



May 2012

Fort Greely INTERCEPTOR



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Army Career and Alumni Program: Preparing for success after the Army

LTG Mike Ferriter
Commanding General of IMCOM



**IMCOM Commanding General
LTG Mike Ferriter**

Soldiers deliver for the Army and for the nation--I've seen it throughout my career, never more so than during my time in Iraq. So when you decide it's time to move on to the next stage of your life, it's only right that we should have a plan, prepare together, and then execute with energy to ensure success.

That's why we have the Army Career and Alumni Program. Whether your next stage includes a job, school, continued service with the Guard or Reserves, or all three, ACAP will help you and your Family prepare for a successful transition.

Today there is unprecedented support for transitioning Soldiers and veterans at federal, state and local levels. Hiring our Heroes, a U.S. Chamber of Commerce initiative, is a great example. Their job fairs bring together a whole range of organizations--including private industry, the Department of Labor, the

Veterans Administration, the Small Business Administration and state workforce commissions--all focused on connecting transitioning Soldiers and vets with employment opportunities.

The same idea is behind Hero 2 Hired (<https://h2h.jobs/sign-in>). This Army website helps transitioning Soldiers and vets connect with 50,000 employers who have vowed to employ them.

ACAP is there to help you learn about and make the most of these and other opportunities.

The key is to get to ACAP early--at least 12 months out for separating Soldiers or two years out for retiring Soldiers. Talk with an ACAP counselor about your goals--continuing military service, getting a job, going back to school or starting a business--and lay out a plan to get there.

For transitioning Soldiers looking to enter the civilian job market, it's good news to hear about employers lining up to participate in job fairs on our installations--92 employers at a Fort Polk job fair in January, 75 at Fort Jackson March 6, and 122 at Fort Campbell March 21-22, to name recent examples.

It's even better news--it's great news!--to hear the success stories that come out of these events. For example, employers made at least 300 job offers during Fort Campbell's job fairs in September, and the ACAP office is still hearing from Soldiers who received a job offer then. ACAP offices regularly support these events on our installations and success

stories come out of every one.

Of course, this great news is predictable. You have an incredible skill set--leadership, adaptability, ingenuity and dedication, before we even get to the technical skills. Employers recognize that you bring something extra to the table--we know that when they meet you, they will want you.

Thank you to the great teams--the folks at ACAP and our Department of Labor and Veterans Administration partners--who are helping transitioning Soldiers reach their goals. What you do--polishing resumes and interview skills, researching opportunities, and building connections--is invaluable to helping Soldiers translate their Army experiences into success after the Army.

Thank you, also, to all the leaders doing right by our transitioning Soldiers. We're looking for concrete outcomes for all transitioning Soldiers--a solid resume and measurable progress towards their goal, whether a job offer, a business plan, or an acceptance letter from a school. With your involvement and support, we all win. Thank you for setting Soldiers up for success. That's a real example of taking care of Soldiers.

Thank you for your service.

SUPPORT AND DEFEND! ■

Top Line Messages

People are Our Army

- The Army is the strength of the Nation. Soldiers are the strength of our Army. Our families are the strength of our Soldiers. We must sustain these bonds of trust.

- Our enduring priority is to preserve our high-quality All Volunteer Force – Active, Guard and Reserve.

- America's greatest generations are built on the strength of America's strongest citizens – U.S. Soldiers.

Meeting the Needs of the Nation

- As an Army, we share in the sacrifice of all Americans during this period of fiscal uncertainty and must shape the Army of 2020 with an understanding of both our national security obligations and the fiscal constraints we all share.

- We will continue to be good stewards of the resources we're provided by developing the capabilities the Nation needs through prudent investment, modernization and transformation of the institutional Army.

- The Army profession is the Nation's preeminent leadership experience, developing the Nation's future leaders.

America's Force of Decisive Action

- The U.S. Army is the most decisive land force in the world. No matter the task, no matter the environment, no matter the difficulty-- America's Army will always accomplish the mission.

- As America's decisive force, the Army provides our national security decision makers with greater flexibility in responding to national security challenges at home and abroad against both conventional and hybrid threats.

