



Mar. 2014

Fort Greely

Home of the Rugged Professional

INTERCEPTOR

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(Mar. 20, 2:30 p.m. at the CAC)*

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Command Corner

As we climb up the temperature gauge and tilt back towards the sun lengthening the days, the garrison will be transitioning to another phase in our focus emphasizing a community aspect of the Army's Ready and Resilience Campaign.

Previous Interceptor submissions highlighted individual Soldier, Civilian and Family member aspects of the campaign highlighting individual opportunities to grow through physical readiness, financial readiness, mental and emotional readiness and spiritual growth. To reiterate, the services here at Fort Greely to address each of those are top-notch and will maximize overall individual readiness. Please continue to do your part by signing up for the many activities and taking part in what is offered.

Transitioning to the community aspect of Ready and Resiliency, the garrison will be conducting a series of exercises throughout the spring designed to ensure we as a garrison, in collaboration with the community, are ready to respond to contingency events. These contingencies could be responding appropriately to an earthquake, evacuation of the installation caused by a wildland fire, or any other event that could occur in which the

community would need to come together as a team to respond appropriately.

Through past experience and observation, I think we can all agree the foundation for appropriate response rests on prior planning coupled with effective communication. This is no different than before making that daunting two-hour trip to Fairbanks we all check the status of our vehicle, plan an appropriate time of departure, ensure the driver is well rested, ensure extra clothes are packed for ourselves and especially the young ones in our family, cell phones are charged, and most importantly, you have communicated that plan to someone that can contact help if the drive doesn't turn out the way it should. Essentially, the garrison will be going through that same thought process, but on a different scale to ensure we can respond effectively to anything that does not go according to plan.

As always, please communicate across Team Greely to address that which we can solve and help advertise those outstanding opportunities for Soldiers, Civilians and Families. Pay attention to the increased foot traffic, both children and adults, around the installation that will come with warmer temperatures and adjust what we are looking out for when

driving. The Provost Marshall has indicated we are doing a pretty good job as a team with driving in accordance to the posted speed limit. Would ask continued diligence in that regard.

One additional announcement that I'd like to make is to invite each and every one of you to a Special Installation Community Town Hall on March 20, 2:30 to 3:30 p.m. at the Aurora Community Activity Center. Col. Karl (K.C.) Bolton, Commander, United States Army Medical Activity-Alaska, will be on hand to discuss TRICARE updates and the After-hours Urgent Care Services at Fort Greely. Please help spread the word as I highly recommend attendance by all in order to get the information with respect to medical care on FGA and have your questions answered.

Lt. Col. Brian A. Speas



**USAG Fort Greely, Alaska
Garrison Commander
Lt. Col. Brian Speas**

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KUDOS Corner



Kudos to Fort Greely's Equal Opportunity Special Events Council and their outstanding commitment to cultural awareness education. The council is a collective group of volunteers who work to promote awareness about equality and diversity by coordinating, planning volunteering time and finding funding for these events in the way of special observances. The observances are conducted in order to recognize the continuous achievements of all Americans and their culture. They help to increase awareness, mutual respect and understanding. These events are designed to enhance cross-cultural and cross-gender awareness and promote harmony among all military members, their families, the civilian workforce and the communities in which we live.

The Equal Opportunity Special Events Council members meet every Tuesday at 11 a.m. at the Aurora Community Activity Center and many of the members volunteer additional time outside of the meetings to prepare for the special events. They prepare the visual aids, write and offer remarks, research and gather educational entertainment for the events. Many times they spend a great deal of time and effort preparing food samplings for various cultural awareness events not only to entice participation but to promote a more robust understanding of the highlighted culture. These efforts are not easy, but they are certainly respected and appreciated by all.

The cultural awareness events that we can look forward to every year are Martin Luther King Jr. Birthday Celebration, African-American/Black History Month, Women's History Month, Asian-American and Pacific Islander Heritage Month, Pride Month, Women's Equality Day, Hispanic Heritage Month, National Disability

Employment Month and National American Indian Heritage Month.

When asked why they do what they do the general consensus was to bring about something good to the communities that we call home. Cold Regions Test Center, Jennifer Lawless, said, "If we can be a part of helping someone be more aware and understanding, then that is a great feeling. Bringing the community together is such an important task."

If you are interested in joining the Fort Greely Equal Opportunity Special Events Council please contact Mary Maczko at 873-4454 or Jennifer Lawless at 873-7310. All are welcome and encouraged to participate.

Current members include: Fort Greely Garrison Command Sergeant Major, Command Sgt. Maj. Christopher Brown, Sgt. First Class Ellington, Staff Sgt. Musgrove, Staff Sgt. Brooks, Sgt. Whitehead, Chaplain Brian Palmer, Military Family Life Consultant representatives (currently Jackie Davis), Jack Detzel, Dielisse Dunklebarger, Barb Flynn, Angela Glass, Dave Hendry, Mirian Houston, Jennifer Lawless, Mary Maczko, Jill Monson, Kim Mortrud, Kathy Rogers, Lola Thompson, and Teresa Wehnt. ■

UPDATE: After-Hours Urgent Care Services at Fort Greely

- In 2013, the Delta Junction Family Medical Center discontinued After-Hours Urgent Care Services. In order to compensate for this loss of service, the Western Regional Medical Command has coordinated an execution plan to continue supporting the after-hours care mission.

