



June 2013

Fort Greely

Home of the Rugged Professional

INTERCEPTOR



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Number One Priority**

Furlough is focus of IMCOM town hall

Help celebrate the Army's 238th Birthday

June is National Safety Month

KUDOS Corner and more!

KUDOS Corner

Kudos to Nicholas Crynock, Family and Morale, Welfare and Recreation Information Technology Specialist for working several customer service initiatives such as providing training to FMWR staff on use of the laser engraver, setting up Wi-Fi for patrons at the Aurora Community Activity Center and Building 702 Lodging, assisting in the establishment of the Movie Room equipment and coordinating the implementation of the Army Community Services "One Stop" Kiosk at the Aurora Community Activity Center.

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Where is your hometown?

I consider my home Delta Junction, Alaska.

What is your complete job title?

Information Technology Specialist.

What is the favorite part of your job?

Opportunity to work on many different projects.

What is the most difficult part of your job?

The varied work load - trying to be a subject matter expert in a very broad field.

What keeps you motivated?

Providing a service that others need.

How long have you been at Fort Greely?

Since July 2012, so almost a year now.

What do you like most about Fort Greely?

The cold weather.

What is your favorite quote?

It's a constant party (not sure where it came from).

What person influenced your life the most and how?

My mother. She got me my first computer "commodore 64."

What is your favorite hobby when not at work?

Martial Arts.

Favorite Alaskan Food?

Moose - once I try it, lol.

Favorite spots in Alaska?

Not really sure yet. I haven't traveled much at this point.



Prevention of Sexual Assault and Harassment: Number One Priority

By Lt. Gen. Francis Wiercinski,
Commanding,
U.S. Army-Pacific

Prevention of sexual harassment and assault, as well as response to victims of these crimes, is our number one priority. Commanders and leaders at all levels will weight this main effort accordingly. We must own this problem; we will solve it together.

Sexual assaults are violent crimes that are devastating to the victims. Such crimes diminish mission readiness and resiliency throughout the Army. Everyone must understand their roles and responsibilities in the prevention of sexual assaults and remain committed to the Army's I. A.M. Strong campaign and our main effort. These efforts require strong leadership, a healthy unit climate, adherence to Army Values, and respect for the bonds of trust which run to all members of our Army family.

We are currently failing in our mission to eradicate assaults and harassment from our ranks. We must investigate every allegation of sexual assault or harassment

thoroughly and professionally and take appropriate actions to establish a command climate and culture of mutual respect, trust, and safety. Our formation must be confident that complaints will be handled quickly and decisively, and that our system will deliver justice and protection throughout the reporting, investigation and adjudication process.

Recent incidents demonstrate the critical importance of selecting the right personnel for the Sexual Harassment/ Assault Prevention and Response Program (SHARP). Our SHARP teams must consist of our top leaders, second only to our commanders. They must be of the highest moral, ethical, and professional character. To meet these standards, leaders will immediately screen SHARP personnel at all levels. If screening identifies issues, take immediate, appropriate action to reassign personnel.

There are no bystanders in this effort. We are all accountable.

Just as we have defeated every enemy we have faced, we will defeat this enemy within our ranks. Make this your top priority — one assault is one too many.

One Team! ■



Lt. Gen. Francis J. Wiercinski,
Commanding, U.S. Army-Pacific

Furlough is focus of IMCOM HQ town hall

By Robert Dozier
U.S. Army
Installation Management
Command

Senior leaders at the U.S. Army Installation Management Command headquarters addressed the issue of an 11-day furlough for civilian personnel at their recent town hall meeting.

Lt. Gen. Mike Ferriter, commander, and Command Sgt. Maj. Earl Rice, senior enlisted leader, explained the effect of this action on employees throughout the IMCOM community and offered a look ahead as this fiscal year closes, and into the next FY.

"The nation is in budget trouble, and when the Budget Control Act and sequestration hit us, the Army knew they had to balance things

like the size of the Army," said Ferriter. "The Army is determined to fund readiness first because we don't want our Soldiers deploying without training."

IMCOM has a major role in readiness and resilience of the force and is sharing in budget sacrifices. Compared to fiscal 2012, the IMCOM budget has been reduced by 21 percent.

"As a command, we are getting better at what we do, and despite all that we face, we've been able to maintain without a reduction in force at headquarters," said Ferriter. "Everywhere we save

money and bend on the way we are doing things, it helps us move forward."

The number of furlough days has been reduced from 22 down to 11 through the end of the fiscal year. Furloughs will save \$1.8 billion from the overall military budget.

Notices will likely be distributed between May 28 and June 3, to meet the required 30-day notice before furloughs begin. Notices will identify both the "reply" official, who will receive the employee's response, and the "deciding" official, who will respond to any employee protests to the furlough.

Technically, a furlough is an adverse action, because of its effect on the employee.

All nonappropriated fund employees are exempt from sequestration furloughs.

"Furlough is big business," said Ferriter. "It hurts you and we know it. It was a Defense Department all-in, and we didn't get a vote, but we know whoever you are and whatever you do, every piece of paper we touch is a Soldier or family action. HQ (Headquarters) Department of the Army knows the adverse effect if we are not there ... what you do makes a difference."

IMCOM has announced that headquarters will move to a four-day workweek during the furlough period; however, each garrison commander will make his or her own scheduling decisions locally.

Those garrisons under collective bargaining agreements have consulted directly with their union officials in preparation for furloughs.

Employees who are members of a union are encouraged to consult with them for any updates and guidance.

After final furlough decision notices are sent, employees may appeal the agency's decision to the Merit System Protection Board within 30 days from the effective date of the furlough. ■

Bidding farewell...

I am very much honored and privileged to have been part of the Team Greely Family these past two years. I want to take this opportunity to convey how grateful I am for the experience and to thank both the on-post and off-post communities for their friendship and support. Fort Greely and Delta Junction are home to some of the most dedicated, innovative and caring people imaginable. You are lodged in my heart forever and I will always cherish my time here. Please welcome and support LTC Brian Speas in the same kind and loyal spirit with which you have graced me with.