- Our Army is responsive, innovative, flexible,

agile and lethal, providing versatility and depth to the Joint Force.

- As a member of the Joint Force and interagency team, the Army is responsive and effective for Combatant Commanders; provides training, equipment and logistical support to our sister services; and quickly integrates and synchronizes Army operations within larger joint, interagency and multinational efforts.

- To meet today's challenges and tomorrow's uncertain conflicts, we must field an Army that can rapidly dominate any operational environment and provide decisive results across a full range of missions to include: deterring and defeating aggression; providing humanitarian assistance; engaging with our allies while building partner capacity; facilitating strategic access to other armies; and supporting civil authorities at home and abroad.

- As we transition to a leaner, more agile Army we will shape a future force that has the

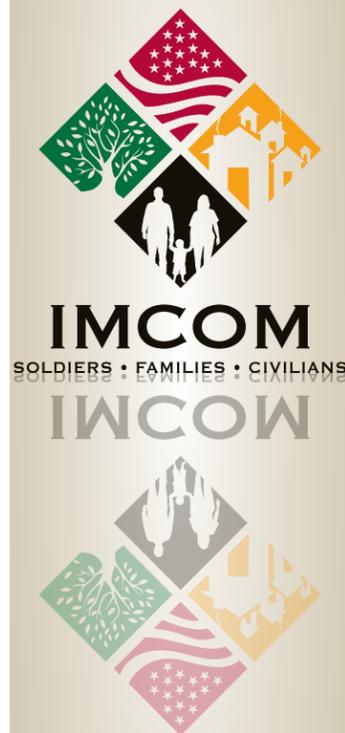


capability and versatility to Prevent conflict; Shape the environment; and decisively Win our Nation's wars.

- America's Army is a globally recognized symbol of our national resolve and commitment. We are and will remain the best manned, best equipped, best trained, best led and most decisive land force in the world. ■

COMMAND PHILOSOPHY

- **Build Teams**
- **Do what's right – Always!**
- **Empower subordinates**
- **Take care of people**
- **Build Trust**
- **Great Units Enforce Standards**
- **Say thank you - - often!**
- **Never Quit**



In honor of. . .

By LTC Terry Clark
Fort Greely Garrison Commander

In honor of Military Appreciation Month I would like to take this opportunity to tender my heartfelt thanks and gratitude to all those who serve, or have served, our country and the cause of freedom.

Ralph Waldo Emerson once remarked "For what avail the plough or sail, or land or life, if freedom fail?" I conducted a quick bit of research in support of this statement and found that within America's population there are roughly 24.6 million people alive today who have completed some form of military service to our nation. This equates to approximately nine percent of our citizenry. By bringing this statistic to light, I do not intend to impute a fault to the 91 percent without military service to their credit; rather I do this to emphasize the special status of those who have served our country in a military capacity. Furthermore, I would like to acknowledge that many people, be they businessmen, DOD civilians, government contractors, policemen or farmers, contribute greatly to our nation's strength and support the common good of us all through their chosen vocations.

citizens with a military service record constitute a minority of Americans and many of these same people continue as productive members of society long after their military experience and quite often because of it. Lastly, I would submit to you that it is our strong national defense capability that underpins the conditions of freedom that allow the plough, sail, land and life to flourish within our borders as Mr. Emerson put forth with such eloquence.

In short, when we count our blessings and give thanks to God for the advantages of our fortunate position, I would encourage that a special prayer be reserved for the men and women who have given so much and truly asked so little...

