



June 2012

Fort Greely INTERCEPTOR



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LTG Ferriter on the US Army's 237th Birthday
Keeping safe this summer
Military Vehicle Preservation Assoc.
Operation Arctic Fury
Health tips for getting fit and more!

Army Celebrates its 237th birthday

A letter from LTG Ferriter

LTG Mike Ferriter
Commanding General of IMCOM



**IMCOM Commanding General
LTG Mike Ferriter**

Over the past couple of weeks, I have received feedback on the great activities planned in and around our installations for the 237th Army Birthday on 14 June. I commend you and your teams for your efforts to make this an awesome and unforgettable event.

Now more than ever telling the Army story strengthens America's connection with its Army. The relationship between Soldier and

society is special. I encourage you to look at your Army Birthday plans one more time and seize this opportunity.

In particular we can highlight our Army heritage and proud traditions. Here are some ideas from the field. Some of you mentioned starting the day with the community gathered for reveille at the main post flag pole followed by a community wide fun run/walk. Invite the community onto your installation and highlight your installation missions and the core programs that make us Army Strong. Tell the stories of our brave Soldier and Civilians who serve and their Families who provide the unconditional love and support that strengthen the spirit of our Army. In San Antonio and the National Capital Region, an Army Birthday Ball will wrap up the day in a special way.

Several of you have taken the initiative to work with local radio and television stations and

have coordinated Army Birthday engagements outside your gates.

Thanks for making a concerted effort to connect America and with our partner nations. The Army Birthday communication plan, available online, is filled with ideas for making this celebration unforgettable and provides directions for sharing your stories with the larger audience through print and social media. Please share all your planned activities by entering them into the Army Communication Engagement Calendar for visibility, and see the Army Birthday link at <https://www.us.army.mil/suite/folder/34120415>.

Let's celebrate our Army Birthday! Thanks for all you do every day. It is inspiring to watch all of you in actions.

ARMY STRONG! ■



Two hundred and thirty-seven years ago, our Nation's leaders established the Continental Army, beginning a rich heritage of successfully defending this great country and her citizens. Today, we celebrate the continued honor, loyalty and bravery of our Soldiers in this noble calling. Our Soldiers remain Army Strong with a deep commitment to our core values and beliefs. This 237th birthday commemorates America's Army – Soldiers, families and civilians – who are achieving a level of excellence that is truly Army Strong. We also celebrate our local communities for their steadfast support of our Soldiers and families. We are "America's Army: The Strength of the Nation."

Keeping our Alaska summers safe

By LTC Terry L. Clark
Fort Greely
Garrison Commander

Another beautiful Alaskan summer is upon us and with this comes a natural shift in activities and associated risks. Each and every member of the Team Greely is an important and valued part of our community. As you begin preparations for your summer adventures I would encourage you to consider the following safety tips offered by our Garrison Safety Office:

Let's start with bike riding tips, before using your bicycle; you should inspect it to make sure all parts are secure and working properly. Adjust your bicycle to fit if necessary, always wear a fitted bicycle helmet, and check your equipment to make sure it is working properly. See and Be Seen. As a rider, wear neon, fluorescent, or other bright colors during daylight hours and when riding at night, and always, please watch for and Avoid Road Hazards. Be on the lookout for hazards such as potholes, broken glass, gravel, puddles, leaves,



and animals. Always ride with the flow of traffic, obey all traffic laws and yield to traffic when appropriate. Most importantly be predictable, stay alert and look

before turning.

As the days get longer and nicer, here are some very important safety tips for motorcycle riding. You as a motor cycle rider must be properly trained and licensed. Wear protective gear, all the gear, all the time, including a helmet that is manufactured to the



standards set by DOT. Please Do Not use alcohol or drugs while riding.

If you are a boater, here are a few boater safety tips, for the summer, it would be a good safety measure to take a boating safety course. Know your boat and the rules of the water. Make sure your boat has all the required safety equipment. Ensure all wear a life jacket and have extra life jackets available for all passengers. Don't consume alcohol. Always check the weather before you leave and –file a float plan with a family member or a friend. And as always, another activity for all to enjoy is All Terrain

Vehicles (ATV) riding. It is a recommendation that you take an ATV course. Always be thoroughly familiar with the machine and how to operate it properly. Read and comply with all manufacturers' instructions for safe operation. Start with a good plan; check the weather before starting your ride. Remember the weather can change abruptly,



so always prepare for the worst. Don't travel alone and let

And lastly here are some great fire cutting safety tips. Never work alone. Always use all safety precautions, read and understand the user manuals for the equipment you will be using such as chain saws, splitters, and other power tools. Use the proper personal protective equipment (PPE) such as hard hats, safety glasses, hearing protection, sturdy boots, gloves also protective chain saw pants or chaps. Sharpen the chain saw; this will make cutting easier safer and more enjoyable. Look for and be aware of hazards in the area before you start, such as power lines, roads, vehicles or structures. Always check and make sure that the drop zone and your escape route are clear before starting. And

With that in mind, please have a great summer and ALWAYS keep SAFETY as a top priority. Please accept my best wishes for a safe and

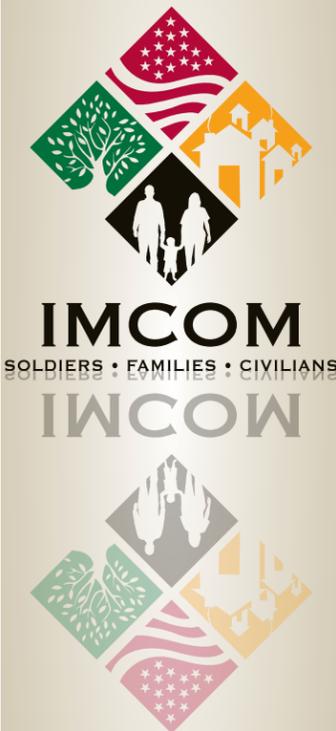
fulfilling season. ■

someone know where you're going and when you expect to be back. Ensure you wear the proper protective equipment, helmet, goggles, boots, gloves, long shirt, and long pants. Never consume alcohol or drugs before or while operating an ATV.

Since we are Bear country, please be alert at all times. Look for bear signs (scat, prints, hair), always listen for movement in the bushes, and sniffing the air for unusual smells, this could mean a bear is hanging around. Also travel in groups, this is a good idea, when you are in a group the group tends to make a lot of noise.



**Fort Greely Garrison
Commander, LTC Terry L. Clark**



New Fort Greely Deputy to the Garrison Commander in place at Greely

Brent H. Abare is a native of Montpelier, VT. Prior to his selection as the Deputy to the Garrison Commander, USAG Fort Greely, he served as the Deputy to the Garrison Commander, USAG Casey, Camp Casey, Korea, where he was responsible for oversight of base operations to the Casey Enclave military communities. Mr. Abare served as the Camp Casey Deputy from June 2009 until his departure for Fort Greely in March 2012.

Mr. Abare's combined federal service career spans a period of 27 years, beginning in 1982 when he entered Air Force basic training. He earned a Bachelor of Arts degree from Mercer University, Macon, GA, in 1990, and was commissioned as a Second Lieutenant in the Army through the Reserve Officer Training Corps. His professional training also includes the Command and General

Staff College.

Prior to his assignment as the DGC, Camp Casey, Mr. Abare was assigned to United States Army Garrison Humphreys and served as the Executive Assistant for base operations to Camps Eagle and Long, in Wonju, Korea.

Mr. Abare has served in a variety of staff and leadership positions in Korea, Germany, and the United States. His previous assignments include deployments to Somalia, Saudi Arabia, and Bosnia-Herzegovina.