Sincerely,

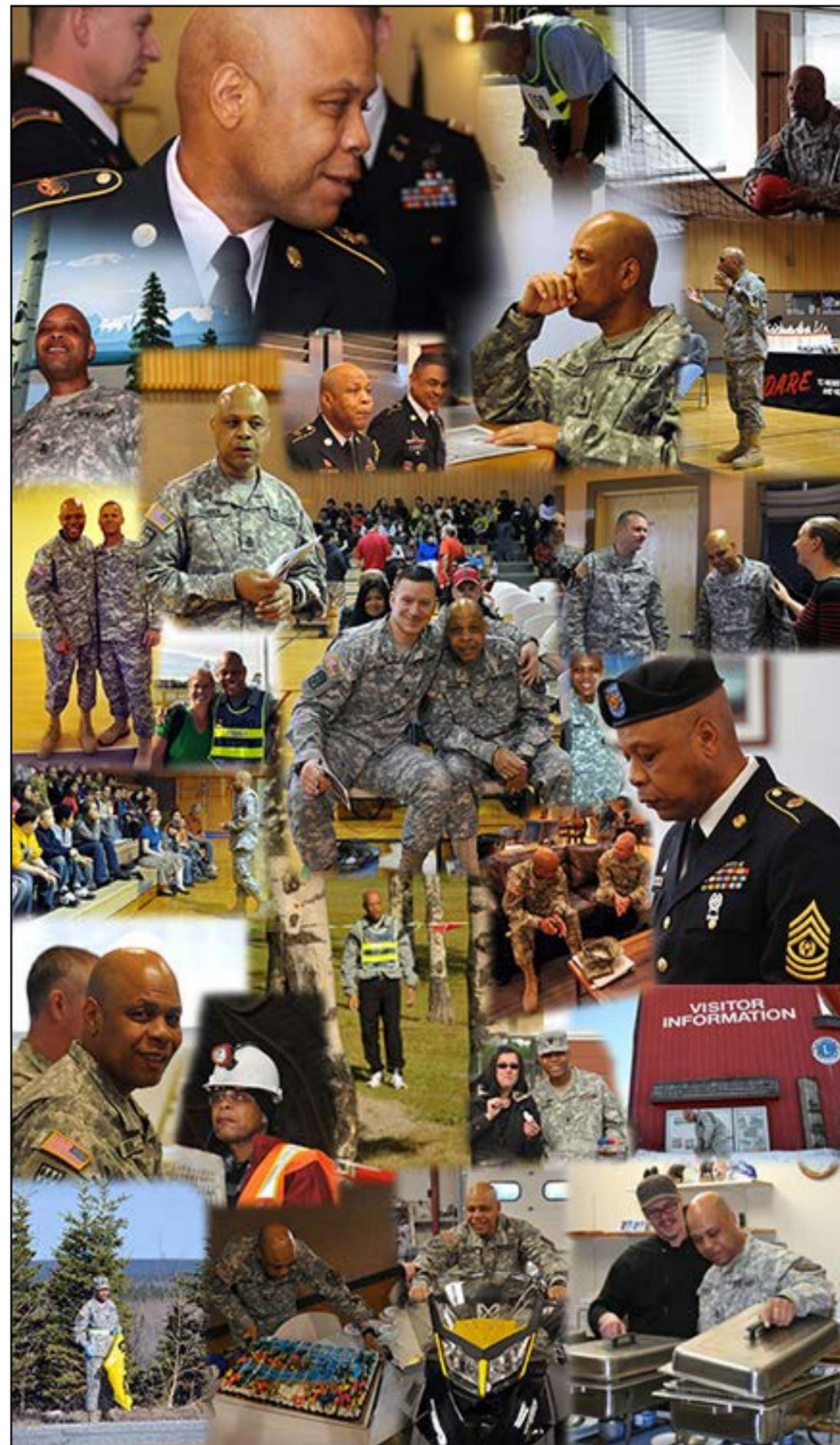
Outgoing Fort Greely Garrison Commander, Lieutenant Colonel Terry L. Clark



Fort Greely Garrison Commander, LTC Terry L. Clark



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Team Greely,

It has been an honor and privilege to serve with each of you. Being at Fort Greely has been wonderful as well as an adventure. I could not have received a better assignment for what is my final one in the military. I have had the distinct pleasure of learning something from each of you which are treasures that I will always cherish. The Fort Greely/Delta Junction Community has been rewarding to me in many ways. I will never forget the good times I've had visiting and talking with the people here. As I exit the military and Alaska, first and foremost I would like to say thanks to all the Soldiers, service members, and civilians that I have had the opportunity to work with throughout my career. I wish each of you the best in your future endeavors. May God continue to bestow His blessing upon you and our great nation.

Very respectfully,

Outgoing Fort Greely Garrison Command Sergeant Major, Command Sergeant Major Robert D. Gooden



Fort Greely Garrison Command Sergeant Major, CSM Robert Gooden

FGA recycling program gets a helping hand

By Jennifer Lawless
Cold Regions Test Center

expressed that she could not have been happier with the results and stated, "By using CRTC Allied Trades and Maintenance, the program came in 30% under budget and was finished ahead of schedule. If we had contracted this work outside of Fort Greely there is no way we would have been able to afford this." She added that DPW was so pleased with the results that more projects were already being lined up to contract out to CRTC Allied Trades and Maintenance.

Rick Barth gave a guided tour of the facility and described each machine's purpose, function, and benefit. The first piece of equipment on the tour was the Foam-Densifying machine,

a cold weather region as Alaska is the Vecoplan Shredder. This machine recycles wood-based products, grinds them down, and compresses them into briquettes that can be sold as a replacement for firewood during those cold winter months.

As part of Fort Greely's five-year internal landscaping plan, the recycling program also acquired a commercial size composter. All edible food waste and biodegradable products will be put into the machine and converted into compost for use around base, while excess compost can be sold. Security and labor reduction are two more concerns that the program is attempting to address, by using their industrial size Security Shredder and Two-Ram Baler. The Security Shredder will have a room built around it

and used for the destruction of classified or sensitive documents. The documents can be compressed up to 200% and the resulting product can be used in either the Vecoplan Shredder for briquettes or as compost, depending on where there is more need. The Two-Ram Baler is a cardboard baler that can automatically bind stacks of cardboard, so as to reduce manual labor costs and time. For those larger-scale recycling needs, the program also has a Metal Industrial Shredder and a Mobar Shredder. Normally a \$250,000 piece of equipment, the Metal Industrial Shredder was donated to DPW for their use in the recycling program. A truly fortuitous

bleeding. The Metal Industrial Shredder is a massive machine indeed, with the capabilities of grinding fridges, washers, car bodies, and most other large metal objects. By contrast, the Mobar Shredder deals with more organic materials, such as trees, stumps, wooden doors, and window frames. Both machines are capable of reducing massive quantities of recyclable materials into products that can be repurposed and sold on the market to generate revenue.

With all of these new high-power pieces of equipment, Sandy Delong commented "The next big challenge will be supplying all this equipment with power." The DPW building

is not yet set up to handle such large-scale amounts of power, but that will soon be remedied. Once the recycling program is fully functional, paper/cans/bottles/trash collection bins will be distributed to buildings all over Fort Greely to give the inhabitants and employees convenient drop off locations. The DPW is very excited about getting this program under way and generating revenue for Fort Greely, and in turn, helping build a better community. ■



Up until recently, the idea of a full-scale recycling program at Fort Greely was having a hard time getting its feet off the ground. However, with help from the Cold Regions Test Center Allied Trades and Maintenance department, this idea has come several steps closer to becoming a fully functional and lucrative program. The Department of Public Works at Fort Greely hired five members of the CRTC Allied Trades and Maintenance division to disassemble the large incinerator in the DPW building and assist DPW Structural Shop Maintenance personnel, LeRoy Delong, with installing the new recycling equipment scheduled to take up residence there. Deputy Garrison Commander Brent H. Abare commented "As

a fully functioning recycling facility we will be able to begin generating revenue, which will put money back into Fort Greely. All the money generated from this recycling program stays right here." For their efforts in helping make the new Fort Greely recycling program a reality, CSM Gooden and LTC Clark presented the Fort Greely CSM Award for Excellence coin to: CRTC Allied Trades personnel Dave Trainor, Sam Porter, Gordon Bak, and Brian Gay; CRTC Maintenance personnel Mike Cassidy; DPW Environmental Program Manager Sandy Delong; DPW Natural Resources Manager Rick Barth; and DPW Structural Shop Maintenance LeRoy Delong.

After talking with Sandy Delong, she

which is capable of condensing up to 90% of the product input into the machine. Once the machine has condensed the material, it produces small Styrofoam pellets that can be collected and sold as a usable product. Because of the small size of the ending product, however, storage connexes will need to be purchased in order to store up enough materials to make it cost effective to transport to Fairbanks for sale. The next machine on the tour was the Glass Aggregate System, which has the capabilities of grinding glass into various sizes and polishing them to a smooth finish. In addition, these pieces of glass can be organized by size and color to be sold on the market for various products. An excellent addition to the collection for such



Bottom left image from left to right: CRTC Allied Trades personnel Dave Trainor, Sam Porter, Gordon Bak, and Brian Gay, and CRTC Maintenance Mike Cassidy, followed by DPW Structural Shop Maintenance LeRoy Delong, DPW Environmental Program Manager Sandy Delong, and DPW Natural Resources Manager Rick Barth, and CSM Gooden, CRTC COL May, and LTC Clark, and lastly DPW Director Christine Boerst. Top image: Sam Porter (Left) and Dave Trainor (Right) disassembling the original incinerator in the DPW building. Far left image: Sam Porter (Left Forklift), Dave Trainor (Center), and Brian Gay (Right Forklift) removing the disassembled incinerator pipe from the DPW building, using two forklifts. Photos courtesy of CRTC.