- This mission is currently being met by rotating a board certified Family Medicine provider and an enlisted Health Care Specialist through the 49th Missile Defense Battalion Aid Station. The medical provider will be on-call after normal duty hours, Monday through Friday from 1630 hours - 0800 hours the next duty day, and all day and night on weekends and holidays. The number to call for this service is (907) 304-3465. If you are unsure whether you should travel to Fort Wainwright Bassett Army Community Hospital for after-hours care please call (907) 304-3465 first. For emergencies, please call 911.

- The medical provider will be able to evaluate the needs of each patient, treat many urgent minor illnesses and minor injuries, make recommendations for self-care, use Tele-Health services for consultation with a specialist at an Army Hospital, or refer the patient to the Delta Junction Family Medical Center or Bassett Army Community Hospital at Fort Wainwright for further consultation and treatment.

- Currently, the 49th Missile Defense Battalion Aid Station does not have X-ray or Laboratory services. These services must be obtained at the Delta Junction Family Medical Center or Bassett Army Community Hospital at Fort Wainwright. We are looking to establish a more robust clinic on Fort Greely in the near future.

- Delta Junction Family Medical Center will continue to provide primary care during regular business hours. Beneficiaries can continue to make appointments at the Delta Junction Family Medical Center with the 49th Missile Defense Battalion Physician Assistant. An obstetrician from Bassett Army Community Hospital at Fort Wainwright will continue to see TRICARE Prime Remote beneficiaries on a monthly basis at the Delta Junction Family Medical Center.

- The contact number for After-Hours Urgent Care Services is (907) 304-3465. Fort Greely Active Duty Soldiers, Deployed Reserve Components, Retirees and the dependents of those sponsors are eligible to use the Fort Greely After-Hours Urgent Care services.

- The Bassett Army Community Hospital OB/GYN Circuit Rider is still available every third Wednesday of each month. To schedule an appointment please call BACH at 907-361-4000. The pediatrician circuit rider is no longer available due to established routine care through the Fort Greely Medical Provider please call 895-5100 to schedule an appointment.

There will be an Installation Community Town Hall March 20, at 2:30 p.m. at the Aurora Community Activity Center to meet with guest speaker Col. Karl (K.C.) Bolton, Commander, United States Army Medical Activity-Alaska, to discuss TRICARE updates and the After-hours Urgent Care Services at Fort Greely. All Team Greely members are welcome.

For EMERGENCIES CALL 911.

FMWR Spring Fling fun-filled events - begins March 22!

Special Access Event!
Open to the Delta-Greely Community.

Fort Greely's Directorate of Family and Morale Welfare and Recreation's invites the Delta-Greely community to their Annual Spring Fling Event on Saturday, March 22. The fun begins with an indoor winter triathlon at 10 a.m. followed by the much-loved "Latrines on Ice" outhouse race at noon. End the day with our first annual prom night for adults - a red carpet affair starting at 8 p.m.

Sign-ups for the indoor winter triathlon are required prior to March 7. Entrants will participate in 20 minutes of running, biking and swimming. Those who are interested should contact the Fort Greely Fitness Center at 873-2696.

Sign-ups for the annual "Latrines on Ice" outhouse race are required prior to March 17. Those who are interested should contact the Aurora Community Activity Center at 873-4782. Adherence to the "Latrines on Ice" outhouse race rules and regulations are required: Build an outhouse with wood and/or cardboard, put in a toilet seat and roll of toilet paper, mount it on skis and PUSH it 500 feet the fastest to win. Race is limited to first 10 entries. Outhouses may be built from any material that produces a structurally sound building on skis. The outhouse is limited in size to 6 feet wide including push bars, 12 feet long and 8 feet in

height. There is no minimum height, length or width. The outhouse must carry one helmeted person sitting on a toilet seat. Four people will push. One roll of toilet paper is required. Push bars must be permanently mounted to the outhouse. The outhouse must ride on wooden runners, snow boards, downhill or cross-country skis. Any outhouse deemed unsound or unsafe by the race committee will not be allowed to race.

The race course will be a two-lane course with two teams racing each other down to the finish line. Time will be kept with a stopwatch. Winners of each race in the first round will compete in the finals. Top three finishers will receive a special trophy. Sign up your five person team now! This is a wonderful opportunity to use your creative side to

develop a theme for your outhouse (PG-rating please).

Rules and free outhouse racer blueprint is available at the Aurora Community Activity Center and at www.facebook.com/FortGreelyFMWR. Stage your finished outhouse racer at the Aurora Community Activity Center by 11:30 a.m. on Saturday, March 22. The race will begin at noon.

To round out the fun-filled day come celebrate at the First Annual Prom Night from 8 p.m. to midnight on March 22 at the Aurora Community Activity Center on Fort Greely. Tickets are \$15 each or \$25 for couples. Full bar service, contest prizes and finger foods will be available. Must be 18 years and older to participate (Music by DJ Pinkelman and photographs by J. Velez). Contact the Aurora Community Activity Center front desk at 873-4782 for details and to purchase your tickets today. ■

Free tax service March 17-19

A team from Fort Wainwright will be available at Fort Greely from March 17-19 to assist with your simple tax returns. Dates are March 17-19 with the following time schedule:

March 17: 10 a.m. to noon and 1 p.m. to 5 p.m.

March 18: 9 a.m. to noon and 1 p.m. to 5 p.m.

March 19: 9 a.m. to noon and 1 p.m. to 3 p.m.

Location for all three days is in the basement of Building 501 Headquarters, Room 204 F (go downstairs, take a right, take a left, first door on right followed by an immediate right).