His hobbies and interests include skiing, restoring classic cars and historic homes. He has a son, Kadin Casey Abare. ■



Fort Greely Deputy to the Garrison Commander, Brent Abare

U.S. Army Cold Regions Test Center and Fort Greely welcomes new CRTC commander

Lieutenant Colonel Charles H. May was welcomed to his new assignment as commander of CRTC on May 22, 2012.

LTC May graduated from the University of North Florida, joined the U.S. Army and upon graduating Officer Candidate School was commissioned a Second Lieutenant in the Corps of Engineers

LTC May's first assignment, after completion the Engineer Officer Basic Course, Fort Leonard Wood, Missouri and Diving Officer training at the Naval Diving and Salvage Training Center, Panama City, Florida was Detachment Commander, 7th Engineer Army Diving Detachment, 536th Engineer Battalion, Fort Kobbe, Panama, Republic of Panama. Follow on assignments in the Republic of Panama included Executive Officer, Alpha Company, 536th Engineer Battalion, Combat Heavy, Fort Kobbe; Executive Officer, Headquarters and Headquarters Company, United States Army - South, Fort Clayton; culminating as Company Commander, Delta Company, United States Army Garrison - Atlantic, Fort William Davis, Panama, Republic of Panama.

Departing the Republic of Panama, LTC May moved to the 19th Engineer Battalion, Fort Knox, Kentucky as the Battalion Logistics Officer (S-4). Continuing to pursue Corps of Engineer duties, he served in the 29th Engineer Battalion (Topographic), Fort Shafter, Hawaii as the Battalion Adjutant (S-1) and the Company Commander, Headquarters and Headquarters Company, Operations Officer, Headquarters, United States Army Pacific, Fort Shafter, Hawaii was LTC May's final assignment in Hawaii.

At this critical career juncture, LTC May's career diversified with recruitment into the U.S. Army

Acquisition Corps. His acquisition assignments began with stationing at Fort Leonard Wood, Missouri as the Branch Chief, Wolverine, Training and Doctrine Command System Manager followed with duties as the Branch Chief, Science and Technology, Countermine Counter Booby Trap Center (Now Counter Explosive Hazard Center).

Transitioning on, LTC May moved to Redstone Arsenal, Alabama assuming the reigns as Assistant Product Manager (APM), Sentinel Radar, Program Executive Office (PEO) Air, Space, & Missile Defense (Now PEO Missiles & Space), APM and Executive Officer for the Cruise Missile Defense Systems PEO, and Operations Officer for the PEO Missiles and Space. During his Redstone Arsenal tour he deployed to Bagram Air Base, Bagram, Afghanistan as the APM Joint Land Attack Elevated Netted Sensor (JLENS) Raid directly supporting the 10th Mountain Division, Fort Drum, New York.

Additionally, supporting a world-wide individual augment support tasking, LTC May supported the U.S. Navy in its detainee operations mission with Joint Task Force Guantanamo, Guantanamo Bay, Cuba as the Federal Agency Liaison Officer, Office for the Administrative Review of the Detention of Enemy Combatants.

LTC May's most recent assignment is Operational Test Officer, Maneuver Support and Sustainment Test Directorate, United States Army Operational Test Command (OTC), Fort Hood, Texas. During his tour with the OTC, he deployed to the New Kabul Compound, Kabul Afghanistan as the Deputy Commander - Afghanistan, Army Test & Evaluation Command, Forward Operational Assessment Team XIII.

LTC May's military education includes the



Cold Regions Test Center Commander, LTC Charles H. May

Engineer Officer Basic and Advanced Courses, the Naval Diving and Salvage Training Center, the United States Army Command and General Staff College, to include continued professional development courses from the Defense Acquisition University.

His awards and decorations include the Meritorious Service Medal with five Oak Leaf Clusters, Joint Services Commendation Medal, the Air Assault badge and the Diving Officer insignia.

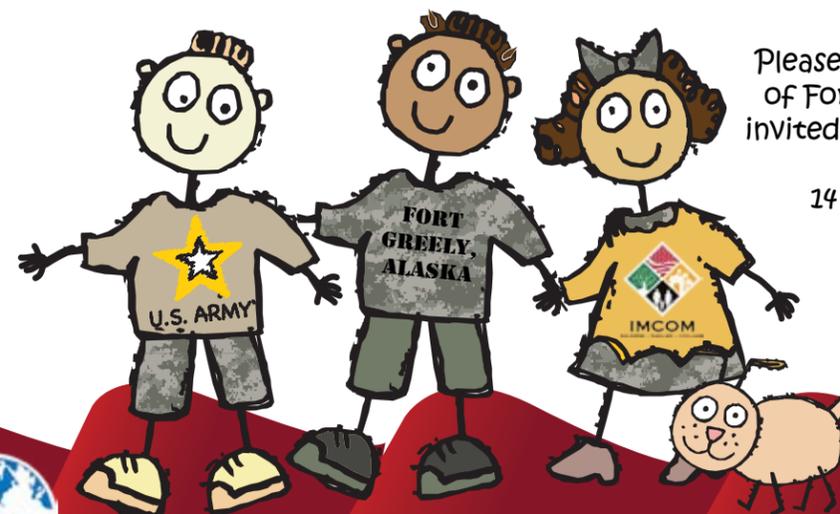
LTC May's bride is the former Delinda Lea Clemons who he fell in love with in the Republic of Panama while she was serving as an elementary school teacher with the Department of Defense Dependent School System. They have two sons Gareth and Ethan. The entire Clan May is excited about Alaska and the fun filled adventures that will unfold. ■



Fort Greely Annual Army Birthday Celebration June 14; 4-6 PM



Join Fort Greely &
Celebrate
the **U.S. Army Birthday!**
June 14, 1775



Please join us, all of Fort Greely is invited to attend!

14 June, 2012
Bldg. #847
1600



Child, Youth & School Services | Bldg. #847 Big Delta Ave. | 907-873-4599

U.S. Army Child, Youth & School Services

Fort Greely Annual Army Birthday Celebration

Noel Mitchell
FMWR

Two hundred and thirty-seven years ago, the United States Army was established to defend our Nation. From the Revolutionary War to the current operations taking place around the world, our Soldiers remain Army Strong with a deep commitment to our core values and beliefs. Being Army Strong goes beyond physical endurance and mental preparedness. It encompasses an indomitable spirit, with high ethical and moral values. These are not only desirable traits in a person, but in a Nation that wishes to live up to the ideals and vision of its founders. We are "America's Army: The Strength of the Nation."

Fort Greely families are invited to attend as FMWR celebrates the Army Birthday in the Child Development Center parking lot from 4:00 – 6:00 pm on June 14th. This FREE event offers food and games for the whole family.

We will also use this opportunity to recognize our Youth Center Volunteers. YC Volunteers kept track of their volunteer hours from April 2011 to April of 2012. They earn hours of service by working at the YC Snack Bar, helping at holiday events on base, and by decorating and organizing special events and programs at the YC.

This year's games will include Piñatas, Egg & Spoon Races, Bean Bag Tosses, Sack Races, Dizzy Bats, Hole in One Ring Toss, Hot Potato, and Tattoos. Come out and join the fun! (For more information call Parent Central Services at 873-4599.) ■

Arctic Fury places Soldiers in ground-breaking training environment

By Deborah Ward
Public Affairs

Alaska Army National Guard Soldiers from the 297th Battlefield Surveillance Brigade participated in a command post and combat field training exercise, "Operation Arctic Fury" conducted at Donnelly Training Area Fort Greely, Alaska May 5-19. It was the brigade's first collective annual training exercise complete with coalition forces and many other supporting agencies. The 297th BFSB is an intelligence collecting unit with the capability to disrupt threat networks by rapidly adapting their strengths to the enemy's weaknesses. Soldiers assigned to the 297th BFSB, and many others in support, traveled from their detachments in Alaskan communities including Kodiak, Kenai, Barrow, Bethel, Juneau, Fairbanks, Anchorage, and Wasilla for this exciting event.