Army promotes National Safety Month

By Michael J. Negard
U.S. Army
Combat Readiness/Safety Center

FORT RUCKER, Ala. (May 30, 2013) – June is National Safety Month, and senior Army Leaders are asking Soldiers, Department of the Army civilians and their Family members to educate one another on risk and influence behaviors surrounding the leading causes of preventable injury and death.

National Safety Month coincides with the beginning of summer, historically the deadliest time of year for Soldiers off duty.

According to Command Sgt. Major Richard D. Stidley, U.S. Army Combat Readiness/Safety Center, indiscipline is a leading cause of Soldier fatalities, particularly on America's highways.

"We're dealing with somewhat of a paradigm when it comes to safety of the force," Stidley said. "In uniform, in Afghanistan or Iraq, or anywhere else around the world, our Soldiers operate nearly flawlessly on-duty. But when they get home, back to the states and out of uniform, discipline goes out the window and we lose Soldiers at a rate we cannot afford."

The Army lost 160 Soldiers to accidents during fiscal 2012. Off-duty accidents outnumbered those occurring on duty 4-to-1, with motorcycle and vehicle mishaps comprising nearly 80 percent of losses.

"Private motor vehicles, either two wheeled or four, remain the number one accidental killer of our Soldiers," Stidley said. "Indiscipline leads to reckless behavior, and reckless behavior in any form when you're driving or riding can be deadly."

"We are winning the fight," said Sgt. Maj. of the Army Raymond Chandler. "Accidental fatalities have fallen to peacetime levels even as we continue combat operations overseas. But, we cannot yet declare victory."

To help leaders, Soldiers and safety professionals enhance their personal risk management during National Safety Month, the USACR/Safety Center will launch a dedicated website June 1 at

See SAFETY MONTH page 10



Protect your vision for a lifetime

By Michael Pattison
U.S. Army Public Health Command

Everyone knows how important your eyes are for your quality of life. Even so, it is estimated that millions of people in the United States have undetected vision problems, eye diseases and conditions that affect their ability to see clearly and effectively or can result in future permanent damage to the eyes. May has been designated by the National Eye Institute to be Healthy Vision Month to help educate people and to promote the early diagnosis and treatment of visual and ocular conditions. So, what are the keys?

Getting a comprehensive dilated eye exam is probably one of the best things that you can do to maintain healthy vision. More than just checking your eyeglasses, during this procedure an eye care professional examines the eyes more thoroughly to look for common vision problems and eye diseases, many of which have no signs or symptoms until the condition has progressed. This comprehensive examination enables you to detect eye conditions and diseases

early and can often prevent any subsequent loss of vision.

The question of how often you should have a comprehensive eye exam can be determined between you and your eye doctor and depends on your age, overall health and family history. As you grow older you should have exams more frequently, and some medical conditions such as diabetes make annual exams a must.

And everyone has heard about eating carrots and living healthy. This is true for the eyes as well. Eating a diet with fruits and vegetables (especially leafy greens like spinach) are important for eye health, too. There is recent research showing the benefit for the eyes from eating fish that are high in omega-3 fatty acids such as salmon and tuna. In addition, maintaining a healthy weight helps prevent you from developing high blood pressure and diabetes, which can also affect the eyes and lead to blindness. In short, eating right will always help to protect your sight. As well, research has linked smoking with the risk of developing age-related macular degeneration, cataracts and optic nerve damage. So, if you smoke, quit. And if you do not smoke, never start.

Also, remember to give your eyes a break. Almost everyone works with a computer, which can cause the eyes to dry out and become fatigued. So, remember to rest your eyes every so often. To help you to remember, try the 20-20-20 rule: every 20 minutes or so, look up and away from your computer at something at least 20 feet away for 20 seconds. This can help reduce the effects of eyestrain.

Finally, protect your eyes. It is you and your employers' responsibility to protect your eyes at work and yet, it is estimated that 90 percent of all eye injuries would not occur if eye protection was used. Make it a habit to wear the appropriate type of eye protection at all times and encourage your coworkers to do the same. And, when eye injuries do occur, report it to your supervisor. Not only does this make a record of the event that may protect you, it can also result in lessons learned that will prevent similar injuries from happening in the future.

Wearing protective eyewear should not stop when you leave at the end of the workday. Wearing protective eyewear when playing sports or doing potentially dangerous activities around the house is just as important. And don't forget to wear proper sunglasses that block ultraviolet light when you spend time in the sun. As always, a little prevention goes a long way.

So, while May is designated as Healthy Vision Month, it is simply a month to help you remember things that should be done year round. Remember, your eyes are a precious gift and you only have two of them. Give them the care and consideration they deserve so that they last you a lifetime. ■



KNOWLEDGE

OFFICIAL SAFETY MAGAZINE OF THE U.S. ARMY

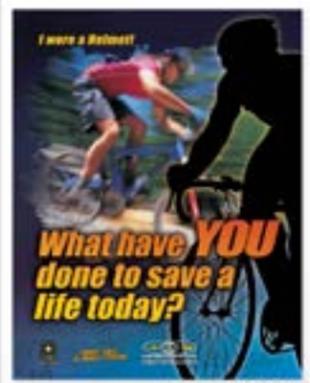
THIS WEEK 05/22/2013



CRASH COURSE

My brother and I grew up biking all over the mountains of Utah and considered ourselves fairly experienced riders. So when our town celebrated the grand opening of a state-of-the-art mountain bike park, we couldn't wait to hit the trails.

SAFETY FEATURE



I wore a helmet!

What have YOU done to save a life today?

CLICK TO DOWNLOAD

CORNERING LINES

When approaching a curve on your motorcycle, you can use the entire lane, straightening out the curve. The straighter your line through a corner, the less the demand on tire traction, which helps avoid a slide-out.

WHO'S IN YOUR AIRSPACE

Have you ever been surprised by an unmanned aircraft system sharing the same airspace? I think a significant number of Army aviators would say they have.

PRODUCTS & TOOLS

MMP Mentoring can help keep Soldiers safe. Find out what you can do to protect your Soldiers with the Motorcycle Mentorship Program.

TRIPS Going on leave, pass or TDY? Don't forget to first complete your Travel Risk Planning System assessment.

signs The Know the Signs campaign is designed to heighten awareness of risk factors and provide leaders and Soldiers the tools they need to address safety issues in their unit or peer group. The signs are all around. *It's up to you to recognize and act on them.*

U.S. ARMY COMBAT READINESS SAFETY CENTER

U.S. ARMY

SUBMIT AN ARTICLE

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SAFETY MONTH from page 8

<https://safety.army.mil/NSM>, containing posters, informational videos and feature articles addressing four core topics: civilian injury prevention, ground operations, aviation operations and driving safety.

While much effort will be put into awareness during June, senior Army leaders urged all members of the Army Family to remember safety is a day-to-day commitment and responsibility.

"Across every Army unit and every installation, safety is everyone's responsibility," said Gen. Raymond T. Odierno, Army chief of staff. "Leaders, Soldiers, Army civilians and Family members are encouraged to use National Safety Month to evaluate their safety measures both on and off duty.

"It's imperative that leaders continue to make safety a priority and that Soldiers take seriously the actions that put themselves and others at risk."

National Safety Month will complement the current Army Safe Summer campaign, which includes materials targeted to specific seasonal hazards and began May 24 and runs through Sept. 3.