Service is available for Active Duty Soldiers, Deployed Reserve Components, Retirees and all dependents of those sponsors. Dates and service availability are subject to change due to weather, staffing and varying resources. ■



News from our Fort Greely Commissary

We are heading towards better weather when everyone is inspired to start having events that often involve purchasing extra food and supplies from the Commissary. To make sure we have enough of what you need, consider doing a special order in advance. Most of our dry/bread/chip orders need to be placed a week in advance. Chilled and frozen orders are two weeks out.

Just stop by or give us a call and we will order your items and have them ready when you need them. Call us at 873-4407.

On March 4 we started new hours of operation for Tuesdays at the Fort Greely Commissary. We will open an hour later and stay open an hour later to better accommodate your busy schedules. Tuesday's hours of operation will now be 11 a.m. to 8 p.m. Please stop by and take advantage of those new hours so you can



FORT WAINWRIGHT TAX ASSISTANCE CENTER



INFORMATION FOR THE 2013 TAX YEAR

Who is Eligible for Our FREE Tax Service?

Active duty, mobilized Reserve Component members, retirees and the dependents of these sponsors who have **simple, non-complex tax returns** are eligible for tax assistance service. You may file returns electronically whether you are getting a refund or you owe taxes. However, only tax returns prepared by a Fort Wainwright Tax Assistance Center staff member can be electronically filed at the Fort Wainwright Tax Assistance Center. For questions or an appointment, please call (907) 353-6559. Due to the government shut-down in October, e-Filing with the IRS will not be possible, as early as it usually has been offered. For Wainwright's Tax Center will open on January 27, 2014.

WHAT WE WILL NEED TO PREPARE YOUR 2013 TAX RETURN

Our goal is to provide all eligible patrons with prompt and accurate tax service. This means you need to bring all of the proper paperwork with you. While the Tax Center has all of the necessary IRS forms, we do not have copies of your W-2 or the taxpayer identification code of your childcare provider. While you may have committed all of these numbers and statistics to memory, and can recite them error-free, the calculation of taxes is best completed when the preparer has essential data at his or her fingertips. Please review the following categories of information to learn what you will need to bring to the Tax Center.

Power of Attorney: If your spouse will not be present for the preparation of your taxes, you must have a Power of Attorney (POA). Either a special POA or a general POA is acceptable so long as it specifies "taxes". Bring the original and a copy of the POA to your appointment. Your taxes will not be started without the POA.

Social Security Numbers: You must have Social Security Numbers (SSN) for all family members. PLEASE BRING THE SOCIAL SECURITY CARDS!

If you have a U.S. nonresident spouse and are filing a joint return, you will also need an ITIN card or photocopy. **NOTE:** *Children or parents who are dependents must have a Social Security Number to be claimed on your tax return. (ITIN NUMBERS DO NOT QUALIFY.)*

Bank Routing and Account Numbers: If you want to have your return electronically filed and anticipate a refund, we must have the name of your bank, your account number and the bank routing number. PLEASE BRING IN A COPY OF A CHECK FROM YOUR ACCOUNT.

Other Documentation: The following list is a guide and does not necessarily include all information that may be required to properly complete your tax return:

1. **Forms W-2 and 1099:** Bring these forms from all employers and financial institutions.
2. **Child Care Credit:** For each provider you must have the name, address, social security number and the total amount paid for the year. Child Development Center provides a receipt.

CRTC mechanic is Alaskan to the core

By Mark Schauer
Cold Regions Test Center
Public Affairs Office, Yuma

With responsibility for a fleet of over 40 wheeled and 20 tracked vehicles, Cold Regions Test Center’s vehicle maintenance shop is a vital component to ensuring testing on remote ranges in frigid cold and deep snow proceeds without a hitch.

Employed at CRTC since 2002, Dave Sutherland, acting lead for the shop, brings a lifetime of experience to the job.

“I grew up handing wrenches under the wheel well,” he said. “It probably isn’t my chosen profession, but it chose me. I still enjoy it—at the end of the day, you see something physical that you created.”

Born in Fairbanks but raised in Delta Junction, Sutherland is the third generation of his family to make Alaska home.

“My grandfather drove the Alaska Highway to come up here in 1947, when it was still pretty much a mud trail. He was from New York, and he and a couple of Army buddies when they got out of the service decided they were going to go to Alaska to live the dream.”

Having grown up on a farm, for a time Sutherland aspired to be a farrier, an occupation that combines elements of blacksmithing and veterinary medicine to care for all aspects of a horse’s foot. After high school he spent a summer apprenticing with a farrier in Fairbanks, then went to school in Oklahoma to gain certification in the craft.

“When I got out of horseshoeing school, I submitted a resume to Disneyland. I had an interview, but they were looking for someone with more experience.”

He still does farrier work as a hobby, but chose to return to Alaska rather than attempt to make it a career in the lower 48 states.

“I’d had enough of life in Southern California,” he said. “When I got back home to Alaska and realized how much I like it here, I stayed. I like the pace, I like the people and I like the country.”

Like many in rural Alaska, Sutherland enjoys hunting, using the Webley bolt action rifle handed down to him from his grandfather. In addition to moose and other typical Alaska game, four years ago he was drawn in the



Photo courtesy of CRTC.

coveted lottery to hunt a Dall sheep, a stocky creature whose rams have large horns and lives at rugged alpine elevations. He succeeded in his hunt, which he attributes to patience and a lot of climbing. But he had less luck when he accompanied former CRTC commander Col. John Cavedo on the same hunt when the latter won a subsequent lottery.