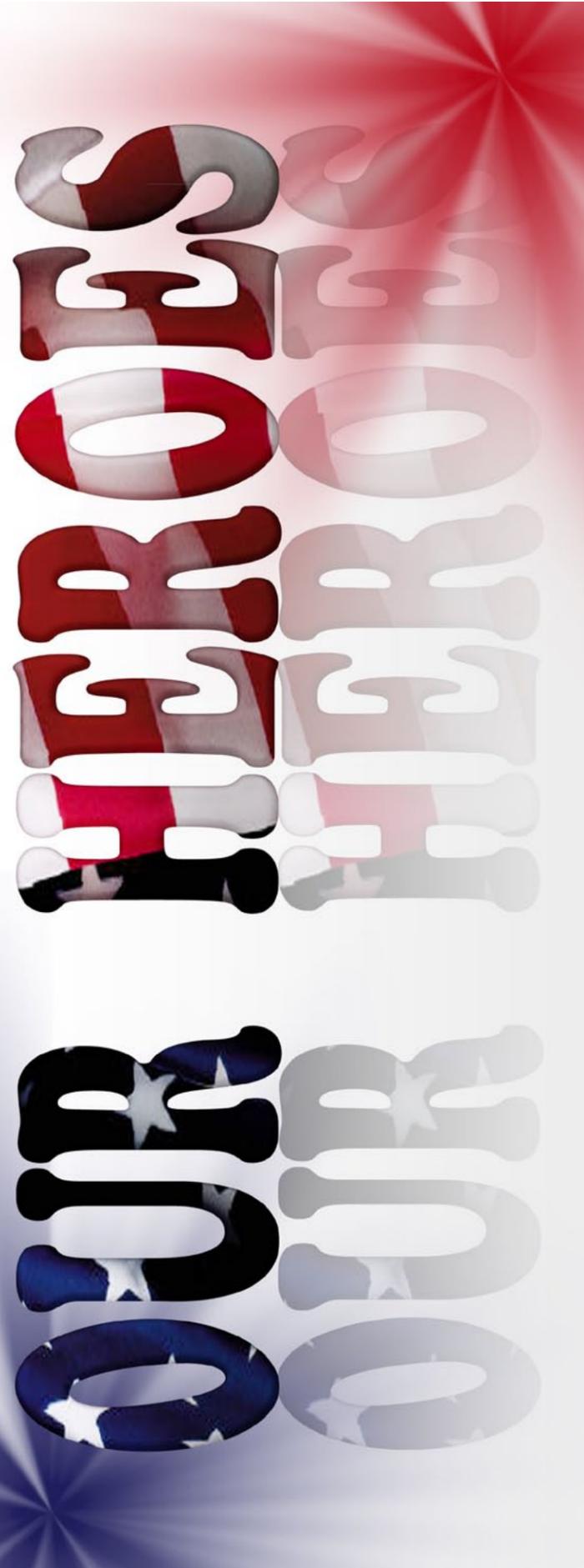
Thank you and I salute your service,

LTC Terry L. Clark ■



Fort Greely Garrison Commander, LTC Terry L. Clark

Still, the fact remains that those



Alaska Army National Guard deploys to Afghanistan alongside Mongolians

By SSG Karima Turner
Alaska Army National Guard
Public Affairs

CAMP DENALI, Alaska—Two Alaska Army National Guardsmen are preparing to deploy to Afghanistan later this month as U.S. liaisons in support of the Mongolian Expeditionary Task Forces (METF) in Afghanistan.

CPT Rafael Pacheco, 49th Ground Missile Defense senior tactical director, and SFC Paul "Marc" Wonder, Alaska Army National Guard assistant operations noncommissioned officer, will be the sixth team from the Alaska Army National Guard paired with the Mongolian

Expeditionary Task Forces as tactical advisors and liaisons in support of Operation Enduring Freedom.

As liaisons, the team will be the METF's direct link to the U.S. Forces-Afghanistan and the Base Support Group at Camp Eggers and other sites in the country.

Pacheco, of Anchorage, and Wonder, of Palmer, departed Alaska in early March for Fort Benning, Ga., where they are in the midst of approximately two weeks of pre-mobilization training before leaving for Camp Eggers in Kabul, Afghanistan, where they will be deployed for six to nine months.

In 2009, when the initial team was sent to act as liaisons to the

METF, living quarters, uniform and equipment requirements and the facilitation of other needs were established by the Alaska Army National Guard.