"Use this time to focus your Soldiers on making smart risk decisions," Chandler said. "Doing the hard work now will serve them well in the future. Being prepared saves lives."



NATIONAL SAFETY MONTH

TRAINING



STANDARDS



DISCIPLINE



JUNE 2013



Army Safety Gram

13-12

06 May 2013

ARMY SAFE IS ARMY STRONG

Put a Stop to Shock at Home

Electricity, it's a part of modern life we often take for granted. But every once in a while we get a shocking reminder that electricity can be one of the biggest hazards in the home. Even a low voltage current can be fatal, especially for children.

Use the following guidelines to avoid electrical hazards in the home:

- ◆ Inspect electrical equipment and cords for damage and wear, including extension and temporary cords. Look for frays, punctures, or any other kind of damage to the insulation on the wiring or damage to the plug. Replace damaged or worn out equipment.
- ◆ Don't put cords in areas where they may get stepped on, tripped on, or driven over. Keep them well away from heat sources. Don't yank on cords to unplug them as this can damage the wiring.
- ◆ Never remove the third prong on a plug to make it fit in a two-plug hole. The third prong provides grounding for the electrical current and is an important safety feature. All major appliances and power tools should be on three prong plugs.
- ◆ Don't overload circuits with too many appliances. This can cause overheating and become a fire hazard. If the electrical load is heavy, use a cord designed to carry a bigger current. If the circuit breaker kicks in due to overloading, don't just flip it back on without investigating what the problem might have been and have it fixed if necessary.
- ◆ Never operate anything electrical in a wet or damp place, or while standing in water. Water and electricity don't mix. This may be a problem around leaky washing machines, when using power tools in a damp garage or workshop, or when using an electric lawn mower if the grass is still wet from rain or sprinklers. Keep electrical appliances away from bathtubs, pools, and sinks. Consider installing Ground Fault Circuit Interrupters (GFCIs) on any equipment that may accidentally contact water. These detect failures or leakages (interruptions) in electrical lines and quickly break the circuit before you get shocked or electrocuted.
- ◆ Home repairs like roofing, or gardening work like pruning might bring you into the proximity of overhead power lines. Contact with these is extremely hazardous so maintain a safe distance. Always assume a wire is "live" or energized.
 - ◆ Underground power lines can be just as dangerous. If you are planning to dig anywhere around your property for building or planting, call your utility company to mark out the power and gas lines for you.
 - ◆ Never use electrical space heaters near moisture. Unplug them when not in use and ensure they have an automatic switch off in case they get knocked over. Keep space heaters away from curtains, clothes and other combustibles, and ensure that electrical cords and plugs are in good condition.
 - ◆ Faulty wiring can be a problem, particularly in older homes. Get an electrician to do a safety check on your wiring if this is a concern.

Most of us can't imagine a life without electricity. Use it cautiously and sensibly and it will bring more power to you.

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INTERCEPTOR 11

Facility of the Year Award, 2012 Commander's Cup goes to FGA

By Barb Flynn
Network Enterprise Center

For the team of contractors, DoD civilians and military personnel part of the 59th Signal Battalion, Fort Greely Network Enterprise Center, 2012 was a banner year. The remote mission they serve supports such demanding missions as the Missile Defense Agency's Ground-Based Midcourse Defense, Cold Regions Test Center, and the 49th Missile Defense Battalion. Supporting the zero-fail homeland defense mission at Fort Greely means that all systems must be available and robust, and as evidenced by their recognition in 2012, they knocked it out of the park.

uninterrupted throughout the year. The NEC also built up a robust training and standard operating procedure program, an effort that took some time to develop and perfect. Since Fort Greely does not have a Technical Control Facility, NEC personnel have often had to conduct first-line troubleshooting and fix items on the fly. It's this kind of innovation that gets the mission done, and for their efforts, the site won the DRSN Facility of the Year for 2012. The best news story, however, was for the MILSATCOM side of their mission.

NEC personnel are also responsible for connecting three key links via two Defense Satellite Communications System III terminals. When the terminals were installed, they were located a quarter mile from the earth terminals, in a cramped, crowded room.

construct a new room, working with local on-site personnel and the Alaska Field Office, to ensure adequate power, environmental, ground and ventilation. The real challenge was moving the terminals and circuits, which were not funded. Barb Flynn, and Sergeant First Class Robert Runyon decided to lead the project themselves, and moved the terminals and circuits via self-help – a huge success. Coordination and teamwork with the Alaska Field Office was also stellar. Site personnel worked hand-in-hand with the Field Office to store equipment, assist with the Interconnect Facility MSPP upgrade, provided help troubleshooting when Field Office personnel were unable to travel to the site, assisted with escorting personnel into the highly secure Missile Defense Complex and loaned the Field Office equipment, all above and beyond what is expected.

Lt. Col. Brian Hippel, Alaska Field Office Chief, travelled to Fort Greely on 16 May, and on behalf of Col. Simon, presented the 2012 Commander's Cup for DSCS, and the FOTY Award for DRSN. In his remarks, he noted that the one-team, one-fight approach, using innovation to achieve results in an austere environment, was exactly the template for the type of strong partnerships between DISA and the providers that make it happen every day. Rich Garrett, Fort Greely NEC Director, remarked it was a "Five Star Day here at Fort Greely," stating that earning the Commander's Cup was "a HUGE honor! The team has earned every inch of it their work is extraordinary and I am so proud to be a part of such a great team." ■



The Defense Red Switch Network (DRSN) was awarded the Facility of the Year, and the Defense Communications Satellite Systems (DSCS) won the DISA Pac Commanders Cup. From left to right: LTC Brian Hippel, Mr. Isaiac Estrada, SFC Robert Runyon, Ms. Barbara Flynn, Mr. Adam Polen, and Mr. Rich Garrett.

Fort Greely NEC personnel supporting Defense Red Switch Network achieved a 100 percent system availability rating, exceeding the DISA standard, and voluntarily took over completing daily crypto updates during non-duty hours for sites not manned 24/7, which saved over 10,000 man hours per year. This action also ensured the MDA mission continued

Response times were not adequate, and due to Fort Greely being so close to the Arctic Circle, led to challenges even getting out to the terminals during winter, in double-digit below zero temperatures and large snow driForts. The site leadership, under the guidance of Barbara Flynn, DRSN/MILSATCOM Chief, worked to obtain \$100,000 in funding to



CRTC legend retires



By Jennifer Lawless
Cold Regions Test Center

From a young age, Todd Zachgo has demonstrated a work ethic, aptitude, and drive unmatched by the normal man. He began his career working for the Fort Greely power plant at just sixteen years old and there began to build the hardworking reputation he is known by today. After working at the power plant for 25 years, Todd moved on to his next challenge as a mechanic --later Maintenance Lead-- for the Cold Regions Test Center. In Todd's 15 years working for CRTC, he has raised the bar of professionalism and ingenuity for anyone who might replace him and has become recognized as the epitome of a Rugged Professional. Todd's retirement ceremony was truly a testament to how much he has affected the people of Delta Junction/Fort Greely and garnished a great deal of respect for himself in the community. The overarching theme of the stories told by the attendees about Todd and his accomplishments were characterized by the positive energy and determination with which he tackles every problem.