The concept of Arctic Fury was to provide a realistic tactical scenario during the validation process of employing the newly fielded Tactical Mission Command Systems and Standard Integrated Command Post. In addition, the 297th collaborated with joint forces from active duty Army, Army Reserve, and Air Force Reserve, Alaska agencies, and even included the 39 Canadian Brigade Group staff. "This training event is the first of this scope and scale planned and coordinated by the Alaska Army National Guard maneuver units involving joint operations and combined arms maneuver live fire. We're establishing our first Tactical Sensitive Compartmentalized Information Facility (SCIF) and running classified message traffic through our Trojan Spirit satellite dish and we're establishing a stand-alone communications intranet using the Joint Network Node," said Colonel Michael Thompson, Commander, 297th Battlefield Surveillance Brigade, Alaska Army National Guard, when he spoke about the highlights of the exercise.

This joint/combined forces environment helps to simulate the environment Soldiers are accustomed to when they are deployed overseas. Soldiers were tasked with responding to different scenarios employing air and ground assets that are capable of providing assistance to provide authentic experiences when dealing with terrorist attacks. Large scale exercises, such as this one, are good for the units as they involve everyone and various capabilities. From a logistics perspective; unit readiness improves when units operate their equipment, usage and mileage is captured (over 13,000 collective miles were driven in support of Arctic Fury) which potentially garners funding for future training.

Thompson also stated that 297th BFSB will support the State of Alaska during domestic emergencies and natural disasters. Though this year's annual training exercise was not run specifically using the Incident Command System under the National Incident Management System, Thompson explained that this exercise centered on a stability/combat ops environment, but there is a practical application of the new command post in domestic operations. "The Alaska National Guard is making a lot of progress in training and working with the State of Alaska's Division of Homeland Security & Emergency Management to prepare for natural disasters. We intend to showcase our command post and allow DHS&EM to see that we can set up in any disaster area or remote location should they need it. This command post can deploy to an affected area and provide the governor and his leadership the imagery and information needed in the event of a large scale disaster or incident."

Battlefield Surveillance Brigades, a relatively new formation for the Army, are the only modular brigades whose primary purpose is to collect information through intelligence gathering, surveillance and reconnaissance to satisfy the needs of division, corps or joint task forces priority intelligence requirements



Soldiers from the 297th BFSB present a briefing for distinguished guests from their new command post, the centralized hub of the Tactical Sensitive Compartmentalized Information Facility, on May 15. Facilities such as the one pictured above have the capabilities and equipment to deliver timely and accurate information to help focus combat power more precisely to divisions, corps or joint task forces when needed. Below: The Sky Hook Retrieval System snags the UAV Sky Eagle as it comes in for a landing. Photos by Deborah Ward

so that those groups may focus combat power more precisely. Skilled at information warfare these highly networked Soldiers use a combination of combat information collection systems, both manned and unmanned, in complex terrain dispersed among various populations. This information helps provide multiple and complementary layers of combat information that up until a few short years ago was not available to tactical level commanders.

"We've never done this before; everything we're doing is ground-breaking for the Alaska Army National Guard," said Thompson. "This exercise allows us to demonstrate that we can set up a tactical operations center and test the ability of our staff to get the system up and running, allowing us to monitor the operations in real time."

There were three validation events that the 297th needed to perform successfully. The first was to stand up the command post, the second was to get the computers and communications up and running, the third event was to operate all the systems effectively, "We decided to take it another step further and that was to work together with joint forces and other agencies responding to a tactical scenario culminating

in a combined arms maneuver live fire event," said Thompson.

BFSB elements such as the 297th have the adaptability to perform a number of additional roles as well to include conducting population assessments, lead a host-nation coordination effort to conduct reconnaissance of host-nation infrastructure and their transportation networks; follow and support assault forces, provide early warning to units when threats exceed capabilities, and they can conduct battle handover with maneuver forces when the situation requires such actions. What the BFSB does not do, as a rule, is perform reconnaissance in large groups or fight for their information on a large scale. BFSBs are lightly armed and tend to avoid direct fire with the known enemy during recon or surveillance missions unless there is a high-payoff target that requires immediate engagement or capture.

The new training brought back familiar faces. Retired Colonel David Osborn was the first Brigade Commander of the 297th BFSB when it was activated and transformed from the legacy 207th Infantry Group (Scout) in April 2008. Army Guard units transformed

from an infantry focused force to a more diversified group featuring not only infantry, but cavalry scouts, military intelligence, support personnel, military police and signal technicians. Osborn, who initiated the fielding of new brigade systems and equipment as well as Military Occupational Speciality training, laid the ground work for Thompson to design the concept for the Arctic Fury exercise. Osborn was invited back to see the conditions he put into action. "When you start something like this you have to timeline everything out. COL Thompson took it to the next level of putting the whole brigade all in one spot and performing the collective tasks at the brigade level. I certainly enjoy seeing the Guard with all the new equipment, the reserve components have always been the last ones to get anything or so it seems. This was certainly interesting. It's always nice to see Soldiers get the opportunity to train."

Other distinguished visitors were on hand to view the day's activities. Joint Forces Director for Alaska Army National Guard, Brigadier General Deborah McManus and Delta Junction's Mayor Pro Tem, Pete Hallgren were two of the lucky few. "Opportunities to come



FURY



Delta Junction City Mayor Pro Tem, Pete Hallgren (left) shakes hands with Colonel Michael Thompson, Commander, 297th Battlefield Surveillance Brigade, Alaska Army National Guard (right) on the Battle Area Complex/Combined Arms Collective Training Facility.

Photos by Deborah Ward

out here and see the training doesn't happen too often. The last time was a few years ago when the Stryker Brigade came down from [Fort] Wainwright to perform. It is always intriguing to see the Soldiers camp out at 30 below zero," Hallgren said.

By the close of the exercise, the Soldiers completed all tasks with no serious vehicle accidents or personnel injuries. "When Soldiers are ready to head home to be with their families, we emphasize safety as it takes two days to get all the convoys out on the road. The convoy commander will set the pace for each convoy. We leave gaps in between each serial so that we don't clutter up the roads on the way home. There will be six to seven serials with anywhere from 10 to 15 vehicles in each. We are driving through mountainous conditions so we do take it easy and try not to be in a hurry. We obviously want to get back safely," stated Thompson.

There are always challenges and lessons learned and our military is trained to find ways

to adapt and overcome. "Within an organization there are always various cultures that are not necessarily working together and the nature of bringing a joint/combined effort together, even internally within the organization, can be difficult. For example, we have Long Range Surveillance teams that prefer to train for special missions independently from the rest of the organization. In this case it was my goal to bring them together to work with other troops units like our mounted reconnaissance elements. I made them work together during a raid operation. They were required to work together as a team throughout the planning process. We also brought in the Air Force and Army Aviation community. Getting different units to train collectively to meet the same objectives was challenging. In some cases, things fell through the cracks and the outcome wasn't perfect, but it was definitely great training and the planning effort alone was good," said Thompson. "If I had to sum it up in one word I would describe this training experience as 'ground-breaking'."

Intelligence disciplines available to and utilized by the 297th:

IMMIN/GEOINT: Imagery Information and Geospatial Intelligence provides imagery and terrain analysis of the battlefield.

SIGINT: Signals Intelligence is the interception and exploitation of electronic signals.

