified in the production and distribution of clean, safe water by

continued on page 4

Where does our water come from?

Fort Greely Main Post obtains its water supply from one primary ground water well and one secondary well. The water is very good quality and requires very little treatment and disinfection prior to being distributed to customers.

The treatment process is fairly simple. As water from the primary and/or secondary wells enters the water treatment facility, chemical feed equipment injects a calcium hypochlorite solution into the stream to provide disinfectant to the raw water. We also inject sodium fluoride to promote healthy teeth and gums, especially in

continued on page 4

Drinking Water Quality Report

Doyon Utilities is proud of the high quality water it provides to our customers. This annual water quality report provides information on the source of our water, lists the results of water quality tests that are conducted and contains other important information about water and health.

Doyon Utilities will notify you immediately if there is any reason for concern about your water. We are happy to report to you how we have surpassed established water quality standards. Doyon Utilities is in compliance with the national primary drinking water regulations and has met all testing and monitoring requirements. The EPA has determined that your water is safe at the tested and monitored levels. We have included a table inside outlining the tests conducted and the results of those tests.

We are proud to report that the water provided by Doyon Utilities meets or exceeds established water quality standards.



Water Testing and Your Health

The sources of drinking water from both tap water and bottled water include rivers, lakes, streams, ponds, reservoirs, springs and wells. As water travels over the surface of the land and through the ground, it dissolves naturally occurring minerals and radioactive material, and can pick up substances resulting from the presence of animals or from human activity. Contaminants that may be present in source water include:

- Microbial contaminants, such as viruses and bacteria, which may come from sewage treatment plants, septic systems, agricultural livestock operations and wildlife.
- Inorganic contaminants, such as salts and metals, which can be naturally occurring or result from urban storm runoff, industrial or domestic wastewater discharges, oil and gas production, mining or farming.
- Pesticides and herbicides which may come from a variety of sources such as agriculture, storm water runoff and residential uses.
- Organic chemical contaminants, including synthetic and volatile organics, are by-products of industrial processes and petroleum production, and can also come from gas stations, urban storm water runoff and septic systems.
- Radioactive contaminants, can be naturally occurring or be the result of oil and gas production and mining activities.

In order to ensure that tap water is safe to drink, EPA prescribes regulations that limit the amount of certain contaminants in water provided by public water systems. FDA regulations establish limits for contaminants in bottled water that must provide the same protection for public health.

Some people in the general population may be more vulnerable than others to contaminants in drinking water. Immuno-compromised persons such as those with cancer undergoing chemotherapy, persons who have undergone organ transplants, persons with HIV/AIDS or other immune system disorders, some elderly and infants can be particularly at risk of infection. These people should seek advice about drinking water from their health care providers. EPA/CDC published guidelines on appropriate means to lessen the risk of infection are available from the Safe Drinking Water Hotline (800-426-4791).

We're happy to answer any other questions about Doyon Utilities and our water quality. For general information or for water quality questions call our site management office at 907-869-3600. Other resources: Environmental Protection Agency's Safe Drinking Water Hotline: 1-800-426-4791. Water Quality Data for community water systems throughout the United States is available at www.waterdata.com.

Lead/Copper in Drinking Water

The United States Environmental Protection Agency (EPA), Alaska Department of Environmental Conservation (ADEC), Fort Greely Garrison and Doyon Utilities (DU) are concerned about lead in your drinking water. Although most homes have very low levels of lead in their drinking water, some homes in the community have lead levels above the EPA action level of 15 parts per billion (ppb), or 0.015 milligrams of lead per liter of water (mg/L).

Lead can pose a significant risk to your health. If present, elevated levels of lead can



cause serious health problems, especially for pregnant women and young children. Lead in drinking water is primarily from materials and components associated with service lines and home plumbing. DU is responsible for providing high quality drinking water, but cannot control the variety of materials used in plumbing components. When your water has been sitting for several hours, you can minimize the potential for lead exposure by flushing your tap with cold water for 30 seconds to 2 minutes before using water for drinking or cooking. Information on lead in drinking water and steps you can take to minimize exposure is available from the Safe Drinking Water Hotline or at www.epa.gov/safewater/lead.