“We had a great week camping out in the rain, but we didn’t get him a sheep. It’s beautiful country up there: above the tree line, rocky. It’s probably the hardest hunt you can go on, but fun.”

Alaska has the highest per capita rate of licensed private pilots in the United States, and Sutherland has counted himself among this group for about 10 years.

“It’s something I always wanted to do. Up here, it’s so big that you can’t see everything by boat or snow machine -- flying is the only way to do it.”

Though owner of a relatively modest two-seat plane of tube and fabric construction, Sutherland was reluctant to own an airplane until giving in to his wife Karen’s encouragement.

“There’s a lot of time and money committed, but you just have to dive in and do it,” he said.

Sutherland likes working on ground vehicles in his spare time, too. While in high school he owned a 1966 GMC panel truck that he lovingly maintained for as long as possible. When it finally succumbed to old age, he

vowed he would own another one someday. Two years ago he finally found a 1951 model, though it needed more than a little tender loving care.

“It literally had trees growing in it. I have it up and running now.”

Though he immensely enjoys his job and the farm he shares with his wife and daughter, Sutherland has for the past eight years made a point of taking at least one sea cruise annually, including one to Europe and several to Mexico and the Carribean.

“By the end of the test season when we’ve been in the cold and dark for three or four months, it’s a sanity check to get out on even a one week cruise. It’s enough to get Vitamin D back in your system and realize there is a light at the end of the tunnel. As vacations go, it’s probably the cheapest you can do.”

Nonetheless, there is no place like home as far as he is concerned, and he intends to stay for the long haul.

“I like sun and sand and I could possibly see myself snowbirding someday, but I’ll always have a home here. ■



The history of disasters and preparedness in Alaska

at least 100 feet above sea level or two miles inland. You should be able to reach it within 15 minutes.

What to Do If There Is a Tsunami

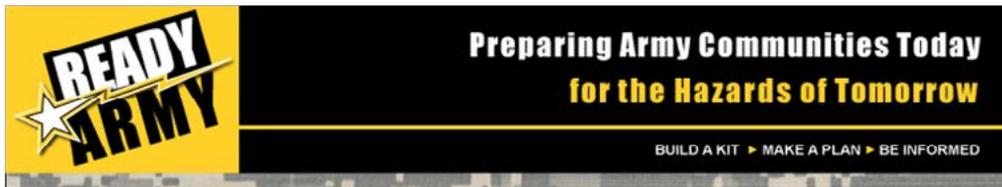
Stay tuned to the radio or TV for more information or instructions. Authorities will issue a warning only if they are certain a threat exists. Stay away from the beach. A large recession of the water is nature's warning of a tsunami. Heed this as you would an official warning. There may be little time between a warning and the tsunami, so if you are told to evacuate, do so immediately.

If you hear an official tsunami warning or are told to evacuate:

Immediately get to higher ground, preferably a previously identified area. Take your emergency kit. Once you are in a safe place, report to your command if you are military or civilian personnel or a member of the selective reserves.

Information is available from federal, state, local, and Army resources. Access Ready.gov and Ready Army (<http://www.acsim.army.mil/readyarmy/index.htm>) to learn what to do before, during, and after an emergency.

For further information, briefings or presentations contact Russ Ackerman at 873-9145 or e-mail Russell.r.ackerman.civ@mail.mil.



By Russell Ackerman

Directorate of Plans, Training, Mobilization and Security

At 5:36 p.m. on March 27, 1964, the largest earthquake ever recorded in North America, and the second largest in history, rattled coastal Alaska for close to four minutes. Though the epicenter of the Great Alaskan Earthquake was deep beneath Prince William Sound -- 75 miles east of Anchorage and 56 miles west of Valdez -- the magnitude 9.2 temblor rippled water as far away as Louisiana and even made parts of Florida and Texas jump a couple of inches.

What to Do If There Is an Earthquake

If you are indoors:

Do not run outside. There may be falling debris. If possible, DROP to the floor, take COVER under a table or sturdy piece of furniture and HOLD ON until the shaking stops. If you are not near any sturdy furniture, crouch in a corner or in a stable doorway where there is less chance of things falling on you. Stay away from windows, light fixtures, unstable furniture or anything that could fall. Stay inside until the shaking stops and you are absolutely sure it is safe to go outside. The electricity may go out, so don't use elevators.

If you are outdoors:

Statistics show that the most injuries in earthquakes are caused by falling debris. Move into an open area away from buildings, street lights, utility wires and anything else that could fall. Once in an open area, drop to the ground.

If you are in a moving vehicle:

Stop as soon as you can, away from buildings or anything that could fall. Stay in the vehicle. Proceed very slowly once shaking stops. Once you are in a safe place, report to your command if you are military or government civilian personnel or a member of the selective

reserves.

But what claimed 115 of the 131 lives that day wasn't the earthquake itself. It was the tsunami waves that screamed across Prince William Sound and down the Pacific Ocean. The quake had caused several underwater landslides that, in turn, displaced vast amounts of water. The great volume of water that was forced out to sea returned just as quickly, in the form of giant waves that geologists call local tsunamis.

How to Prepare for a Tsunami

Stay informed and know tsunami terminology:

Advisory—An earthquake that could produce a tsunami has been detected.

Warning—A tsunami that could cause damage has or may have been produced. People in the warned area are strongly advised to evacuate.