HUMINT/CI: Human Intelligence and Counter Intelligence deals with the friendly forces perception of the enemy and vice versa.

ALL-SOURCE: An All Source Intelligence technician is responsible for combining and organizing intelligence information from different sources in to a single finished product it encompasses an overall battlefield and enemy course of action analysis.

Intelligence equipment available to and utilized by the 297th:

DCGS: Distributed Common Ground Systems is the Army's primary system for tasking intelligence sensors, analysis and

dissemination of multi-sensor intelligence to include mapping and weather information to the Army Warfighter.

ACT-E: Analysis and Control Team-Enclave is a self-contained and rapidly deployable processing intelligence work center that is able to provide division/brigade commanders with near-real-time current threat situation awareness. This enables the commanders to view the battle space with more effective tactical warning and force projection needed to fight a successful land battle.

TROJAN SPIRIT: The Trojan Spirit is a mobile satellite communications system that the Army uses to provide information connectivity to the military intelligence battlefield operating systems. It is capable of supporting fast-paced, flexible Army operations for tactical commanders with mission critical, high capacity intelligence information via voice, fax, digitally or through secondary imagery. ■

Top right: Major Robert Warren, 297th BFSB takes a moment out from training to visit with Major Pawel Dudek from Headquarters, 39 Canadian Brigade Group - both supporting Operation Arctic Fury on May 15. Below: Joint Forces Director for Alaska Army National Guard, Brigadier General Deborah McManus gets hands on instruction on how to release the unmanned aerial vehicle dubbed "Sky Eagle." This UAV, and ones similar, can relay satellite imagery directly to the command post so that operations can be monitored in real time.



Newman claims top prize at May's DARE Graduation event

By Deborah Ward
Public Affairs

An eager 299 Fort Greely Middle School students sat and watched 150 of their classmates graduate from the D.A.R.E. program this May. The Drug Abuse Resistance Education graduation of 2012 began at noon on May 9 and offered acknowledgement to the fifth and seventh graders that completed the program. The D.A.R.E. program has a long-standing tradition of encouraging the young residents of communities, such as Fort Greely and Delta Junction, to develop a trusted relationship with the police department. The program also encourages students to make good choices throughout their lives, not just during the class. The students are asked to set their own life skill goals and the instructors review those goals periodically, sometimes with educational games, throughout the classes and evaluate whether or not the children are on the right path to reach those goals to maintain a drug-free life.

D.A.R.E. is not a program one can sit back and observe. It takes work, classroom interaction, team participation and comes with a written essay at the end. "The essay is definitely the most challenging aspect for a number of the kids. We work with their teachers to ensure that the format they are teaching in writing an essay is met so that we don't complicate things," said the lead instructor for the local D.A.R.E. program Harold Zarecki.

Students are often given the morbid statistics that come with choosing a drug-laden lifestyle, but Zarecki and his team like to put it into perspective, "When you tell a student that 400,000 people die each year from tobacco-related causes - we get a blank stare. When we take that same number and tell them that's all the people in Anchorage, Alaska and that many people die each year, we see their eyes widen with realization. It's a good feeling to know you are reaching the kids," said Zarecki who's been teaching the program in the local area for the last four years.

The D.A.R.E. program is not mandatory for the 5th and 7th-grade students. If the students bring back the signed permission slips from their parent or guardian they are allowed to participate.

See DARE page 20

Recreational Vehicle usage on Fort Greely

MAJ Dennis Brown
DES

Looking out your window the past few weeks I am sure most of you have had the same excited realization that I have that winter is over and "Break-up" is quickly moving us into summer. It is time to think about getting those recreational vehicles, boats, motorcycles and off-road recreational vehicles (ORRV), ready for some fun in the sun. It might also be a good time for you to review Fort Greely Installation Policy Letter #17 and Fort Greely Regulation 190-5, Motor Vehicle Traffic Supervision.

Some key points to remember: ORRV's must be registered at the Fort Greely Visitor's Center. Recreational vehicles, ORRV's and trailers are not allowed to be parked in the housing areas for longer than 12 hours. For storage over 12 hours they must be placed in the ORRV storage lot. ORRV operators must wear approved safety equipment and can only operate on roadways designated in the regulation. ORRV operators aged 14-16, must attend an approved safety class and carry a safety card, those under 14 years of age are not allowed to operate an ORRV on the installation.

Take the time to reference this regulation on the Fort Greely homepage portal under the Commander's tab at <https://www.greely.army.mil>. Keep yourself informed and have a safe and enjoyable summer.

Inquiries regarding this regulation or law enforcement regulations can be addressed to the Fort Greely Police Operations Officer, at 873-9124. ■



Photo courtesy of FAST TRAC Safety Training Inc.

Save the date!
June 23
Show starts at 7 pm

USO
Until Every One Comes Home

TRIWEST
HEALTHCARE ALLIANCE

Gary Sinise
and the **Lieutenant Dan Band**

Date: Saturday June 23, 2012
Time: Doors open 6 pm Show starts 7 pm
Place: Thunderdome Eielson AFB
Open to all DoD ID Card Holders

www.uso.org

Fort Greely Facebook Page

Special guests to accompany Lt. Dan band

Gary Sinise: Gary Sinise is an actor, director, and producer. Born March 17, 1955 in Blue Island, Illinois, the son of a film editor, Sinise attended Highland Park High School where an appearance in West Side Story eventually led to his co-founding of Chicago's acclaimed Steppenwolf Theater Company. The then 18-year-old Sinise, along with Terry Kinney and Jeff Perry, started the ambitious enterprise in a local church basement, launching the careers of such talents as John Malkovich and Laurie Metcalf. Sinise began his film and television career in the director's chair on such series as Crime Story and Thirty Something and the feature film Miles From Home. In 1992, he directed, produced and starred in a remake of John Steinbeck's Of Mice and Men. In 1994, Sinise became familiar to mainstream audiences as Lt. Dan in the blockbuster film Forrest Gump with Tom Hanks. His performance as the physically crippled and emotionally shattered veteran earned him an Oscar nomination. He re-teamed with Hanks for Apollo 13 in 1995 and starred in the television biopics Truman in 1995 (for which he won a Golden Globe) and George Wallace in 1997 (for which he won an Emmy). In 2000, he appeared in the drama Mission to Mars and the thriller Imposter. Sinise returned to the small screen in 2004 to star in the crime series CSI: New York. Gary is accompanied by The Lt. Dan Band.

Drew Dix: Drew Dix is the first enlisted man in Special Forces to be awarded the Medal of Honor. He received a direct commission to first lieutenant and retired with the rank of major after serving twenty years in the army--many of those in unconventional warfare assignments.

Following retirement from the Army, Dix continued to work in support of government-sponsored programs, and he owned and operated an air service in the Alaskan interior. He has worked as a consultant in both the private and public sectors in the areas of security and special operations.

In September 2002, as Alaska's deputy commissioner for homeland security, he was chosen to head the state's Task Force on Homeland

Security.
Of Note: His 2000 autobiography, "The Rescue of River City," is the story of Dix's medal-earning experience as a counter-terrorism expert in the Army.
Born: December 14, 1944
West Point, New York
War: Vietnam
Rank: Staff Sergeant, U.S. Army, U.S. Senior Advisor Group, IV Corps, Military Assistance Command.
Location of action: Chau Doc Province, Republic of Vietnam
Date of action: January 31 and February 1, 1968
Medal received from: President Lyndon Johnson, January 16, 1969
Official Citation:

For conspicuous gallantry and intrepidity in action at the risk of his life above and beyond the call of duty. Staff Sergeant Dix distinguished himself by exceptional heroism while serving as a unit adviser. Two heavily armed Viet Cong battalions attacked the providence capital city of Chau Phu, resulting in the complete breakdown and fragmentation of the defenses of the city. Staff Sergeant Dix, with patrol of Vietnamese soldiers, was recalled to assist in the defense of Chau Phu. Learning that a nurse was trapped in a house near the center of the city, Staff Sergeant Dix organized a relief force, successfully rescued the nurse and returned her to the safety of the Tactical Operations center.