Because of the levels of lead detected in the drinking water, all housing units and common areas have been fitted with faucet mounted filters. DU and the Garrison encourages use of this filtered water for consumption. The filters are designed to last for 6 months and meet the ANSI/NSF standard for lead

Terms and Abbreviations Used

Action Level (AL): The concentration of a contaminant which, when exceeded, triggers treatment or other requirements which a water system must follow.

Maximum Contaminant Level (MCL): The highest level of a contaminant that is allowed in drinking water. MCLs are set as close to the MCLGs as feasible using the best available technology.

Maximum Contaminant Level Goal (MCLG): The level of a contaminant in drinking water below which, there is no known or expected risk to health. MCLGs allow for a margin of safety.

Maximum Residual Disinfectant Level (MRDL): The highest level of a disinfectant allowed in drinking water. There is convincing evidence that addition of a disinfectant is necessary for control of microbial contaminants.

Maximum Residual Disinfectant Level Goal (MRDLG): The level of a drinking water disinfectant below which there is no known or expected risk to health. MRDLGs do not reflect the benefits of the use of disinfectants to control microbial contamination.

Not Applicable (NA): When NA is used in the range column, only one sample was taken, therefore, no range exists.

Not Detectable (ND): The contaminant is below the detectable limits of the testing method.

pCi/L: Picouries per liter.

ppb: Parts per billion or micrograms per liter.

ppm: Parts per million or milligrams per liter.



removal (Standard 53). Replacement filters are available from your housing manager.

To conserve water, fill a couple of bottles for drinking water after flushing the tap, and whenever possible use the first flush water to wash dishes or water plants. Use only cold water for cooking and drinking. Try not to cook with, or drink water from the hot water tap. Never use the hot water tap for water to mix infant formula or for cooking. Hot water can dissolve lead more quickly than cold water. If you need hot water for drinking or cooking, draw water from the cold tap and heat it on the stove. Boiling water will not reduce the lead level.

Doyon Utilities is currently conducting a pilot program to replace faucets and collect additional samples.

Substance	Sample Date	Violation Y/N	Fort Greely PWS 2370780 Detected Range	MCL	MCLG	Likely Source of Contamination
Inorganic Contaminants						
Fluoride	Daily 2011	N	0.064-0.48 ppm	4 ppm	4 ppm	Erosion of natural deposits; water additive, which promotes strong teeth; discharge from fertilizer and aluminum factories
Nitrate	Annually 6/8/11	N	0.234 ppm	10 ppm	10 ppm	Runoff from fertilizer use; leaching from septic tanks, sewage; erosion of natural deposits
Lead ¹	4/13/09 7/20/09	Y ¹ Y ¹	90% = 11.1 ppb Unit 847 = 23.5 ppb 90% = 16.4 ppb Unit 834-A = 16.4 Unit 847 = 15.3 Unit 830-A = 22.1 Unit 810-C = 24.0	AL = 15 ppb	0 ppb	Corrosion of household plumbing systems
Copper ²	4/13/09 7/20/09	N N	90% = 0.15 ppm 90% = 0.13 ppm	AL = 1.3 ppm	1.3 ppm	Corrosion of household plumbing systems
¹ Fort Greely conducted their residential copper and lead testing at the housing units between April 13, 2009 and July 20, 2009. A total of 20 samples were collected at each sampling event. During the April sampling event one sample exceeded the AL; during the July sampling event 4 samples exceeded the AL. Currently, a program to replace faucets and collect additional samples is in progress.						
² Fort Greely conducted their residential copper and lead testing at the housing units between April 13, 2009 and July 20, 2009. A total of 20 samples were collected at each sampling event. Currently, a pilot program to replace faucets is in progress.						
Combined Radium (226 & 228)	Every 9 years 6/9/08	N	0.7 pCi/L	5 pCi/L	0 pCi/L	Erosion of natural deposits
Barium	Every 9 years 6/8/11	N	0.051 ppm	2 ppm	2 ppm	Discharge of drilling wastes; discharge from metal refineries; erosion of natural deposits
Free Residual Chlorine	Daily 2011	Y ³	0.02-8.8 ² ppm	MRDL 4 ppm	MRDLG 4 ppm	Water additive used to control microbes
³ Free Residual Chlorine exceeded the MRDL and MRDLG on May 24 and May 25, 2011 due to hydrant flushing in the distribution system.						
Organic Contaminants						
Total Trihalomethanes Dist. Bldg.	Annually 6/8/11	N	2.1 ppb	80 ppb	NA	By-product of drinking water chlorination
Airfield PWS 2370798						
Substance	Frequency Sample Date	Violation Y/N	Detected Range	MCL	MCLG	Likely Source of Contamination
Nitrate	Annually 6/8/11	N	0.224 ppm	10 ppm	10 ppm	Runoff from fertilizer use; leaching from septic tanks, sewage; erosion of natural deposits
Free Residual Chlorine	Daily 2011	N	0.06-1.2 ppm	MRDL 4 ppm	MRDLG 4 ppm	Water additive used to control microbes
Front Gate PWS 2372805						
Substance	Frequency Sample Date	Violation Y/N	Detected Range	MCL	MCLG	Likely Source of Contamination
Nitrate	Annually 6/8/11	N	0.210 ppm	10 ppm	10 ppm	Runoff from fertilizer use; leaching from septic tanks, sewage; erosion of natural deposits