"As the mission has continued over the years, the needs of the Mongolian Expeditionary Team change, but our overall mission will remain the same: to ensure that support to the Mongolian Expeditionary Task Forces continues," Wonder said. "It's important that we remain flexible to the needs of the Mongolian Expeditionary Task Forces though, something they needed assistance with a year or two ago, they may not need this time around, but they may need assistance with something else and we have to be open to that."

Pacheco said that he's excited to have the opportunity to be part of the liaison team and feels it's a chance to help the Alaska Army National Guard shine.

"I feel good about this deployment," Pacheco said. "It's an amazing opportunity to work directly with coalition forces, learn about the Mongolian Expeditionary Task Forces common interests and work to ensure the mission is successful."

Since 2003, the Alaska State Partnership Program has continuously developed and maintained a relationship with the Mongolian Armed Forces from deployments to Iraq, where the Alaska Army National Guard provided liaison officers to the Mongolian Expeditionary Task Forces there, to numerous joint military exercises and subject matter expert exchanges, which have provided insight and training.

The strong relationship between Mongolia and the Alaska Army National Guard prompted the Mongolian Armed Forces, when they volunteered to deploy to Afghanistan, to request liaison officers from the Alaska Army National Guard to facilitate their communication and cooperation between the U.S. and NATO

Saying, "Thank you"

By Angela Murphy
and Debra Darland
FMWR

Just as it is easy for us to take our liberty for granted, we often times take for granted the people that help us maintain that freedom. Our Soldiers, Active, Reserve and National Guard alike, have all voluntarily stepped up to help us maintain that liberty. We will never know exactly how much they sacrifice and miss; from a child's first steps to high school graduations, deaths of loved one and other events that we are free to rejoice and morn because of them.

They sacrifice these cherished moments so we, their families and the people of America can enjoy our lives without fear and worry.

When was the last time you stopped a soldier in an airport, a restaurant, a store...and said, "Thank you for what you do for

our nation and our people!"

Do you know how much those little words can mean to a Soldier who has sacrificed so much? If you can, why not pay for their dinner's without telling them? Can you spare some time to help a wounded warrior program?

Take the time to verbalize your appreciation. My favorite sayings is, "People may not remember what you said, people may not remember what you did, but people will always remember how you made them feel."

Spare the time to make them feel the pride, appreciation and love that you have for our American Soldier. ■

*"It is easy to take liberty for granted, when you have never had it taken from you."
~Author unknown, sometimes attributed to M. Grundler*

DEPLOYMENT from page 5



From Left to Right: Captain Rafael Pacheco, Lieutenant Colonel Wayne Hunt, and Major Paul Tappen. All former members of the 49th Missile Defense Battalion. Photo courtesy of U.S. Army.

elements there.

“Because of the Alaska State Partnership Program, many Alaska Army National Guardsmen have a better understanding of the Mongolian culture,” Wonder said. “Because of this, Alaska Army National Guardsmen are uniquely qualified to act as U.S. representative liaisons and advisors to the Mongolians. Having a better understanding of the Mongolian culture and way of life will help us ensure that miscommunication or misunderstandings between the Mongolians and other U.S. and NATO elements during the deployment don’t occur, or if they do, they are amicably rectified.” ■

Hidden heroes

By **Randi Owen**

Directorate of Emergency Services

For 40 years, 9-1-1 has served as the vital link between the American public and emergency services. Public education and awareness initiatives throughout the years have contributed in large measure to the incredible and ongoing success of the emergency communications system as a whole.

Each year, the second full week of April is dedicated to the men and women who serve as public safety telecommunicators. It was first conceived by Patricia Anderson of the Contra Costa County (Calif.) Sheriff's Office in 1981 and was observed only at that agency for three years.

Members of the Virginia and North Carolina chapters of the Association of Public-Safety Communications Officials (APCO) became involved in the mid-1980s. By the early 1990s, the national APCO organization convinced Congress of the need for a formal proclamation. Rep. Edward J. Markey (D-Mass.) introduced what became H.J. Res. 284 to create "National

Public Safety Telecommunicator Week." According to Congressional procedure, it was introduced twice more in 1993 and 1994, and then became permanent, without the need for yearly introduction.