Being informed of other trapped civilians within the city, Staff Sergeant Dix voluntarily led another force to rescue eight civilian employees located in a building which was under heavy mortar and small arms fire. Staff Sergeant Dix then returned to the center of the city. Upon approaching a building he was subjected to intense automatic and machine gun fire from an unknown number of Viet Cong. He personally assaulted the building, killing six Viet Cong and rescuing two Filipinos.

The following day Staff Sergeant Dix, still on his own volition, assembled a 20-man force and, though under intense enemy fire, cleared the Viet Cong out of the hotel, theater and other adjacent buildings within the city. During this portion of the attack, Republic of Vietnam Army soldiers, inspired by the heroism and success

of Staff Sergeant Dix, rallied and commenced firing upon the Viet Cong. Staff Sergeant Dix captured 20 prisoners, including a high-ranking Viet Cong official. He then attacked enemy troops who had entered the residence of the Deputy Province Chief and was successful in rescuing the official's wife and children.

Staff Sergeant Dix's personal heroic actions resulted in 14 confirmed Viet Cong killed in action and possibly 25 more, the capture of 20 prisoners and 15 weapons, and the rescue of 14 United States and free-world civilians. The heroism of Staff Sergeant Dix was in the highest tradition and reflects great credit upon the U.S. Army.

David McIntyre: David J. McIntyre, Jr. is President and CEO of TriWest Healthcare Alliance. Mr. McIntyre was the chief architect of the strategic vision behind TriWest Healthcare Alliance and has led the company since its inception. The privately held company, which is based in Phoenix, Arizona, is owned by a holding company, TriWest Alliance, comprised of not-for-profit health care organizations and university hospital systems located throughout our region, and is the largest Defense contractor based in Arizona. Its primary line of business is serving the health care needs of 2.7 million members of our nation's military family through a Department of Defense Health Services and Support contract covering the 21-state TRICARE West Region.

Mr. McIntyre has more than 20 years of experience, success and accomplishments in national health care policy development, business development and leadership. He served for nearly nine years in the offices of the U.S. Senate, where he was responsible for health policy issues, for Senator Slade Gorton (R-WA), Senator John McCain (R-AZ), the Senate Indian Affairs Committee and contributed to the work of the Senate Armed Services Committee. As a Vice President of a not-for-profit health care organization in Arizona, Mr. McIntyre assisted with the management of the corporation's strategic planning process and had direct responsibility for legislative

matters, media relations and managed several strategic projects including the development of TriWest and its initial contract proposal in the mid-1990's.

Mr. McIntyre has a bachelor's degree in political science from Seattle Pacific University, a master's degree in administrative sciences (with an emphasis in management and health policy/administration) from Johns Hopkins University and he participated in the Executive education Program for Senior Government Managers at Harvard University. In 2000, he was named one of 12 "Up and Comers" in health care by Modern Healthcare magazine, in 2004 was named as one of "12 to Watch" by Arizona Business magazine, and in 2004 was selected as CEO of the Year by the Arizona Chamber of Commerce and the Arizona Business Journal. In addition to leading TriWest, he serves on the USO Worldwide Board, the Board of the Fisher House Foundation, the Board of the Congressional Medal of Honor Foundation, the Board of Trustees of his alma mater (Seattle Pacific University), the Board of Arizona State University's Center for Customer Service Leadership, the National Guard Youth Foundation Board and is a member of the Greater Phoenix Leadership (a CEO roundtable comprised of Arizona's top business and community leaders).



Pictured above: Drew Dix. Below: David McIntyre.



2012 ALASKA HIGHWAY CONVOY COMING HERE!!!

WHERE Deltana Fairgrounds **WHEN** AUGUST 21, 11:30 AM

CELEBRATING THE 70TH ANNIVERSARY OF THE BUILDING OF THE ALASKA HIGHWAY

Members of the Military Vehicle Preservation Association are convoying through Canada & Alaska in historic military vehicles to celebrate this 70th Anniversary. 4,100 miles/6,600 km in 27 Days

Watch for the convoy when it travels through our area!

3046 MILES 27 DAYS
DAWSON CREEK BRITISH COLUMBIA
FAIRBANKS ALASKA
YUKON NORTHWEST TERRITORIES ALBERTA BRITISH COLUMBIA

FLAT TIRES
LOW POWER
PURE FUN
BLACK FLIES
MOSQUITOS
GRAVEL ROADS
FEW GAS STATIONS
WEAK BRAKES
LOW POWER
PURE FUN
LEAKY TOPS
HARD SEATS
WEAK BRAKES
LOW POWER
PURE FUN

Convoy of Historic Military Vehicles to Celebrate 70th Anniversary of Alaska Highway in August

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

Wendy Rowsam
MVPA

Independence, MO (June 2012) – Over 80 historic military vehicles, owned by members of the Military Vehicle Preservation Association (MVPA) will convoy on the famous Alaska Highway in celebration of the 70th Anniversary of the building of this important road. The convoy will depart Dawson Creek on August 4 and return 27 days later on August 30.

Approximately 250 participants from the U.S., Canada, Australia, New Zealand and Belgium will take part in the 4,100 mile / 6,600 km convoy. An official Launch Ceremony will be held at the Mile 0 Cairn in Dawson Creek on August 3 at 6:00 p.m. The public is invited to attend.

“This will be a convoy of historic military vehicles of all eras, from WWI through current-issue,” said Convoy Commander Terry Shelswell. “The military vehicles are privately-owned and restored by individuals who have an interest in preserving these vehicles and the important roles they have played throughout our military history.”

The convoy will travel approximately 200 miles per day at speeds of 35 mph / 56 km/hr., depending on road conditions. The group will purchase fuel, food and supplies along the way and stay overnight in local campgrounds and motels.

According to convoy spokeswoman, Wendy Rowsam, in addition to convoying on the Alaska Highway, the group will travel several other roads

well-suited to historic military vehicles including, in the Yukon, the Campbell and Dempster Highways, and Top of the World Highway; and in Alaska, the Hatcher Pass and Denali Highway.

Delta Junction, Alaska, the official end of the Alaska Highway, will welcome the convoy on August 21. The convoy will arrive mid-morning and park at the Deltana Fairgrounds. Special activities will include a program at approximately 11:30 a.m. The public is invited to attend, meet convoy participants and view their vehicles. The convoy will depart

Delta Junction at approximately 2:30 p.m.

Rowsam said, “As the convoy travels we will celebrate the 70th anniversary of the Alaska Highway. We will also take every opportunity to thank veterans and their families, past and present, for their service. We encourage everyone to watch for the convoy as it travels and to drop by any of our stopping points to see our vehicles. Our participants love to talk about their trucks.”

In 2009 the MVPA retraced the Army’s 1919 Transcontinental Motor Convoy along the famed Lincoln Highway from Washington, D.C. to San Francisco. Over 100 military vehicles participated in that historic 30-day convoy.

The Military Vehicle Preservation Association’s mission is to provide an international organization for military vehicle enthusiasts, historians, preservationists and collectors interested in the acquisition, restoration, preservation, safe operation and public education

of historic military transport. The association has over 8,000 members worldwide and over 35 years as an organization. ■

Delta Junction, Alaska, the official end of the Alaska Highway, will welcome the convoy on August 21. The convoy will arrive mid-morning and park at the Deltana Fairgrounds. Special activities will include a program at approximately 11:30 a.m. The public is invited to attend, meet convoy participants and view their vehicles. The convoy will depart Delta Junction at approximately 2:30 p.m.