Drinking Water Test Results

Drinking water, including bottled water, may reasonably be expected to contain at least small amounts of some contaminants. The presence of contaminants does not necessarily indicate that the water poses a health risk. More information about contaminants and potential health effects can be obtained by calling the EPA's Safe Drinking Water hotline at 1-800-426-4791.

Fort Greely routinely monitors for contaminants in your drinking water according to Federal and State laws. Doyon Utilities has a waiver that does not require us to test for asbestos. While your drinking water meets EPA's standard for arsenic, it does contain low levels of arsenic. EPA's standard balances the current understanding of arsenic's possible health effects against the costs of removing arsenic from drinking water. EPA continues to research the health effects of low levels of arsenic, which is a mineral known to cause cancer in humans at high concentrations and is linked to other health effects such as skin damage and circulatory problems. The table at left shows the results for some of our required monitoring for the period 1/1/11 to 12/31/11.



The table lists the Regulated Contaminants required to be monitored by the EPA that were detected in your water. All the substances we found were present in quantities less than the EPA limits for safe drinking water. The presence of these contaminants in the water does not necessarily indicate that the water poses a health risk. If you would like a complete listing of test results, please call Kathleen Hook at 907-455-1540.

Source Water Assessment

For the last several years, the ADEC has been working on assessments of the vulnerability of the water sources that provide water to all of the public water systems in Alaska. The source water assessment for Fort Greely Water Treatment Plant has been completed and is available for review by contacting Kathleen Hook at 907-455-1540, or by visiting the Noel Wien Library in Fairbanks.



Our on-site lab is responsible for some of the water quality tests

Where does our water come from? continued younger customers. Once treated, the water is stored in two fifty thousand gallon storage tanks and a one hundred eighty eight thousand gallon storage tank. Five pumps with variable frequency drives maintain pressure in the distribution system. The finished water is tested daily to ensure the pH, chlorine residual and fluoride concentrations are at their optimum levels. In addition to the daily tests, we conduct periodic tests to closely monitor all drinking water contaminants specified by the EPA Safe Drinking Water Act. We are proud to report the results of our water quality tests and allow you to have complete confidence in the water you consume.

Hydrant Maintenance

Hydrant maintenance is a top priority for our utility! Twice a year, April and September, we visit each hydrant in our system. We test the water flow at each hydrant and make sure each one is working properly. This is our way to provide superior fire protection to ensure the safety and well being of our consumers.



Letter from the Site Manager continued

the Alaska Department of Environmental Conservation. To earn certification, each employee must have passed many courses in water treatment and water distribution, have completed years of job experience, and passed extensive tests. These tests cover a wide range of subjects from hydrology, microbiology, chemistry, and physics to pumps, electricity, chlorination and drinking water regulations.

Doyon Utilities Commitment. Part of Doyon Utilities contract with the government is our commitment to repair and replace utility infrastructure. Our approach to this large and complex task is the development of an Annual Capital Upgrades, Renewals and Replacements Plan. The Plan is a 5-year forward look at the work we intend to conduct on the system. Many factors are considered

in identifying and scheduling renewals and replacements such as the age of the existing facilities, design life of the equipment and cost of replacing the existing equipment in kind with a new version, are a few of the factors.

We have projects planned for Fort Greely this upcoming summer. Many construction employees as well as our own workforce will be in public roadways. Please be aware of these personnel on the roadway and potential traffic revisions.