Watch—A tsunami has or may have been generated and has a travel time to the area of at least two hours.

Determine whether you live, work or recreate in an area with the potential to be hit by a tsunami. Determine where tsunami signs are located. Get an emergency supply kit. Develop an evacuation procedure as a family. You should identify a place to evacuate that is

Before an emergency, know the way to safety.

Every minute counts in an emergency.

- Get a portable emergency kit.
- Follow your emergency plan.
- Listen to the radio or TV for instructions.

It's up to you. Prepare Strong. For more information, visit www.ready.army.mil

READY ARMY

Eating right...

Food, nutrition and health tips from the Academy of Nutrition & Dietetics

Submitted by **Jamie Murray**
Logistics Readiness Center

25 Healthy Snacks: When a snack attack strikes, refuel with these nutrition-packed snacks. Easy, Tasty (and Healthy) Snacks

1. Parfait: Layer vanilla yogurt and mandarin oranges or blueberries in a tall glass. Top with a sprinkle of granola.
2. Inside-Out Sandwich: Spread mustard on a slice of deli turkey. Wrap around a sesame breadstick.
3. Rocky Road: Break a graham cracker into bite-size pieces. Add to low-fat chocolate pudding along with a few miniature marshmallows.
4. Mini Pizza: Toast a whole-wheat English muffin, drizzle with pizza sauce and sprinkle with low-fat mozzarella cheese.
5. Spread mustard on a flour tortilla. Top with a slice of turkey or ham, low-fat cheese and lettuce. Then roll it up.
6. Sandwich Cut-Outs: Make a sandwich on whole grain bread. Cut out your favorite shape using a big cookie cutter. Eat the fun shape and the edges, too!
7. Banana Split: Top a banana with low-fat vanilla and strawberry frozen yogurt. Sprinkle with your favorite whole-grain cereal.
8. Apple Pie Oatmeal: Make one packet of microwave oatmeal with low-fat milk. Mix in 1/4 cup unsweetened applesauce. Sprinkle with apple pie spice or cinnamon.
9. Mix together peanut butter and cornflakes in a bowl. Shape into balls and roll in crushed graham crackers.
10. Microwave a cup of tomato or vegetable soup and enjoy with whole-grain crackers.
11. Fill a waffle cone with cut-up fruit and top with low-fat vanilla yogurt.
12. Sprinkle grated Parmesan cheese on hot popcorn.
13. Peel a banana and dip it in yogurt. Roll in crushed cereal and freeze.
14. Spread celery sticks with peanut butter or low-fat cream cheese. Top with raisins.
15. Stuff a whole-grain pita pocket with ricotta cheese and Granny Smith apple slices. Add a dash of cinnamon.
16. Mix together ready-to-eat cereal, dried fruit and nuts in a sandwich bag for an on-the-go snack.
17. Smear a scoop of frozen yogurt on two graham crackers and add sliced banana to make a yummy sandwich.
18. Microwave a small baked potato. Top with reduced-fat cheddar cheese and salsa.
19. Make snack kabobs. Put cubes of low-fat cheese and grapes on pretzel sticks.
20. Toast a whole-grain waffle and top with low-fat yogurt and peaches.
21. Mix together low-fat cream cheese, mixed dried fruit bits and shelled sunflower seeds. Spread on a toasted English muffin.
22. Blend low-fat milk, frozen strawberries and a banana for thirty seconds for a delicious smoothie.
23. Make a mini-sandwich with tuna or egg salad on a whole-grain dinner roll.
24. Sprinkle grated Monterey Jack cheese over a corn tortilla; fold in half and microwave for twenty seconds. Top with salsa.
25. Spread peanut butter on apple slices. ■



Photo by Treva Slaughter

Snow berms build big savings for Greely

Staff Report

Directorate of Plans, Training,
Mobilization and Security

A perfect storm of snow and wind made driving the Richardson Highway very difficult one day last November. The velocity of the wind sweeping across Allen Army Airfield and the driving snow necessitated mitigating strategies. Taking a page from the State of Wyoming playbook on snow fences, the Directorate of Public Works engineers and the airfield manager put together the estimates for strong snow fences which would last 25 years. The estimated lowest cost was \$173,760.00. As a second course of action, the establishment of snow berms which is also used in other states was explored and implemented. The cost was minimal as the DPW snow removal team just placed the snow in different locations. The berms have been watched, especially on windy days as the average wind speeds at Fort Greely can be in excess of 40 MPH with gusts up to 60 MPH and have held up well and prevented much of the drifting and visibility issues. The Fort Greely team worked with the Alaska Department of Transportation on this initiative. The snow berms have provided additional visibility to drivers along those areas identified as needing protection. ■

Stay sharp - knife safety tips

By
Fort Greely Safety Office

Here are some tricks that will help you keep from being hurt when you work with your kitchen knives and the other sharp edges around the kitchen.

Keep your knives sharp. If your knife is sharp, it will slide easily through what you are cutting, with little force involved. If the knife is dull, you have to force it to do the cutting, and if you slip a little, there is all that force that makes the knife glance off anything in its way, and often cut the heck out of it.

When you are using a knife, don't cut with the edge toward you or your fingers. If you slip, the blade keeps going toward you, and can easily get you. Pay a lot of attention to where the edge of your sharp blade is pointing, and make sure it can not get you if you slip a bit.

Don't leave sharp knives loose in a drawer. Not only will banging around in a drawer ruin the good sharp edge you have on your knives, someone for sure will reach in the drawer and come out with a handful of knife, and it will probably be you.