From front to back: Jeff Rowsam and Dave Kersten discuss the day’s events at a World War II veterans function in Green Bay, Wisconsin earlier this May. The vehicle pictured above is a 1942 Dodge WC21. This type of vehicle was the first truck to drive from Dawson Creek, British Columbia, Canada to Whitehorse, Yukon, Canada on the Alaska Highway. Inset: The original truck driven. Photos courtesy of Wendy Rowsam



Secure for third quarter and a great big THANK YOU!

By Harold Zarecki
DES

It's been a long time since I can remember a fiscal quarter with no unsecured buildings to report. Well, Fort Greely, for Fiscal Year 12 second quarter we did it. FY12 second quarter had a big ZERO for unsecured buildings.

I would like to thank each and every one of you for doing your part and being vigilant on securing your buildings doors. This is not an individual effort but a team effort. Some helpful tips on securing your building are:

If you are the last one out close and lock the door.

Check the door to make sure it is secured. Windy days can make it difficult to secure the door.

Check your office windows (if you have one) make sure it is secure at the end of each workday.

Keep track of your office and building keys. Misplaced keys could let someone else have access to your building or office space.

Again, I would like to thank you for the effort you put into this statistic. If you need further information about securing your office or building contact the Fort Greely Physical Security office at 873-4120/4620. ■



3rd Annual Bike Rodeo with DA Police and FMWR

The 3rd Annual Bike Rodeo has been rescheduled for June 7, from 4 to 8 pm at the Fort Greely School Gym parking lot.

Learn about bike safety, proper helmet safety, bicycle maintenance, street smarts and more!

For questions call 873-3406 or 873-4620. See you there!



Pictured left to right: Steve Lupo, Paul Marchuk, Craig Odom, and Dave Kingslien (not pictured) didn't stop with just one bag on Clean-up Day. Collectively, they ended up with an entire pickup load full of trash. Many Team Greely Members participated in the effort to clean up the installation after a long, cold winter and harsh winds blew debris throughout the area. Photo courtesy of Craig Odom

The BIG haul

By Craig Odom
DPW

On the morning of May 16, Chief of Engineering Carl Ramos, Department of Public Works, came to the Contract Management Office and asked what area were we going to focus on in support of the Fort Greely Post Clean-up Day. We looked at the map provided by public affairs through the Directorate of Plans, Training, Mobilization and Security and chose an area we knew needed cleaning. Ramos asked us to focus on the area of Buildings 319 and 320.

We gathered our yellow trash bags and safety gear and set out. Dave Kingslien (not pictured) was already on site and busy at work when we arrived at the destination.

As we set out to walk a perimeter of our area of responsibility we could not ignore the trash that had been blown deep into the woods. We traversed well outside our originally assigned area due to the copious amounts of trash. As we went to get one piece of garbage we saw another just a few feet further in and then another. Before long, we had covered a substantial area. Still with all of our efforts more trash remained and we were grateful for the collective effort of Team Greely to assist in beautifying the installation - preparing it for another great Alaskan summer.

While much of what was collected was not readily visible by the general population of Fort Greely, we could not simply leave it and look the other way. ■

Beginner fitness tips

By CPT Ryan Skaw
49th MDB

I was approached the other day by a friend on some good workout tips for those who don't really know much about it. For those who don't know me I live for the challenge of exercise and fitness. I am always looking for new ways to improve my workout process and not make them so mundane. As we progress into the summer months I will be providing workout tips that I have discovered along the way and offer up to you for useful information. Be sure to clear any exercise program with your health care provider prior to starting.

Here are some of my recommendations for this month that should help ignite the results you're looking for when working out.

Conduct weight training before cardiovascular exercise. It has been proven in several studies that no other combination burns more fat, up to 60 percent more, than lifting weights prior to cardiovascular exercise. The best part is you don't have to go crazy on the weights. A few exercises around 30 minutes will suffice and then follow the weight session with a slow to medium paced cardio exercise for 30-45 minutes. Keep in mind that the cardio session doesn't have to be running. I recommend mixing it up within the time frame; the most important part is keeping the heart rate up.

If you're new to the workout arena take it slow for the first week or so. Otherwise you will burn yourself out and be less likely to come back. When in doubt ask the Fitness Center staff for help getting started. They have all kinds of training ideas and exercises to help you get the results you're looking for.

Be realistic with yourself! If you ran the one mile sprint in five minutes flat in high school and you haven't ran since then

chances are you won't be cooking off the same five minute mile. That's not to say you cannot work your way back, but it will take time and effort and won't happen overnight.

When dealing with the weights stay within your limits and lift your own weights. Don't try to compete with the person next to you.

Water is your best friend. 120 ounces in a day is about right. At a minimum, you should drink half your body weight in ounces. For example, if you weight 180 pounds, then you should be drinking, at minimum, 90 ounces a day. Keeping yourself properly hydrated will help prevent injury and allow your muscle to recover fast.

There are two places an individual grows when it comes to working out: the kitchen and in the bedroom. By kitchen, I mean how you eat. It is important to have good eating habits. What you eat is what your body uses to rebuild and tone up those muscles; in the bedroom we are talking about the quality and amount of sleep you are getting. Your body needs eight hours of good sleep. Your body uses this time to start the recovery process. How much and well you sleep and eat is what is going to drive your gains. Don't waste your workout efforts on bad eating and sleep habits.

Lastly, find a workout partner. You are more likely to make each workout count because of the obligation to someone else rather than yourself. Having a partner there to push you will also increase your gains and get you through the rough spots of the workout.

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

Cheers! ■



Mandatory* First Termers Financial Training

All classes are held from 0900 until 1000 at the Ft. Greely Chapel.



May 17th/ September 6th	Principles of Personal Finance
May 31st/September 20th	Planning and Budgeting
June 14th/October 4th	Reading Your LES
June 28th/October 18th	Buying a Vehicle
July 12th/November 1st	Banking and Checking Accounts
July 26th/November 15th	Getting Insurance
August 9th/November 29th	Credit Management
August 23rd/December 13th	Saving and Investing

*In accordance with IAW DoDI 1342.27 and AR 608-1 all first term/initial entry Army Service members are required to attend 8 hrs of Mandatory Financial Readiness Training.

For more information please contact:

Angela Murphy, AFC
Financial and Employment Readiness
Army Family Team Building Specialist
Phone: 907-873-2479
Angela.murphy1@us.army.mil



Drown Proofing



Thursdays 1800 & Sundays 1600
Beginning May 10th 2012
\$5.00 per participant
(Please be prepared to get wet! Bring a towel.)

Call the Pool @ 873-7665 or 378-1026 for more information.



Parent Advisory Council (PAC) Meeting

We want to hear the voice of our customers. PAC meetings give you that opportunity!

Free childcare is available to CYSS registered patrons. Call 873-4599 now for reservations.

PAC meetings occur the second Thursday of each month, 5 pm at the Child Development Center, please note this is a new summer meeting time.

Summer month's agenda:

- June 14 - Parent Handbook
- July 12 - SNAP Procedures
- Aug. 9 - Program Surveys

2012 WORKSHOP WEDNESDAYS – YOU CAN DO IT!

Held every Wednesday at Delta's Highway's End Farmers Market at 1:00 P.M. All ages are welcome to attend the classes. Prices vary depending on the class - materials provided. For the herb garden, tole painting, basket weaving, stepping stones, fur sewing and paper making classes, you take home what you made or planted.