Doyon Utilities looks forward to continuing to provide you with exceptional quality service and drinking water for many years to come. Our door is always open!

Best regards,
Mike Lanegan Site Manager



Just for kids!

P M A E R T S B G T
X O B F L A K E H R
W T L I D J O Q T E
P A X L L L E W L A
I N T T U G V P U T
P F O E Y T D W C M
E V S R R A I M K E
S T R Z B N P O Y N
N E F A S K W A N T

Find and circle these words!
STREAM FILTER PIPES
SAFE WATER WELL
TREATMENT TANK POLLUTION
LAKE



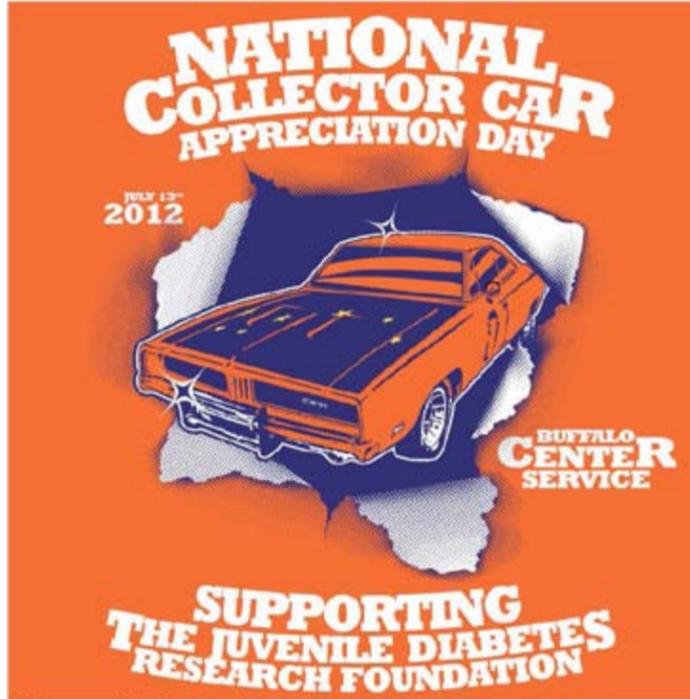
Chlorine

Chlorine is a water additive used in water systems to control microbes. It is a powerful oxidant and has the longest history for large continuous disinfection operations. Some people who use water containing chlorine well in excess of the maximum residual disinfectant level could experience irritating effects to their eyes and nose. Some people who drink water containing chlorine well in excess of the maximum residual disinfectant level could experience stomach discomfort.

Fluoride

Some people who drink water containing fluoride in excess of the MCL over many years could get bone disease, including pain and tenderness of the bones. Fluoride in drinking water at half the MCL or more may cause mottling of children's teeth, usually in children less than nine years old. Mottling, also known as dental fluorosis, may include brown staining and/or pitting of the teeth, and occurs only in developing teeth before they erupt from the gums.

4th Annual Classic Car Night - Buffalo Center Service Gas Station
Downtown Delta Junction, Friday July 13th @ 6:00
FREE Event, FREE Registration, FREE Drawings!



Shirts Available for Purchase \$25
The flyer design is the back of the shirt.
Call for registration or shirts 895-5077 or email janderson.bcs@gmail.com

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Save The Date National Night Out

Join North Haven for America's Night Out Against Crime!

- ★ Food
- ★ Games
- ★ Prizes
- ★ Live Music

Bring the entire family for food, fun and so much more!
The event is free! For more information contact the
Fort Greely Community Office 907-869-3032 x136

Aug 7, 2012
4:00 - 7:00pm
North Haven Pavilion
Fort Greely

National Night Out is designed to:

- Heighten crime prevention awareness
- Generate support for, and participation in, local anticrime programs
- Strengthen neighborhood spirit and police-community partnerships
- Send a message to criminals letting them know that neighborhoods are organized and fighting back.



907-356-3032 • www.nhcalaska.com



Youth Center Field Trips

July 11: Travel to the Fairbanks Ice Museum and chill from the summer heat from 11 am to 7 pm (this includes travel time to and from Fairbanks).

July 18: Enjoy an AAFES Movie (rated PG) from 2-5 pm.

July 25: Come experience berry picking right here in the local area from noon to 4 pm.