Among the attendees was prior power plant co-worker, softball coach, and personal friend of thirty years "Rabbit" Willaby. Rabbit recalled fondly Todd's time while

playing shortstop as being a driven and determined young sportsman, who did not have the word "quit" in his vocabulary and who took that determination into his adult years to become the man he is today. Todd used that very determination at CRTC to take on the challenge of bringing the equipment fleet up to modern standards, ensuring that all available equipment was in fully functional condition and met calibration standards. In addition, he was an instrumental entity in planning and executing all of the infrastructure projects at CRTC. Todd has always managed to seek out new and interesting challenges and promptly come up with a way to overcome them. Gregory Netardus, Test Operations Division Chief, stated, "Todd has positively impacted this organization for many years. In my 7+ years as Division Chief for TOD, I cannot recall a single time that Todd was not ready, willing, and able to fully support testing. Regardless of what was asked for, Todd always found a way to provide it, and many times came up with solutions that were far better than anything that we could have come up with. His presence alone, whether it be moving infrastructure 70km onto the far side of the Delta River to support a test, or responding to a vehicle rollover 100 miles down the Richardson Highway in the dead of winter, gave everyone a warm

fuzzy confidence that all would be taken care of and everyone would be brought back safely. There is no doubt in my mind that Todd will be missed."

Todd really took the slogan "Mission First, People Always" to heart and made it a part of his everyday life. He has always had a willingness to help anybody and do anything within his power to ensure the mission was a success. Richard Reiser, CRTC Test Officer, commented "It was not uncommon for him to call me early in the morning before the workday began or far after the workday ended to check and see if everything was ready for the next test day." Todd has also been known to go downrange at odd hours of the night, morning, or weekend to fuel a generator or maintain a piece of equipment. Any member of the CRTC team could call upon him for help at any time. Just this past winter a new cook arrived at the Bolio Lake Dining Facility, with a car that was not winterized or prepared for such frigid temperatures, and found himself in need of some help. Todd spent several hours of his own time on the weekends and evenings helping winterize the cook's car and teach him how to properly maintain a vehicle in Alaska winter conditions, even though this cook was brand new and not well known to Todd. His willingness to help those in need extends beyond the CRTC team to even complete strangers. An elderly lady found herself stuck at a gas station in Fairbanks, during a cold winter day of negative thirty, because her tank was accidentally filled with diesel instead of fuel. Mr. Reiser (quoted above) just so happened to be there and called Todd for advice. Todd proceeded to remain on the phone with this woman and talked her through how she could fix her vehicle, get home safely, and what repairs would be needed once she was safely home. Although not all of these stories are directly related to the contributions Todd has made to testing at CRTC, they are shining examples of the character that he

exhibits both at work and in his personal life.

Among Todd's many accomplishments, he is most well-known for his expertise with the M88 recovery vehicle. Whether from CRTC or a visiting unit training in the area, Todd recovered many an individual who found themselves unprepared against the deep snow and rugged terrain Alaska has to offer. Todd has recovered anything from a visiting unit's PLS that found itself over the hill on Beals Range to a test MRAP roll over on OP Road to many others who found themselves in need of aid. In honor of Todd's big day, his maintenance team presented him with an end table fashioned from M88 parts. The surface itself was an M88 drive sprocket, with an added glass center, and tow chains for legs. The CRTC emblem was etched into the glass top, to ensure Todd has a lasting reminder of his CRTC family. Todd was not a man of many words at his retirement ceremony, but he did say "I will miss everyone very much. But I think the guys will be just fine and do great." While everyone at the gathering was happy for Todd, including "the guys" from Maintenance, many were still sad for CRTC. These mixed feelings from the attendees gave way to pride as COL May of CRTC presented Todd with the Superior Civilian Service Award, signed by MG Dellarocco for his exemplary years in civil service. Most people thought Todd would never retire and still believe his "retirement" will hold anything but rest and relaxation, as he is scheduled to begin another job in just two weeks time. Jeff Lipscomb, CRTC Technical Director, summed up the man in one eloquent sentence by stating, "Todd is the one person I know who leaves me speechless with who he is and what he does." ■

W.T. Mountcastle (left) and Todd Zachgo (right) at Delta River trail beginning with the SUSV.

Photo courtesy of CRTC.

ENCHANTING! OUTSTANDING! EXCEPTIONAL! FANTASTIC!

By Joyce McCombs
Delta Community Library

These are some of the words librarians and teachers around Alaska have used to describe the world famous Stevens Puppets shows during previous visits. The Stevens crew is once again touring Alaska this summer, and

this time Delta Junction is finally on the list! Mark your calendar for Monday, June 10 at 7:00 at the Delta Community Center.

The Stevens Puppets are celebrating their 75th year of producing unforgettable and one of a kind marionette productions for children of all ages. The puppets are touring every corner of Alaska this summer courtesy

of the Alaska State Library, The Rasmuson Foundation and the Alaska State Council on the Arts. The Delta Junction show is sponsored in part by the Delta Community Library and Fort Greely MWR.

The Stevens Puppets bring classic children's literature and fairy tales to life with exquisite marionette costumes,

professional staging, and a big dose of humor. On Monday evening, you can expect a visit from that sneaky rascal "Rumplestiltskin" at the Delta Community Center. This fast paced, action filled, rhyming rendition of the classic tale, follows the Miller as he weaves a web of lies to convince the King that his daughter can spin straw into gold. Enter the outrageously outspoken and never happy villain, Rumplestiltskin, whose preposterous demands create even more mayhem in the land of 'Stiltskin. Top it off with a one of a kind marionette that flies to pieces right before your eyes, and add the Stevens Puppets touch of humor and you're sure to enjoy an evening full of fun and laughter - a perfect outing for the whole family.

Admission is free and there will be a puppet and marionette demonstration after the performance. You'll be able to meet professional puppeteer Dan Stevens and his crew, get autographs and ask questions.

The Stevens Puppets travel grant is supported with Library Services and Technology Act funding provided by the Federal Institute of Museum and Library Services as administered by the Alaska State Library. The Institute of Museum and Library Services is the primary source of federal support for the nation's 123,000 libraries and 17,500 museums. Through grant making, policy development, and research, IMLS helps communities and individuals thrive through broad public access to knowledge, cultural heritage, and lifelong learning.

Participants in the Delta Library Summer Reading program will get extra credit for attending the show, and there will be a door prize for a lucky winner at the end of the evening. See you Monday night, June 10 at the Community Center at 7:00 p.m. (doors will open at 6:45) for the Dan Stevens Puppet Show production of "Rumplestiltskin." Questions? Call the library at 895-4102. ■

Monday, June 10 @ 7:00
At the Delta Community Center



Free Admission ~ Meet the cast after the show ~ Door Prize!

The Stevens Puppets Alaska Tour program was made possible with funding by Rasmuson Foundation through the Harper Arts Touring Fund, and is administered, under contract, by the Alaska State Council on the Arts. Delta Junction performance sponsored in part by the Delta Community Library.



This grant is supported with Library Services and Technology Act funding provided by the Federal Institute of Museum and Library Services as administered by the Alaska State Library. The Institute of Museum and Library Services is the primary source of federal support for the nation's 123,000 libraries and 17,500 museums. Through grant making, policy development, and research, IMLS helps communities and individuals thrive through broad public access to knowledge, cultural heritage, and lifelong learning.



Anyone interested in Fire Extinguisher Training should contact 873-3471. Training consists of hands-on method with live fire practical exercises. Trainees will also learn how to use the P.A.S.S. (Pull, Aim, Squeeze, and Sweep) method to extinguish fires. Don't wait until it's too late. Learn how to safely combat fires.



Birds of Alaska

Biology of birds including behavior, anatomy, physiology, ecology, systematics and field identification.

1 credit.

Register by June 14th.

Tues/Thu/Sat 6:30 pm - 9 pm 6/25 - 7/2

Call 895.4605 for more information.

For the most up-to-date information, you can now find UAF CTC-Delta on Facebook!



Take classes locally at the Delta Career Advancement Center, 1696 North Clearwater Avenue, and take advantage of the \$50 off/per credit voucher.



UAF is an AA/TD employer and educational institution.