May 30	No Charge. Children's opportunity to plant the Market's flower Barrels. They enjoy watching "their own" barrel grow and bloom all season. We provide the plants.
June 6	\$ 5.00 Herb Gardens. Plant and take home your own herb garden. Plants and container are provided.
June 13	\$ 5.00 Organic Controls of Common Garden Pests.
June 20	\$5.00 Rhubarb: Plant growing and how to divide plants. Cooking ideas and instruction are provided.
June 27	\$15.00 Papermaking. All materials provided. Have product to take home with you.
July 11	\$10.00 Tole Painting instruction. Metal container provided or you bring your own. You must spray paint the container on either Wednesday or Saturday prior to the class.
July 18	\$ 5.00 Fermentation: A New Look at an Old Preservation Method- Sauerkraut and similar preservation methods.
July 25	\$ 5.00 Cooking with Delta Barley flour. Methods and recipes.
August 1	\$10.00 Tole Painting instruction. Same as July 11 th but another instructor. different painting techniques. You must spray paint the container prior to the class – take one of ours or bring your own.
August 8	\$ 15.00 Fur Sewing. All materials provided. Have your own craft to take home with you.
August 15	\$ 5.00 Cooking with Delta Barley Flour. Methods and recipes.
August 22	\$ 15.00 Basket Weaving. Materials and instruction.
August 29	\$ 15.00 Garden Stepping Stones. Take your stone home with you.

Clean out your closets and cabinets and get ready for...

YARD SALE

Fort Greely Post-Wide Yard Sale

May 19
June 16
July 14
Aug 18
Sept 15

(907) 869-3032

www.fbc.alaska.com
www.facebook.com/northavenatfortgreely



SPEAK UP!



What would you like to see in the Fort Greely INTERCEPTOR?

- More photos? More stories? More FMWR ads? More community events? If you have something that you'd like to see included in the Fort Greely Interceptor, let us know.
- What do you think about a biweekly Interceptor?
- Post your comments on our Facebook site at www.facebook.com/fort.greely or email the FGA Public Affairs Office at deborah.a.ward32.civ@mail.mil today and tell us what you think!

Active Yoga Beginner Class

Learn To Focus Your Mind And Balance your Body
Great For The Flexibly Challenged

Sundays At 3pm
At The Fort Greely Gym
Certified Instructor
Michele Cheyne



Mats Available But Limited





49th MDB's Annual Summer Solstice Donnelly Dome Trek

Get your Certificate of Accomplishment

21ST - 22ND OF JUNE STARTS @ 6PM

Free Food & Drinks
Bonfire, Music & More
All Are Welcome
Bring the Kids!

Call 873-4932/4934 to RSVP or meet @ Visitor Center

AURORA COMMUNITY ACTIVITY CENTER

SUMMER HOURS OF OPERATION

31 May 2012 – 6 September 2012

OPEN

1100 – 2000
(11:00AM – 8:00PM)

TUESDAY - SATURDAY

CLOSED

SUNDAYS & MONDAYS

Front Counter: 873-4783 Kitchen: 873-4781 Bar: 873-4778



Youth Center Field Trips

June 6: Golf practice at the Fort Greely Driving Range from noon to 4 pm.

June 13: Enjoy an AAFES Movie (rated PG) from 2:30 - 4:30 pm.

June 20: Take a trek through the University of Alaska Fairbanks Botanical Gardens from 11 am to 7 pm (this includes travel time to and from Fairbanks).

June 27: Visit the Fort Wainwright Youth Center and check out their fun activities and meet new friends from 11 am to 7 pm (this includes travel time to and from Fairbanks).

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.



FORT GREELY SUMMER SINGLES TRAINING OPPORTUNITIES

SOLDIERS, DA CIVILIANS, CONTRACTORS

WHEN: 29 JUNE (FORT GREELY CAC) OR 25 JULY (CHAPEL BASEMENT)
TIME: 9:00 A.M.-2:00 P.M.

Who: All Singles from the Fort Greely Community are welcome
Why: To develop skills to strengthen your relationships with others

Register at the Chapel with SGT Brown (873-2480) or SSG Brooks (873-2476)

****FREE CHILDCARE PROVIDED THROUGH THE CDC****
(Must Register child with the CDC 2 weeks in advance; contact the CDC for more information 873-4599)
****FREE LUNCH PROVIDED****

FORT GREELY SUMMER COUPLES TRAINING OPPORTUNITIES

FAMILIES, SOLDIERS, DA CIVILIANS, AND CONTRACTORS

Come join us for Couples and Resiliency Training
Choose YOUR 2-day Session
8-9 June, 28-29 June, 29-30 June, 21-25 July
Day 1: 4-8pm, Day 2: 9am-1pm

Where: Fort Greely CAC (June Sessions)
Chapel Annex (July Session)

Why: To help Couples develop skills to strengthen their relationship

Register at the Chapel with SGT Brown (873-2480) or SSG Brooks (873-2476)
Must give 2 weeks notice; register with the Child Development Center (CDC) (873-4599)**

****FREE LUNCH AND DINNER PROVIDED****
****FREE CHILD CARE IS AVAILABLE AT THE CDC****

RELATIONSHIPS

DARE

The D.A.R.E. students receive diplomas, T-shirts and other mementoes for their participation in the D.A.R.E. program and the winner of the essay contest wins a bicycle. This year's winner was 5th-grader Christina Newman. Her essay is below:

In the past few weeks in our D.A.R.E. class, I learned how I can make healthy and wise choices. D.A.R.E. showed me how to make decisions in different situations and not to give in the Peer Pressure. D.A.R.E. has been a very important class for me. Important things I learned in D.A.R.E. are, don't smoke and don't drink.

In D.A.R.E. we learned many facts about smoking and drugs. It is illegal to sell tobacco to anyone under 18. Smoking can cause breathing problems and is known to be the common cause of lung cancer. If I smoke in a young age, smoking can affect

my body's development. More than 40,000 Americans die from smoking related causes each year. When someone smokes, they are smoking 100 known poisons in one cigarette. These poisons cause your skin to dry out and cause wrinkles. Smoking causes your teeth to turn yellow and gives you bad breath. Marijuana is illegal and can also cause an increase in cancer. Marijuana affects your brain and body, more than smoking alone.

Alcohol is illegal for anyone under 21. Most teens don't drink. Alcohol slows down the brain and body. Alcohol can cause the loss of coordination, poor judgment, loss of self-control and slurred speech. Too much alcohol can slow down the body and lead to coma and death. It can cause damage to every organ in your body. We learned many facts about drugs like alcohol. If you are with someone who is drinking, then there is a risk of car crashes,

injury and violence. Alcohol goes directly into the blood stream and can increase your risk for a variety of diseases. Mixing alcohol with medicine is dangerous. Most teens don't drink alcohol. I choose to be that teen.

I learned about peer pressure and what to do when somebody tries to get me to drink or smoke. If someone tries to get me to do something that's bad for me I will avoid them by walking away, give them the cold shoulder, say no, give reasons or facts, change the subject, repeat refusal, like keep saying no and use humor. Some ways to avoid them is to stay away from places that you know there are drugs and alcohol there. If there are kids there doing drugs or smoking, tell an adult.

My dream in life is to be able to get good grades in school and move on to college and get a good career. If I let drugs or alcohol get in the way, that may ruin my dream, and

I may end up in big trouble with the law.

I, Christina Newman, pledge to be drug free for the rest of my life. I pledge that I will not allow drugs or alcohol interfere with my dream. Thank you Trooper Harris for teaching me how to stay drug free. ■



Fort Greely Middle School student Christina Newman poses with her newly won bicycle for taking first place in the D.A.R.E. essay contest.