Youth must be registered with Child, Youth and School Services. Registration must be done in person at the Parent Central Services Building 847. For more information please call Parent Central Services at 873-4599. ■



Call 873-4CAB (4222)

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Allied Trades/Test Support Division, U.S. Army Cold Regions Test Center team members (left to right) David Trainor, Gordon Bak, Brian Gay, and Samuel Porter receive the 2012 Fort Greely Volunteer Award for services rendered to the 49th Missile Defense Battalion (GMD) for 150 hours of volunteer service that was equivalent to \$2,250. Helping to present the awards are FGA Garrison Commander LTC Terry Clark (far left), 49th MDB Commander, LTC Joe Miley (second from right), CRTS Commander LTC Chuck May (far right) and CPT Mariano Barajas with 49th MDB (center). Photo by Athena Shroeder.

Upcoming Events for JULY

Below are a few upcoming events and announcements throughout the Delta-Greely community:

Army Community Services was established in July of 1965 by GEN Harold K. Johnson, Army Chief of Staff from 1964-1968. Happy Birthday ACS!

July 3: Delta Jct. City Council Meeting, 5 pm at City Hall. If you are interested in what's going on in the City of Delta Jct., you are welcome and encouraged to attend.

July 4: Today is Independence Day!

July 11: The American Red Cross will be at Bldg. 652 for a blood drive. There are still slots available from 11 am to 2:30 pm. Please sign up to give the "gift of life."

This is the only blood drive to be held at Fort Greely this year. Please contact Tara Urdininea at 873-3869 or Vel Wager at 873-4295 for more information and to make an appointment.

July 12: Parent Advisory Council Meeting 5 pm at the CDC.

July 17: Sexual Harassment Assault Response and Prevention SHARP Training at the FGA Chapel 8:30 - 11:30 am. This is mandatory training for all military and civilian personnel, but all FGA members are welcome to attend.

July 17: Delta Jct. City Council Meeting, 5 pm at City Hall. If you are interested in what's going on in the City of Delta Jct., you are welcome and encouraged to attend.

July 18: Garrison Commander's

Round Table Meeting, noon at the CAC – All FGA Members are welcome and encouraged to attend. There will no longer be a pre-planned menu. Those that would like to eat are welcome to order from the Chinook Grille. Please, no food or outside drink allowed in the CAC.

July 24-25: Couples Training opportunities. Day one 4 - 8 pm, day two, 9 am - 1 pm. Both sessions will be held in the Chapel Annex.. FREE lunch and dinner will be provided. Free child care is available at the CDC with two weeks notice. Call 873-2476 to register and for more information.

July 25: Installation Planning Board starting at 10 am at the Community Activity Center.

July 25: Singles Training

opportunities are available on July 25, from 9 am to 2 pm at the FGA Chapel in the basement. FREE lunch will be provided. Free child care is available at the CDC with two weeks notice. Call 873-2476 to register and for more information.

July 26: Today is the Anniversary for Americans with Disabilities Act.

** Note: All dates/times and events are subject to change. This list is not all inclusive; to list everything is neither possible nor practical.*

FrontLine Employee

Wellness, Productivity, and You!

Fort Wainwright Substance Abuse Program

Managing Obstacles to Exercise

To enjoy the benefits of exercise, you need to be a good manager of obstacles that can impede progress and thwart your goals. Most obstacles fit within four broad categories: reduced motivation, physical tiredness, scheduling conflicts, and sudden interruptions. Write down your personal intervention plan to address each of these areas of potential trouble. It may add momentum so you succeed with your fitness program. Is exercising in the morning best for you, but procrastination starts after you sit down at your computer? Make a hard rule to exercise first. Too tired to exercise after the long commute home? Then exercise for 15 minutes instead of your usual 30 minutes. The more detailed your plan, the better your chances of overcoming the obstacles.



Beat the Heat of Hot Summer Work

Rest, water, and shade are the code words for summer outdoor workers. Does that include you? In 2010, 4,190 workers suffered heat-related illness on the job, and 40 workers died as a result. Keep an eye on your coworkers. You may spot the early signs of heat illness before the victim recognizes a problem: headache, profuse sweating, dizziness, cramps. Although outdoor workers in a variety of industries are susceptible to heat illness, those in construction and agriculture are the most vulnerable. Source: <http://1.usa.gov/rest-water-shade>



On Becoming More Likeable

It is a tremendous life advantage to be liked, but trying to be liked is often viewed as a negative because it implies you're not genuine or you are willing to forfeit your integrity to win favor. These are broad misconceptions. Adopting or building on your likeability traits is smart. Here's a secret. Likeability is not about you. It's about others and how you treat them—how you genuinely empathize and recognize, experience, and seek out others and discover what interests them. How you look, what you possess, or your intelligence are less important. Grow your I. factor by learning more from the book, *The Likeability Factor* by Tim Sanders.