The official name of the week when originally introduced in Congress in 1991 was "National Public Safety Telecommunicators Week (NTW)." In the intervening years, it has become known by several other names, including "National Public-Safety Telecommunications Week" and "International Public Safety Telecommunicator's Week." The Congressional resolution also stated there were more than "500,000 telecommunications specialists," although other estimates put the number of dispatchers at just over 200,000. The Congressional figure may include support personnel and perhaps even those in the commercial sector of public safety communications.

Someone once asked me if I thought that answering telephones for a living was a profession. I said, "I thought it was a calling."

And so is dispatching. I have found in my law enforcement career that dispatchers are the

unsung heroes of public safety. They miss the excitement of riding in a speeding car with lights flashing and sirens wailing. They can only hear of the bright orange flames leaping from a burning building. They don't get to see the joy on the faces of worried parents as they see their child begin breathing on its own, after it has been given CPR.

Dispatchers sit in darkened rooms looking at computer screens and talking to voices from faces they never see. It's like reading a lot of books, but only half of each one.

Dispatchers connect the anxious conversations of terrified victims, angry informants, suicidal citizens and grouchy officers and or fire fighters. They are the calming influence of all of them—the quiet, competent voices in the night that provide the pillars for the bridges of sanity and safety. They are expected to gather information from highly agitated people who can't remember where they live, what their name is, or what they just saw. And then, they are to calmly provide all that information to the officers, firefighters, or paramedics without error the first time and every time.

Dispatchers are expected to be able to do five things at once-and do them well. While questioning a frantic caller, they must type the information into a computer, tip off another dispatcher, put another caller on hold, and listen to an officer run a plate for a parking problem. To miss the plate numbers is to raise the officer's ire; to miss the caller's information may be to endanger the same officer's life.

Dispatchers have two constant companions, other dispatchers and stress. They depend on one, and try to ignore the other. The rewards they get are inexpensive and infrequent, except for the satisfaction they feel at the end of a shift, having done what they were expected to do.

Of course, you don't need NTW to honor your public safety dispatchers for excellence! You can write them a commendation, mention their "good job" at a shift briefing, or just give them a pat on the back. So when you do see your Fort Greely Dispatchers tell them, "Hi," and ask how their day is going. ■



First row left to right: Dee Hendry, Lara Gardner. Second row left to right: Jen Harbison, Randi Owen. Not pictured: Nancy Vargas, Chris Houll, Sang Holland, Karla Brown, Misty Nouchi, Jeff Kempt.

Farewell Command Sergeant Major Reynolds, we will miss you

An enlisted Soldier who attains the distinction of being selected by the Department of the Army for the command sergeants major program is the embodiment of success in this profession of arms. There is no higher rank for enlisted soldiers, except for Sergeant Major of the Army, and there is no greater honor.

For Command Sergeant Major Reynolds her duties at Fort Greely were different from what she was trained to do, at first, she was lost without her Soldiers. She knew she was to carry out the policies and standards of performance for all training, appearance and conduct of enlisted personnel, but when she looked out amongst the ranks... the uniform had changed.

No longer did her troops meet at 0630 hours in dress- right-dress formation to begin another Army day and green was few and far between. She did not falter... she did not digress; instead, she welcomed us all with open arms. Not only did she advise and initiate recommendations to the commander and staff in all matters pertaining to the mission, she did so in a manner that was loving, calm, settled and unequivocally accurate. This advice and counsel came with an energy and enthusiasm that never waned even in the hardest of times.

Her sphere of influence has spread beyond the gates of Fort Greely, beyond the state boundaries of Alaska, and beyond our nation's borders to bring drive and determination to do what's right and to see things through to the end.

It is this courage, candor, and commitment that exudes from you now, as it has always, that gives us the strength to keep our shoulders square, our heads up and our eyes bright as we wave goodbye.

We will never forget you or your unwavering service for our freedom and our nation's well being.