Child, Youth and School Services offers Family Child Care Amnesty Program

The Family Child Care Program hosts a Family Child Care Amnesty Month annually. During the amnesty month people providing unauthorized child care in their homes can "turn themselves in" to the Family Child Care Program without penalty and begin the process to become a certified Family Child Care Provider.

Unauthorized care is defined as consistently providing more than 10 hours of care weekly in your home to children other than your own dependents. A penalty of providing unauthorized child care in your home is the potential loss of housing privileges. Child care provided on the installation that is not approved by the garrison commander puts the command in

liability. The objective of the FCC program is to provide quality care and reduce the potential for the incidence of accidents. Army Regulation 608-10 requires FCC Program staff to identify unauthorized child care in home settings (child care provided by a non certified FCC provider), immediately close the home and assist parents in finding alternative care within the CYSS Program. The individual offering unauthorized care may apply for FCC certification, but may not care for children until requirements for FCC provisional certification are completed.

The Army FCC Amnesty Program allows individuals who are not currently certified FCC providers (but are regularly caring for children in government owned or leased quarters) an opportunity to register with CYSS without penalty. During the months of June

and July 2013 individuals who come forward and meet the FCC provider eligibility requirements may continue to provide child care while simultaneously going through the FCC certification process. Call 873-4600 for more information on becoming a FCC Provider.



Interested in becoming a FCC Provider? Fort Greely CYSS FCC Amnesty set for June and July

Are you providing child care in your home?

Are you a CERTIFIED Army Family Child Care Provider?

I just found out my caregiver is not authorized to take care of me in her home!

Yes! Caregivers living in government quarters and FCC housing must be Army certified before caring for children.

How can I help my caregiver become Army FCC certified?

I don't want to lose my caregiver! What's in it for me and my provider?

These requirements apply to anyone caring for children in their home on a regular basis.

You will be cared for by a certified provider who has training, extensive background clearance checks, & who is frequently monitored. Your provider has access to free loan of equipment & materials, USDA food program reimbursement, financial incentives, and a built in support network!

Have your parents or caregiver contact the Garrison CYSS Family Child Care office

Call 907.873.4600 for FCC Provider information.

Become FCC Certified ... It's the right thing to do!

ARMY STRONG

SKIES Unlimited

Schools of Knowledge, Inspiration, Exploration & Skills

Saturdays in July

Parent & Child Activities
Classes for parents and children 2 - 5 yrs
July 6, 13, 20 & 27
\$25

10 - 10:45 a.m.
CDC Preschool Room

- July 6 Shadow Tracing**
Explore how much fun tracing shadows can be.
- July 13 Exploding Paint Pictures**
Explore how science can effect color combinations.
- July 20 Squibble Designs**
Explore creative design, and how art can teach lessons in patience.
- July 27 Chalk Flowers**
Explore negative space and observe & draw what you see around you.

Class Limit 10 Children
Register by June 27 at the CDC 873-4599

Exploration Classes

VALDEZ GLACIER CAMPGROUND

1200 AIRPORT ROAD
VALDEZ, ALASKA 99686
907-873-4311 RESERVATIONS

Check us out on Facebook!
Scan with your smart phone
Go straight to Valdez Glacier Campground

U.S. ARMY MWR

"LIKE" Fort Greely Family and MWR on Facebook!
www.facebook.com/FortGreelyFMWR

INFORMATION: 907.873.4058
RESERVATIONS: 907-873.4311

Experience Alaska

with Fort Greely MWR

Outdoor Recreation

- JUNE 1** ATV Training Class
- JUNE 7** Fly Fishing Clinic
- JUNE 13** George Lake Fishing Trip
- JUNE 14** ATV Training Class
- JUNE 15** George Lake Fishing Trip
- JUNE 20** Clearwater Fly Fishing Trip
- JUNE 22** Clearwater Canoe/Kayak Float Trip
- JUNE 28** ATV Training Class

907.873.4058 Stop in to see what we have to offer!

U.S. ARMY MWR

IMCOM

Parent Advisory Board Back in Action!

By Gerry Withers

Family and Morale, Welfare and Recreation

The CYSS Parent Advisory Board is a parent run organization that facilitates communication between parents, the community and CYSS. The PAB meetings are open to all community members and are run by elected officers. One of the goals of the PAB is to ensure we are meeting the needs in the local community. This forum provides opportunities to discuss:

The current group of officers:

President:

Angela Murphy -
Army Community Service (ACS)

Vice President:

Heather Misquez -
MWR NAF Support Services

Secretary:

SFC Maureen Meehan -
49th Missile Defense

Please join us in shaping our community!

- Changes in CYSS programs and services
- Volunteer opportunities for Parents, Community Members and Youth
- Input in developing CYSS procedures and activity planning
- Quality improvement projects for CYSS programs
- Staff appreciation opportunities



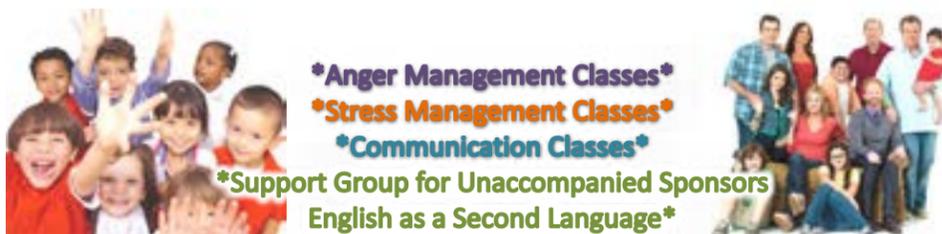
ABOVE LEFT U.S. Army Space and Missile Defense Command Commander, Lt. Gen. Richard P. Formica speaks to parents at the April PAB meeting. UPPER RIGHT: Lt. General Formica serves spaghetti at April's PAB meeting. MIDDLE RIGHT PAB Vice President, Heather Misquez enjoys a moment with her son Asher. BOTTOM RIGHT CSM Gooden hands out drinks during the spaghetti dinner.

Photos courtesy of Mary Fulton



ANNOUNCEMENT!!!

Army Community Service will provide educational classes for families at Ft Greely.



Anger Management Classes

Stress Management Classes

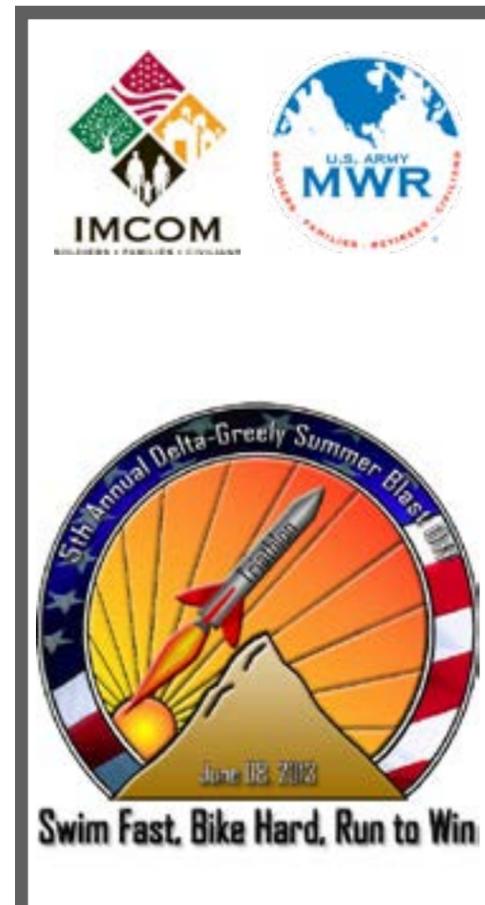
Communication Classes

*Support Group for Unaccompanied Sponsors

English as a Second Language*

The classes will meet at least once a month.

Interested parties may call 873-4346



Delta-Greely Summer Blast Off Triathlon

June 8, 2013

Start Time:
10:00am

Sponsored by



No US Army endorsement implied.