Photo by Deborah Ward

Upcoming Events for JUNE

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

June 1: Today starts National Safety Month. Do what you can to ensure you and the people around you stay alert and safe this summer. Get out and enjoy all of the activities an Alaskan summer offers.

June 4: Last day to sign up for swim lessons at the Fort Greely Fitness Center. Lessons begin on June 6 and run through June 30. Classes are \$45 for the whole session; payment due at sign up. Call 873-5665 for more information.

June 5: 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.

June 6: Swim lessons begin! Call 873-5665 to find out when your skill level begins (I, II, III, or IV).

June 7: Bike Rodeo, 4-8 pm at the Fort Greely School Gym parking lot. Learn about bike safety, proper helmet safety, bicycle maintenance and street smarts – sponsored by DES

and FMWR.

June 8-9: Couples Training. Day one 4 - 8 pm, day two, 9 am - 1 pm. Both sessions at the CAC. FREE lunch provided. Call 873-2476 to register. See flyer on page 18 for more information.-

June 9: Delta-Greely Summer Blast-Off Triathlon begins at 10 am at the Fort Greely Fitness Center. This is an Open Post Event everyone is welcome to attend. Stay alert for more information regarding activities for the Open Post with FMWR. Award ceremony follows at 2 pm at the CAC.

June 14: FMWR will offer one free game of bowling to all Military members and their family members from 11 am to 8 pm at the CAC in honor of the Army's birthday.

June 14: Come celebrate the Army's 237th Birthday at the CDC! Party starts at 4 pm. All FGA Members are welcome to attend.

June 14: World's Largest Swim Lesson, 11 am at the FGA Fitness Center - this is a worldwide event.

June 14: Parent Advisory Council

Meeting 5 pm at the CDC.

June 14: It's Flag Day today; post the Stars and Stripes proudly and thank those that serve!

June 17: Today is Father's Day. Don't forget to let your dad know how special he is to you. Check with FMWR for specials and youth activities. Call 873-4783.

June 19: 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.

June 20: 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.

June 21: 3rd Annual Summer Solstice Trek with the 49th up to the top of Donnelly Dome. If you are interested in joining the Delta-Greely community in this event please RSVP to 873-4934 or be at the FGA Visitor Center no later than 6 pm on June 21.

June 25-29: Antiterrorism Officer Basic Course (AT Level II class), 7:30 am to 4:30 pm. Location TBD. If interested please call 873-3172 for more details. Must have AT Level I certificate to apply.

June 29: Independence Day Kick-Off Celebration, noon to 4 pm at the pavilion behind the Community Activity Center. Call FMWR at 873-4783 for a list of activities, times and locations.

June 28: Sexual Harassment Assault Response and Prevention (SHARP) training 8:30 - 11:30 am at the Post Theater. All FGA Members are encouraged to attend this mandatory training.

* 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

Know Your Family's Health History



You have your mother's eyes and your grandfather's brow, but did you also inherit risk for an illness? Maybe you've heard stories about heart attacks, depression, or certain types of cancer. Knowing your family's health history can help you prevent some illnesses, reduce the severity of others, or help you stay aware of signs and symptoms so you can act early if they appear. Because family health history is such a powerful screening tool, the U.S. Surgeon General has created a new computerized tool to help make it easy for anyone to create a sophisticated portrait of their family's health. The Web-based tool helps users organize family history, save it to their computer, and share it with family members or their physicians. See it at <http://fbdy.com/health-history>.

Elder Home Care Safety Check List



The risk of falling is not the only hazard faced by the elderly. There are many risks and precautions worth knowing about to keep senior citizens safe, especially if they are living independently. They range from ensuring adequate lighting over stairs to having emergency numbers next to every phone. Others include wearing proper shoes, padding sharp corners of low-rise furniture, keeping space heaters at a safe distance from flammable materials, and more. Print a handy Elder Home Safety Checklist at <http://fscrls/elder-safety>.

Stress Management Tip . . . Better Problem Solving



Sometimes stress management isn't about relaxation, better eating, getting a massage, or practicing yoga. The best stress management strategy might be a better way to solve a stressful problem. Here's a problem-solving formula to apply to the root of a problem you face that causes stress: 1) Define the problem; 2) Think of as many ways to intervene as possible; 3) Select the most practical solution; 4) Write goals to achieve; 5) Write objectives under each goal; 6) Select deadlines for #4 and #5; 7) Commit to success (say "no" to distractions and procrastination); and 8) Begin.

ASAP
Community Wide Prevention
Employee Assistance Program
YOUR EAP PROVIDER
EAP services for DA/DOD 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) 253-1381

Stating Opinions Diplomatically



Whenever you volunteer your opinions or concerns, are you speaking respectfully and tactfully to your coworkers or teammates? Do so and others are more likely to appreciate your tone and heed your views. If you sound preachy or tell people what they should do, your ideas, even if they are stellar, will face a harder sell. To state your opinions diplomatically and improve receptivity to your ideas, establish a give-and-take conversational style when you speak with your team. Rather than spout your ideas, ask questions so that others do most of the talking. Listen attentively and show interest in how others arrived at their conclusions. Try it. These are powerful engagement skills, and your peers are likely to ask what you think or believe. And along with this approach comes more attentiveness to what you say. Add a quick overview of your evidence to support your opinions when offering your input. Example: "Based on three instances in which we lost a potential customer, I'm concerned that our sales pitch isn't working very well." The study of how to be effective and productive in business group discussions is called "group discussion dynamics." It is a highly researched and studied topic. Lessons learned are available to help you improve your productivity and achieve more for your employer. Learn more about it to advance your career.

Handling Delicate Conversations



Discussing with a coworker the need to correct a personal habit or stop an annoying behavior is an age-old dreaded experience. If you have procrastinated with such a chore, chances are you've grown more irritable and frustrated, but in your job satisfaction and productivity also slipping? If so, it's a good sign to delay no more. Realize that the reaction you imagine getting when you broach the subject is almost always overblown. Thankfulness is a much more likely response from your coworker than shock and horror, so go for a polite style. To proceed, request a private meeting and say you would like to offer some feedback that is difficult to share and that it is personal. This is a buffering introduction to help your coworker be receptive. Share your concern in a direct but calm manner. Always add how the behavior affects your productivity or work environment. Smart move: Affirm the value you and others maintain for your coworker. This won't undermine your goal, and it will add to your coworker's motivation to change.

Show You're Confident



Confidence is the belief in oneself or one's abilities. We don't always feel confident in what we are facing, but there is a way to feel and appear confident in job interviews, oral presentations, sales pitches—almost any personal challenge. The secret is taking the focus off your awareness of feeling deficient or lacking in ability and shifting it to the people or situation in front of you. How? Ask yourself questions that cause you to shift your focus: Think "What does this person need?" or "What are these people's needs?" or "How can I discover what's important to them?" or "What do we have in common?" or "What is the mood of my interviewer or audience?" Any question that helps you discover more about what you're facing changes your behavior and positively alters the way you look, speak, and project confidence.

Feedback Works Both Ways



Employees blossom with positive feedback from bosses, but this works both ways. Don't hesitate to give your boss positive feedback when things go right. You'll nourish a more effective and rewarding relationship and contribute to your own job satisfaction by reinforcing what works. Bosses have a powerful effect on employee happiness, so help them out by keeping the communication flowing. Don't underestimate your role in nurturing a powerful and constructive relationship with your boss. The secret is reciprocity and mutual respect. You may be subordinate in the hierarchy, but what you say and think matter.

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 caribou grazes on lichen near the Bolio Lake training area earlier this month. The wildlife in Interior Alaska is out in droves so be cautious when driving the roads and walking the trails. Be alert. Stay safe. Photo by Deborah Ward.

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