If you are working with or handling a knife, and you drop it, stand back and let it fall, don't try to catch it. This sounds elementary, but lots of instincts say catch it, and that can really hurt.

If you have a dirty knife, don't toss it in the dishwasher. There is a good chance the dishwasher, which may be you, will come up with a handful of sharp knife edge. Banging around in the dishwasher will also ruin a good edge. Wash the knives separately.

Please contact the Fort Greely Safety Office with your safety questions or concerns: 873-5031/5239. ■

March is National Nutrition Month

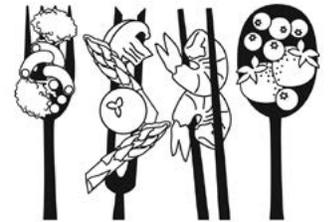


National Nutrition Month® 2014

Rate Your Plate

Are you "eating right?" Rate your eating habits with this quick quiz. Answer the questions below and add up your score.

Enjoy
the Taste of
**EATING
RIGHT**



National Nutrition Month® Academy of Nutrition and Dietetics

Do you -----	Most days	Sometimes	Never
Consider nutrition when making food choices?	2	1	0
Avoid skipping meals?	2	1	0
Include 3 or more whole grain foods daily?	2	1	0
Eat at least 2 ½ cups of veggies daily?	2	1	0
Vary veggies with dark green & orange varieties?	2	1	0
Eat at least 2 cups of fruit daily?	2	1	0
Get 3 cups of low-fat or fat-free milk or yogurt daily?	2	1	0
Choose lean meats and poultry?	2	1	0
Vary protein with more fish, beans and nuts?	2	1	0
Limit saturated fat and trans fat?	2	1	0

Based on *Dietary Guidelines 2010*. <http://www.health.gov/dietaryguidelines/2010.asp>

- 16 to 20 points:** Healthy eating seems to be your habit already!
- 10 to 15 points:** You're on track. A few easy changes will make your total eating plan healthier.
- 0 to 9 points:** Sometimes you may eat smart. For good health, add more smart choices to your eating plan.

For a personalized eating plan, go to www.choosemyplate.gov

www.greely.army.mil



We're Searching for Volunteers

A **Volunteer Appreciation Ceremony** for Fort Greely Volunteers will be held April 24, 5 p.m. to 6 p.m., at the Aurora Community Activity Center.

Please call the FGA Volunteer Coordinator at 873-3284 for more information.





Locked out of your GSA?



Getting locked out of your GSA vehicle can put you in a precarious situation especially in extreme cold. Luckily, we have some options to help us out in that situation.

During the duty day, Monday through Friday, from 7 a.m. to 3:30 p.m. you should call the Logistics Readiness Center's Transportation Motor Pool Dispatch Office (LRC TMP) at 873-4222. An extra set of keys will be on hand.

If it is outside the normal duty day you will have to contact a locksmith at GSA expense or wait until the next available duty day. The Fort Greely Directorate of Emergency Services does not provide lock-out service except for in extreme cases of life or death. In that case the window may be broken to gain access.

Certainly the best and safest scenario is for you to keep track of your GSA vehicle keys at all times. ■

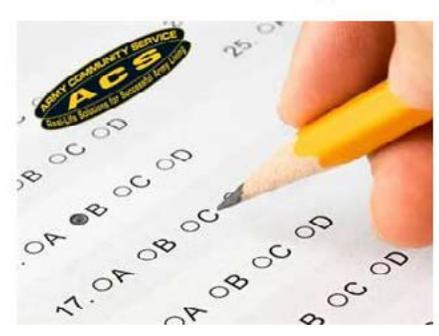
We Need Your Voice



ACS Needs Assessment Survey

In the upcoming weeks, you will be asked to fill out a quick ACS Needs Assessment Survey. This survey will provide valuable data to assist in the improvement of future Family programs and business planning.

Please participate and help us provide needed Community Resources



Who's responsible for clearing snow in housing?

Have you ever wondered why some sidewalks are cleared in the housing areas and others aren't? Here is some information that may help clear up any confusion.

North Haven Communities maintains the snow and ice removal for the following areas after hours when two or more inches of snow has fallen:

- All common area sidewalks
- Courtyards
- Parking areas within a courtyard
- Caribou Circle (street)
- Vacant units within NHC's footprint

If you find courtyards, sidewalks or Caribou Circle to be impassable at any time please contact 907-869-3032 for maintenance:

Residents of North Haven Communities are responsible for the following areas:

- Sidewalks leading to the housing unit
- Porches
- Decks
- Driveways

In order to maintain the safety of all residents, snow and ice accumulation must be removed within 24 hours of snow fall. Fines may be issued for accumulation or untimely removal of snow:

North Haven Communities provides loaner snow removal equipment to assist residents in maintaining safe egress to and from the home. Items can be checked out from Buildings 920 and 930. ■



Job, Networking & Resource Fair

March 11th from 1100-1400 (2PM) at the Fort Greely Aurora Community Activity Center. This event has special event access.

Talk with local companies to learn what it takes to land a job! Meet with small business owners to learn how they started their own business! Meet with representatives of local education opportunities. Bring your resume and check out job opportunities in the Ft Greely/Delta Junction Community!

For more information or for businesses to reserve a table* call or email:

873-4649 or angela.m.murphy44.civ@mail.mil

*Tables must be reserved by COB March 3rd.
Lunch will be available for purchase.