Call the Fort Greely Fitness Center for more info. 873-2696

July BABY Signs

Sign • Sing • Play Classes

Saturdays • 11 - 11:45 a.m.
CDC Preschool Room
\$25 per child
Beginning July 6 for 6 weeks

Parent and Child Activity
Children ages 12 Months - 5 yrs
Class Limit - 15 Children
Registration Required. Sign up by June 27
at CDC Central Registration. 873-4599

BE SAFE on Alaska's Rivers & Lakes

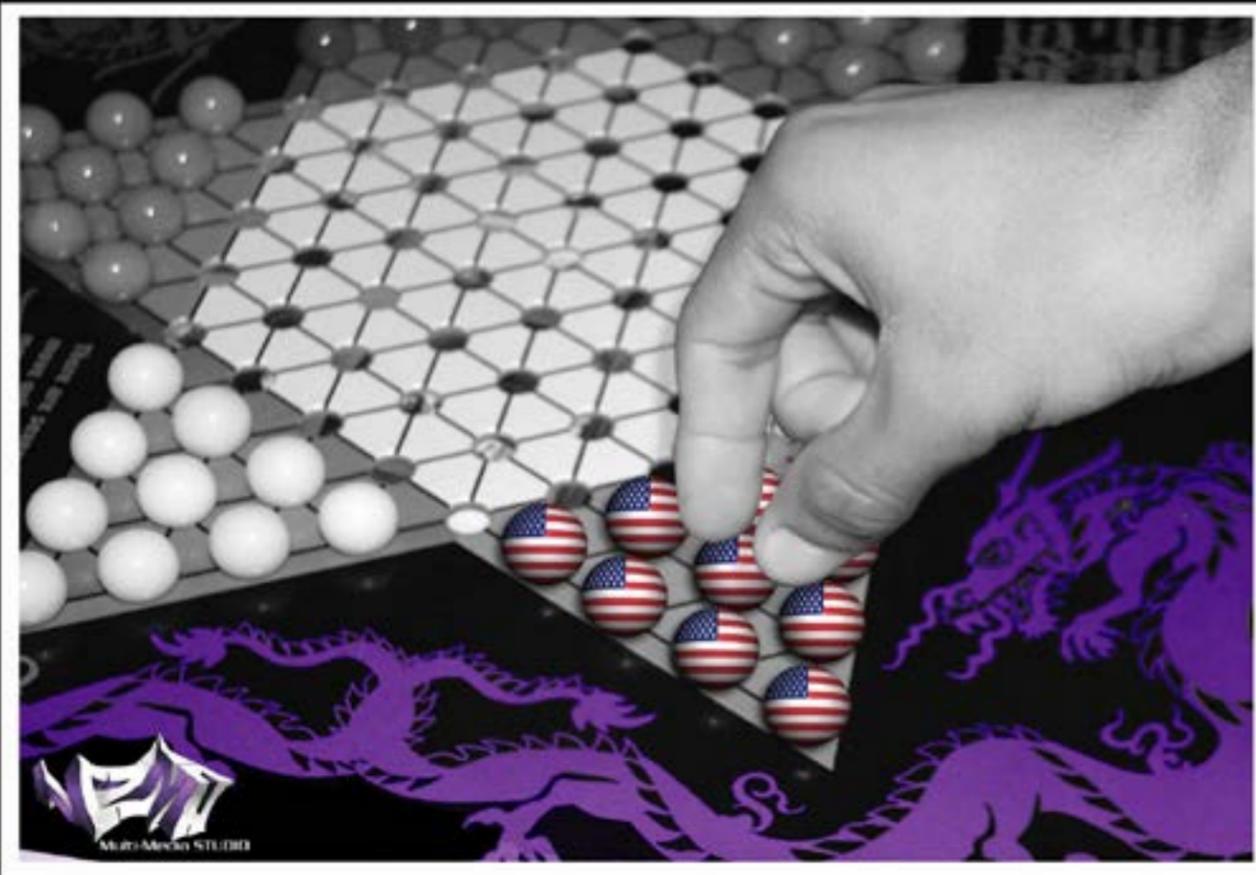
Drown Proof Training*

Thursdays • 6 p.m.
Fort Greely Pool • \$3
873-5665

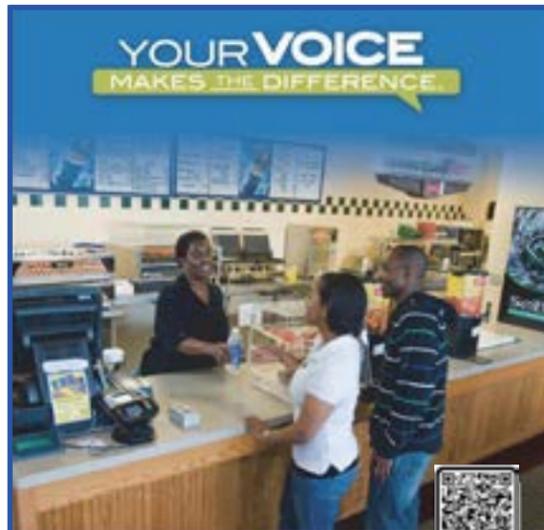
- Bring a Towel
- Be prepared to get in the water.

Classes run approximately 45 minutes.

*Required for renting boats from Family and MWR ODR and recommended for safe boating in Alaskan waters.



LIKE GOOD STRATEGY,
GOOD OPSEC BEGINS BEFORE THE FIRST MOVE



Visit
<http://www.greely.army.mil>
Then Click on the ICE Logo
or
<http://ice.disa.mil>
Army Pacific / Fort Greely Garrison /
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[Take me to the Fort Greely Facebook Page](#)

CLASSES

UAF Community and Technical College classes at the Delta Career Advancement Center

Take classes locally at the Delta Career Advancement Center, 1696 North Clearwater Avenue and take advantage of the \$50 off/per credit voucher. Call 895.4605 for more information.

SUMMER CLASSES

Intro to Personal Computers **1 credit**
Introduction to basic computer skills including using the mouse and menus, opening and exiting applications, creating basic files and basic file management, web browsing, email and virus protection.

Mon/Wed 6 pm - 9pm 5/13 - 5/27

Speaking English as a Second Language **1 credit**
Engaging in English conversation, for students who do not speak English as their first language. Emphasis on building student confidence in understanding and speaking English.

Mon/Wed 6 pm - 9 pm 5/22 - 6/5

Intro to Early Childhood Profession **3 credits**
Includes historical foundation, current issues and trends, exposure to a variety of developmentally appropriate programs, contemporary needs of children and families, the importance of being an advocate, professional standards and career opportunities, introduction to NAEYC and the code of ethical conduct.

Tues/Thu 6 pm - 9 pm 5/27 - 7/18

Birds of Alaska **1 credit**
Biology of birds including behavior, anatomy, physiology, ecology, systematics and field identification.

Tues/Thu/Sat 6 pm - 9 pm 6/25 - 7/2



An educational consortium funded through the Alaska Dept. of Labor and Workforce Development, Division of Business Partnerships, Partners for Progress in Delta helps operate the Delta Career Advancement Center.

Partners for Progress in Delta, Inc.



www.partnersforprogressindelta.org • www.ctc.uaf.edu

UAF is an AA/EO employer and educational institution.

The Fort Greely Education Center



Interested in going back to school but don't know how?
Want to get your GED?
Want to apply for Tuition Assistance to pay for college courses?
Need access to a computer/WIFI?
Need help completing the Free Application for Federal Student Aid (FAFSA)
Find out about military spouse opportunities. Visit the Fort Greely Education Center!
We are located down the hall from the Launch Room Dining Facility in Building 661.