Outgoing Fort Greely Garrison Command Sergeant Major, Command Sergeant Major Carolyn Reynolds



www.greely.army.mil

Sub-arctic installation looks to receive upgrade in winter color palette

By Tim Merrymon
Directorate of Public Works

Many times, an area is attractive because of its landscaping. Whether it is the ruggedness of the Colorado Rockies or the Alaskan Range, the rolling hills of the Appalachians or even the deserts of the great Southwest, people want to live in surroundings that are attractive to them.

Locally, we live in what is known as a sub-arctic desert and whether due to BRAC (1995) or budget constraints or both, Fort Greely has come to look much like a desert environment. Dead trees and stumps from past fires, paving for more parking, windblown, open areas all add to a desolate looking landscape throughout the installation.

Directorate of Public Works is presently taking steps to alleviate the bleakness of the local landscape. They have contracted with Design Alaska through the Corps of Engineers to provide Fort Greely a landscape master plan along with three landscape designs for specific areas across the installation. Design Alaska was chosen for this effort because they have a registered landscape architect with almost 20 years of experience in landscape architecture with over half of that in Interior Alaska.

The landscape master plan is incorporating the elements of force protection, along with northern design principles and sustainability using natural Alaska and military/patriotic themes. The overall objective is to create a more efficient landscape in terms of maintenance while the goal is to create a walkable and

visually appealing community across the installation. To achieve this community vision, Design Alaska and Public Works are concentrating on a winter, livable community.

They recognize late spring, summer, and early fall in Alaska are beautiful with its greens and lushness budding out in the spring along with the explosion of color from lilies, fireweed, and other naturally occurring flora in the summer including the yellowing of the birch in the fall. The latter half of fall, winter and the early part of spring is where Fort Greely could use a splash of light and color in the landscape. The plan is to utilize the natural Alaska and military/patriotic themes through sculptuary, windbreaks, color and lighting to break up the bleakness and darkness during this time of the year.

To try and help you visualize this, let's take a drive from the entrance of Fort Greely along Big Delta Avenue past the Garrison headquarters to the Chapel:

The entrance to Fort Greely, where Big Delta Avenue meets the Richardson Highway, is a very visible location for both the installation and the general traffic on the highway. At this high profile location, we want to remove the existing tanks and platforms and construct metal sculptures of the bison who roam the area. These life-size sculptures will have a unique metal mesh look, allowing them to remain free of snow in the winter and creating interest when washed in light. Surrounding the bison will be bio-swales to the west; berming and tree plantings to the east.

The large roundabout at the intersection of Big Delta Avenue



This curvilinear wall pictured here will wrap the roundabout and snake along west of the existing ball field, separating it from Robin Road and creating a more pleasant activity area for the installation.

and Robin Road is another prominent location for the installation. This area will feature a large grizzly bear art piece, signifying military prowess and the hearty and tough character of the Alaskan north. The grizzly bear will be formed in the same metal mesh style as the bison and set in a scene of spruce trees, naturalized plantings and large ornamental boulders.

Continuing the northern design theme to the east of the roundabout, a large curvilinear boulder wall will separate a naturalized prairie grass bio-swale from a landscape berm planted with native shrub and tree species. This curvilinear wall will wrap the roundabout and snake west of the existing ball field, separating it from Robin Road and creating a more pleasant activity area for the installation.

At the end of Big Delta Avenue, along with the landscaping that will improve the aesthetics of the chapel area, an additional sculptuary will continue the Alaskan theme and provide a landmark for the easternmost side of the installation. This sculptuary will be situated in a natural prairie grass swale and berm with evergreen and birch trees and will host a caribou art piece, its body a metal mesh and its antlers strong and solid metal. As with the other art installations, this caribou will transcend the seasons and bring life to the landscape even in the cold and dark winter months.

LANDSCAPING page 10

Each sculpture will be aesthetically placed amongst well planned landscaping, thus reducing the bleak appearance that currently surrounds this sub-arctic environment.