Employment Readiness Program Where Career Success Begins

JOB SEARCH ASSISTANCE • CAREER RESOURCES • REFERRAL SERVICES • TRAINING OPPORTUNITIES

Safety tips:

Walking safely in snow and ice

By Fort Greely Safety Office

In cold temperatures, approach with caution and assume that all outside surfaces at this time of the year can be icy.

Walk in designated walkways as much as possible. Look ahead when you walking and survey your route and find the clearest path. Taking shortcuts through areas where snow and ice removal is not feasible can be hazardous and can lead to serious injuries do to falls.

Bend slightly and walk flat-footed with your center of gravity directly over the feet as

much as possible. Take short steps or shuffle for stability. It also helps to stop occasionally to break momentum. Watch where you are stepping and go slowly, this will help your reaction time to changing surfaces.

Keeping your hands out of pockets while walking lowers your center of gravity and increases balance.

When walking on steps always use the hand railings and plant your feet firmly on each step. Use special care when entering and exiting vehicles; use the vehicle for support. Slips, Trips and Falls continue to be one of the highest contributors to lost-time accidents. Always wear the appropriate foot gear with aggressive soles. Also wear ice cleats to increase traction.

Please contact the Fort Greely Safety Office with your safety questions or concerns: 873-5031/5239. ■



Available to all military branches

MILITARY & FAMILY LIFE CONSULTANT PROGRAM

Supporting Service Members & Their Families

Fort Greely MFLC
907-803-3563



Service available for DA Civilians too!

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

HEY Delta!

WONDERING WHAT TO DO THIS SPRING?

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

success discovered.



ENGLISH 211

Instruction in writing through close analysis of literature, with a required research paper. English 211 meets core curriculum requirements. (Prerequisite: English 111)

Mon/Wed 4:00 p.m. - 7:00 p.m. A. Glynn 3/3 - 4/21

\$528 - \$150 Partners for Progress Credit Voucher = \$378

3 CREDITS

MICROSOFT EXCEL

Comprehensive exploration of Excel. Including creating, formatting and revising spreadsheets. Learn to create and use formulas, graphs and charts. Organize, analyze and query information.

Fridays 5:30 p.m. - 8:30 p.m. T. Porreca 3/7 - 4/4

\$176 - \$50 Partners for Progress Credit Voucher = \$126

1 CREDIT

NURSE AIDE TRAINING (CNA)

Learn basic nursing skills necessary to assist the nurse and be an efficient health care team member. Content satisfies the theory and clinical skills needed to take the State of Alaska exam to become a Certified Nurse Aide. (Prerequisites: High School Diploma or GED; Acuplacer Reading Score of 65; be in good physical condition and have the following immunizations: Hepatitis B series, two MMRs and PPD two-step testing process)

Mon/Wed* 5:00 p.m. - 9:00 p.m. C. Winfree 3/24 - 5/23

(*This class also includes some Saturdays & 2 weeks in Fairbanks)

Pick up a flyer from the DCAC or call for cost information for this class.

MICROSOFT ACCESS

Introduction to Access and database management. Learn basic database concepts, how to maintain and update databases, how to build and use queries and forms, and how to build reports.

Fridays 5:30 p.m. - 8:30 p.m. T. Porreca 4/25 - 5/23

\$176 - \$50 Partners for Progress Credit Voucher = \$126

1 CREDIT

WRITING ENGLISH AS A SECOND LANGUAGE 2 CREDITS

For students whose first language is not English, with an emphasis on writing large quantities of English and building the student's confidence in communicating through written English.

Tues/Thurs 5:00 p.m. - 8:00 p.m. L. Ohlert 5/20 - 6/19

\$356 - \$100 Partners for Progress Credit Voucher = \$256

SMALL BUSINESS SEMINARS

Seminars offered by video conference at DCAC.

Cost: \$25.00 per session.

Preregister at Delta Career Advancement Center.

HOW TO GET A BUSINESS LOAN

Take the "fear of the unknown" out of the loan process. We'll explore nontraditional funding (family, crowd funding, other sources) and traditional funding (bank financial products) options that are available for your business. The workshop will emphasize developing a financial partnership with your lender through an understanding of the loan process. We will dissect the typical loan application and financial package, examine the loan closing process and review the ongoing requirements of a successful loan from the lenders perspective.

Thursday 5:30 p.m. - 7:30 p.m. Talvi/Bauer 3/06/2014

STARTING A SMALL BUSINESS

Are you thinking about starting your own business? This workshop was built for you! We will cover basic issues faced when starting a small business such as business licensing, legal forms of business, business record-keeping, hiring employees, business planning, access to financing, identifying who the market is and developing a marketing plan. This and other Small Business Workshops will help guide you through the process of starting a small business.

Thursday 9:00 a.m. - 1:00 p.m. Robinson/Swingle 3/27/2014

WRITING A BUSINESS PLAN

"Writing a Business Plan" shows you methods to establish budgets, create and evaluate various financials and monetary amounts or percentages that will help you measure your successes and failures, identifying who the market is and developing a marketing plan. This can also be an effective tool to obtain financing.

Thursday 9:00 a.m. - 1:00 p.m. Robinson/Swingle 4/03/2014

SOCIAL MEDIA/MOBILE MARKETING FOR SMALL BUSINESS

This two-hour workshop will help you better understand the social web and how a combination of social media marketing and communication strategies can help you increase brand awareness, connect better with customers and grow sales. You will leave with an up-to-date and valuable understanding of effective social media platforms like Twitter, Facebook, LinkedIn, Google+ and Instagram. If social media seems complicated, this class is for you!