ASAP
Community Wide Prevention
Employee Assistance Program
YOUR EAP PROVIDER
EAP services for DA/DDO employees and military retirees as well as family members of soldiers, DA/DCO retirees and military retirees.
ASAP Services are confidential. For more information or to schedule an appointment call (907) 353-1361

Improving Cross-Cultural Communication

The workplace is increasingly cross-cultural, but do you have a good understanding of cross-cultural communication? It continues to grow as a field of study and education, and more companies are seeking to preempt big problems that can occur because of a lack of education between cultures. Work culture differences are not just about country of origin, but identity with one's culture, race, ethnicity, gender, sexual orientation, age, social class, and roles. When employees work well in a cross-cultural environment they are assets, but when they don't, productivity suffers. There are many opportunities for miscommunication in cross-cultural workplaces. What we say, what we do, what's implied, or what remains unsaid are all open to interpretation and cross-cultural miscommunication. These things as misinterpreted by others can lead to conflict and difficult relationships on the job. It can be easy to dismiss the need for learning about cross-cultural communication if you are a member of the dominant culture within a work organization. Business organizations are discovering that this view no longer supports their productivity goals very well and in fact can undermine them. Some employers are training employees in cross-cultural education so they can communicate better, but if you don't get this training, you can still do your own research and become a better cross-cultural communicator. It can make you more valuable to your employer and a role model for others. Start by taking a look at the book *52 Activities for Improving Cross-Cultural Communication* at <http://amzn.to/52-ideas>.



Check the Attitude to Avoid an Accident

Understand attitudes about accident prevention to prevent more of them. Ninety-nine percent of fatal accidents are related to transportation, assault and violence, contact with an object, falls, or exposure to a harmful substance or environment. On the surface, contributing factors may be inadequate training, poorly maintained equipment, distractions, work overload, inattentive driving, etc. Dive deeper, however, and you will often find attitudes are the true culprits—and along with it the resulting behavior or lack of it. Attitude #1: Accidents happen to other people. Result: Prevention is not a priority. Attitude #2: No accident means no apparent problem exists. Result: Prevention is ignored. Preventive action does not precede the accident; it follows to prevent a second event. Attitude #3: No assigned accountability means it's not my job. Result: Prevention is ignored unless assigned. Consider your attitude and behaviors toward accident prevention. You may save a life at home or work.



Reducing Workplace Aggression

Although aggression between coworkers may arise as a result of workplace stress, reducing aggression on the job ultimately hinges on self-control, personal responsibility, and strategies that support healthy communication. To interrupt the pattern, commit to reducing aggressive interactions and agree not to reciprocate or argue about who started it. Meet frequently and, along with other business, make a point to ask "How are we doing with our communication?" It takes only a minute for this awareness exercise to dramatically reduce ill-tempered and snippy communication. Focus on what's working well in order to reinforce your progress. Studies show that victims experience adverse physical and mental health consequences from workplace aggression, even if behaviors are so subtle as to practically defy description. Source: <http://bity.com/aggress-not>



Avoid Workplace Harassment

Few people would consider themselves the type of person who would harass someone, and the truth is that most of us would not knowingly harass another person. This highlights an important myth—that workplace harassment is a consciously malicious act. Harassment can happen even if there is no intention of doing it. More often, harassment stems from common human failings like a lack of consideration or empathy, ignorance of acceptable boundaries, difficulties with impulsive behavior, or simple thoughtlessness spurred on by bias or personal problems. There's a simple rule to follow if you say or do something that another person finds offensive. If someone says "stop that," "don't do that," or "no," then stop it and don't do it again.



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. For larger, clearer view, please select the image above.

On the cover: A curious, young red fox peeks out from behind some shrubs to check its surroundings. Foxes tend to show less fear when contacts with humans are common, still care must be taken not to disturb or otherwise harass our beautiful Alaskan wildlife for their safety and wellbeing as well as for ours. Photo by Al Sheldon.

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