Phone: 907-873-4369

Fax: 907-873-4379

Email: diana.newman@us.army.mil

www.greely.army.mil

Safety and Wellbeing Corner

Vitamin B12

By 1LT Aaron Dahle
49th Missile Defense Battalion

Vitamin B12 replacement can increase energy levels... in individuals who are low on B12. Vitamin B 12 comes from two main sources. They come from whole grains and animal products, especially liver.

In order to NOT be deficient, you need three things: (1) a readily available supply of Vitamin B12 in your diet (2) the right chemical environment in your gut to absorb it, and (3) a properly working liver to store the vitamin.

Most Americans, have 1 and 3 squared away. However, some Americans do not absorb the vitamin due to not having the right chemical environment in their stomachs. The right chemical environment needs a few essential elements. The top two are enough acid and an enzyme called intrinsic factor.

Those that do not produce enough acid in their stomach, do so because of genetics or medications that reduce acid levels because of having acid reflux/stomach ulcer.

Others do not produce intrinsic factor due to genetics, autoimmune disorders (crohns, irritable bowel, celiac disease), or have had gastric bypass surgery.

Also, recent studies suggest that oral Vitamin B12 replacement is more effective than the shot, in most individuals with a properly working gut. Also the oral therapy does not have the risk of injury and infection that comes with an injection. Plus, we do not have the injection here at the aid station, nor are we authorized to have it at the moment.

Bottom line though, a simple blood test will show us if you are vitamin B12 deficient. Similar to the blood test for Vitamin D (see earlier e-mail for details about vitamin D. ■



By Fort Greely Garrison Safety Office

As the spring season gets underway, here is a way to avoid injuries by reviewing these safety tips before heading out to the yard:

Whether it is lifting a bag of mulch or a large flower pot, plan your lift and don't be in a hurry. Bend at the knees, not the waist and keep your back straight. Lift with your legs and thigh muscles keeping the item close to you as you lift. Do not twist at the waist and always ask for help for items that are heavy or bulky.

Inspect lawn and garden power tools for frayed power cords and cracked or broken casings. If the item is damaged, replace it. Thoroughly inspect tools prior to every use.

Take care of your back during yard clean-up and planting. Sprains and strains can be avoided by varying tasks so that you're not making the same movement over and over for long periods of time.

Before using the lawn mower for the first time this year, review the owner's manual. Be sure you know how to stop the mower in case of an emergency. Store gas in an appropriate UL approved container and store it away from your home.

Whether your ladder is brand new or it has seen a few spring cleanings, read the instructions and warning labels before using it. Remember to use the 4-to-1 rule: for every four feet of ladder height, the bottom of the ladder should be one foot away from the wall or object it is leaning against.

Always wear appropriate protective clothing that is necessary for the task, such as gloves, long pants, eye protection and sturdy footwear. This is especially critical when handling pesticides and fertilizers. Always wash hands and clothing after handling these materials. And don't forget to wear sunscreen! ■



Fort Greely Army Substance Abuse Program

Fast Service "Wow" Customers

Customers love things done quickly, but most only just hope for speedy service. Be fast in customer service without being careless, and you'll make a powerful impression that will win you great favor. Speediness often costs nothing to deliver, and it can give your organization or work unit an edge that many competitors can't match. Pushing too quickly can produce negative results, of course, but a delighted customer will deliver the word-of-mouth advertising every business covets. Consider how you can anticipate and eliminate the natural delay in fulfilling customers' needs in your position. Witnessing your customer's delighted response may be all the enthusiasm you need to brighten your day and even find renewed meaning in your job.



Do You Have Prediabetes?

If you are pre-diabetic or have any of its risk factors, be sure to ask your doctor to order a hemoglobin A1C test in addition to ascertaining your glucose level. Your glucose level could fall in the upper end of the normal range, whereas a hemoglobin A1C test given at the same time could show you are well within the prediabetes range. With these two tests, your medical provider can offer you guidance in helping prevent type II diabetes. Source: www.diabetes.org

Tips for Avoiding Ravenous Hunger

Eating several smaller meals during the day could help you lose weight and rescue you from low blood sugar, the trigger for those cravings that send you rushing to a fast-food restaurant at lunch or on the way home from work. Get yourself a lunch box and put in it a frozen "cold-pak" along with foods like carrots, celery sticks, grapes, cherries, dried fruits, almonds or lower-fat nuts, and a piece of cheese. Chances are you've heard of this strategy; now you know how to pull it off. Try it for a week and notice the results.

Suicide Risk and Baby Boomers

There is new concern about middle-aged baby boomers and the group's increased rate of suicide that was first identified in 1995. Middle-aged men are at highest risk, but suicide among middle-aged women is up too. The rate has jumped about 50% in the past 10 years. Although it made national news recently, experts can't yet explain the trend. Speculation centers on financial stressors, this group having more chronic illnesses than their parents' generation, and their unique life experiences and perspectives. A higher spike in suicide among the baby boomer group was also witnessed in their late teens, causing some researchers to anticipate what's being witnessed now. The subgroup with the highest risk among baby boomers is divorced/ single men without college degrees experiencing isolation, stress, health problems, and depression, particularly Vietnam-era men and vets. Do you know someone who falls in this group? Learn about intervention and about helping prevent suicide no matter what a person's age or background. You can learn more at American Federation for Suicide Prevention (www.afsp.org).



June is National Safety Month

Reduce your risk of having an accident, not just by thinking safety, but by understanding what "thinking safety" means. Become aware of the natural human tendency to relax around familiar risks or procrastinate in taking preventive measures to avoid accidents. Start thinking on "defense," and you'll employ more safety measures to protect yourself and others. You may know the majority of automobile accidents happen within 25 miles of home, but the reason why is not only more frequent travel within this range but also familiarity with the driving area and less inclination to drive defensively. Familiarity increases our complacency in other areas of our lives as well. A classic example is reaching for an object on a high shelf, stretching too far, and then falling as a result rather than climbing down and repositioning the step stool first. Turn would-be accidents into non-events and more close calls by understanding how to think safety.

Punching through the "Plateau Effect"

Almost anyone who tries to lose weight will discover at some point the body's natural desire to resist further loss even with additional effort. This is called "the plateau effect." There's nothing wrong with your weight loss program or your body. Instead, you've encountered a phenomenon called the "plateau effect." The plateau effect applies to every aspect of our lives because it is a natural law just like gravity. When additional effort to achieve more of the same result no longer works, the plateau effect is in play. Examples of the plateau effect include hitting a ceiling in your career growth, boredom in a relationship, slowed growth of a business, burnout from overwork, the flattened price of a stock, and even a falling rock reaching its terminal velocity. Everything can plateau. The good news is that winning strategies exist that can help you overcome the plateau effect when it appears in different areas of your life. And for the first time a book has been published that explains it all. Pick up a copy of The Plateau Effect: Getting from Stuck to Success. You can find the free slide show that explains this powerful phenomenon and the steps to overcome it at <http://www.slidebars.net/ThePlateauEffect>.

Networking for New Graduates

Networking is the most common method for finding a job, but it is much more than heading to the horns of business cards. It's about developing a personal strategy of long-term and synergistic engagement with others with whom you can mutually share resources and opportunities. If you are a new graduate, begin now to build this list of contacts. Nurture it by sending a short, heartfelt note of well wishes once per year—in writing via a real postage stamp. This powerful networking strategy used by executives and even U.S. presidents will build leverage like an IRA, and the payoff will be a bank of opportunity that will follow you throughout your career.

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 Hammond's Flycatcher perches on a wood round to survey the area. If you'd like a chance to have your Alaskan photo on the cover of the *Interceptor* and displayed in Garrison Headquarters Building 501 for a year submit your photo to the Installation Public Affairs Office (deborah.a.coble2.civ@mail.mil) prior to the 15th of every month.

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