Thursday 12:00 p.m. - 2:00 p.m. Blankenship/Wilken 4/10/2014

UNDERSTANDING/ACCESSING CREDIT AS A SMALL BUSINESS

How do you build your credit so you can get the capital you need to grow your business? This workshop will show you how to proactively improve your personal and business credit so you are more likely to be successful when you apply for that business credit card, line of credit or loan. Topics covered include: reporting for business and personal credit, ways to protect against credit fraud, systems to build stronger credit and what lenders are looking for when they review your credit.

Thursday 12:00 p.m. - 2:00 p.m. Swingle/Talvi 4/24/2014

Special Acknowledgement to: Small Business Administration (SBA), Alaska Small Business Development Center (AKSBDCC), Robinson & Associates PC, Fairbanks Economic Development Corp (FEDCo), SCORE.

CALL 895.4605 FOR MORE INFORMATION OR STOP BY TO REGISTER!



www.partnersforprogressindelta.org

www.ctc.uaf.edu

UAF is an AA/EO employer and educational institution.



FORT GREELY
DIRECTORATE OF EMERGENCY SERVICES
LAW ENFORCEMENT
TRAINING SUPPORT SERVICE
PRESENTS:

ACTIVE SHOOTER AWARENESS

MARCH 11 0900-1000 AND 1500-1600

MARCH 13 0900-1000 AND 1500-1600

LOCATED AT THE POST CHAPEL

BLDG 845

TRAINING IS OPEN TO ALL PERSONNEL



North Haven at Fort Greely

Spacious Homes Available Immediately!



North Haven offers spacious 2, 3, and 4 bedroom homes on Fort Greely and has immediate availability! Live amongst your peers and the convenience of living inside an installation (PX, Commissary, and Family Support Services).

Our amenities include:

- Active Duty pay via allotment - no checks to write!
- Utilities are included - water, electric, heat, sewer, trash and bulk trash pick up
- Pet-friendly community
- \$20,000 in renter's insurance
- 24-hour responsive maintenance
- Technicians, including lawn care and snow removal
- Dedicated professional staff
- Neighborhood programs and events
- Washer & dryers, dishwashers, and refrigerators are included in ALL of our homes

Our homes are also conveniently located within walking distance to schools, the gym with an indoor pool, the Community Activity Center (watch movies, go bowling, play darts, shoot pool and more!).

Stop by our Community Center for more information or give us a call at (907) 869-3032 for more details!

Visit our website at www.nhcalaska.com to learn more!



"Chocolate for Grownups"

Tasting Class



Friday, March 14 7 - 8:30 p.m.

Delta Community Library 2299 Deborah St.

Hosted by Angie Barnard

\$8 per person or \$15 per couple (Adults Only)

Call 895-4102 Space limited to 20 students

Taste and learn about artisan chocolate

Discover the rich history of chocolate lore

Take home chocolate samples ~ Win a door prize!

Sponsored by your Delta Community Library



Sexual Harassment Assault Response Program (SHARP):

SHARP Provides awareness and prevention, training and education, victim advocacy, response, reporting and follow-up for sexual harassment/assault issues. Army policy promotes sensitive care, advocacy, treatment, reporting options for victims of sexual harassment/assault and accountability for those who commit these crimes.' For the purpose of this policy,

restricted reporting is defined as allowing a Soldier or civilian to report a sexual harassment/assault to specified individuals. Restricted reporting option gives the Soldier or civilian access to medical care, counselling, and victim advocacy, without initiating the investigative process and/or the legal process. Report to a SHARP specialist, Sexual Assault Response Program

Manager, Installation Victim Advocate, Health Care Provider, Chaplain for Restricted reporting option. For further assistance and information on the Army Sexual Harassment/Assault Response & Prevention (SHARP) program call DOD Safe Helpline-Sexual Assault Sexual Assault Support for the DOD Community 1-877-995-5247 Live 1-on-1 help.

Confidential. Worldwide 24/7. www.safehelpline.org or locally at (907) 750-0937 / (907) 388-0421 or (907) 505-0275. For further assistance and information on the Army Sexual Harassment/Assault Response & Prevention (SHARP) program, visit <http://www.sexualassault.army.mil/>.

On the cover: A loan Horned grebe floats quietly on a tucked away pond south of Fort Greely. According to the U.S. Fish and Wildlife - Alaska Region, Horned grebes and other loons have seen a noticeable decline in their populations. Two suspected culprits (lead fishing sinkers and discarded fishing gear) are attributed to diminishing numbers. Do your part to ensure the safety of Alaska's wildlife - do not litter! Photo courtesy of Al Sheldon. 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.

The INTERCEPTOR is an authorized unofficial publication for military and civilian members of Fort Greely. The INTERCEPTOR is published monthly by the Public Affairs Office, Fort Greely Garrison. Contents of this publication are not necessarily the official views of, or endorsed by the U.S. Government, the Department of Defense, or the Department of the Army. While contributions are welcome, PAO reserves the right to edit all submitted materials, make corrections, changes, or deletions to conform with the policies of this publication. **Articles and photos submitted by the 15th of each month will be considered for publication in the next issue of the INTERCEPTOR.** Submit via deborah.a.coble2.civ@mail.mil or write to US Army Garrison Fort Greely, PO Box 31269, Fort Greely, AK 99731.

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