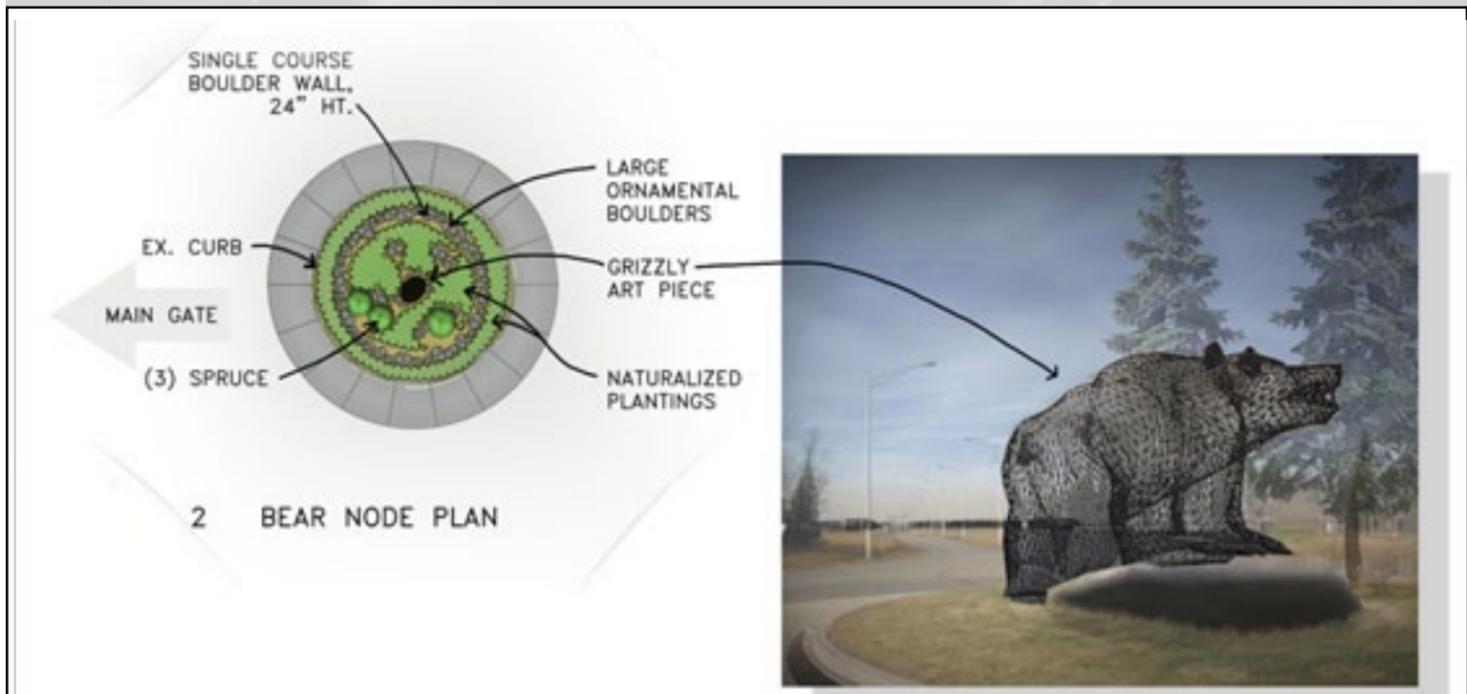


LANDSCAPING from page 9

Currently the Landscape Master Plan draft final is complete with the presentation to the Real Property Planning Board occurring last month. The acceptance of the plan, at this point, will allow Design Alaska and Public Works to start on three specific designs that will come from the various elements of the master plan. Two of the designs will center on Big Delta Avenue between the Richardson Highway and the Robin Road intersection and the real estate surrounding the chapel.

The third design encompasses Big Delta Avenue from the Robin Road intersection to the intersection of 1st Street and then from Robin Road to Arctic Avenue. This final area covers the ball field and Garrison Headquarters. The initial concept meeting for these designs was presented in a meeting with the Garrison Commander, Lieutenant Colonel Terry Clark, the Interim Deputy Garrison Commander, Christine Boerst and the Command Sergeant Major, Carolyn Reynolds

in January of this year. The initial concept was warmly received and certain aspects of this plan will be incorporated into some of the summer construction projects set to take place this year. ■

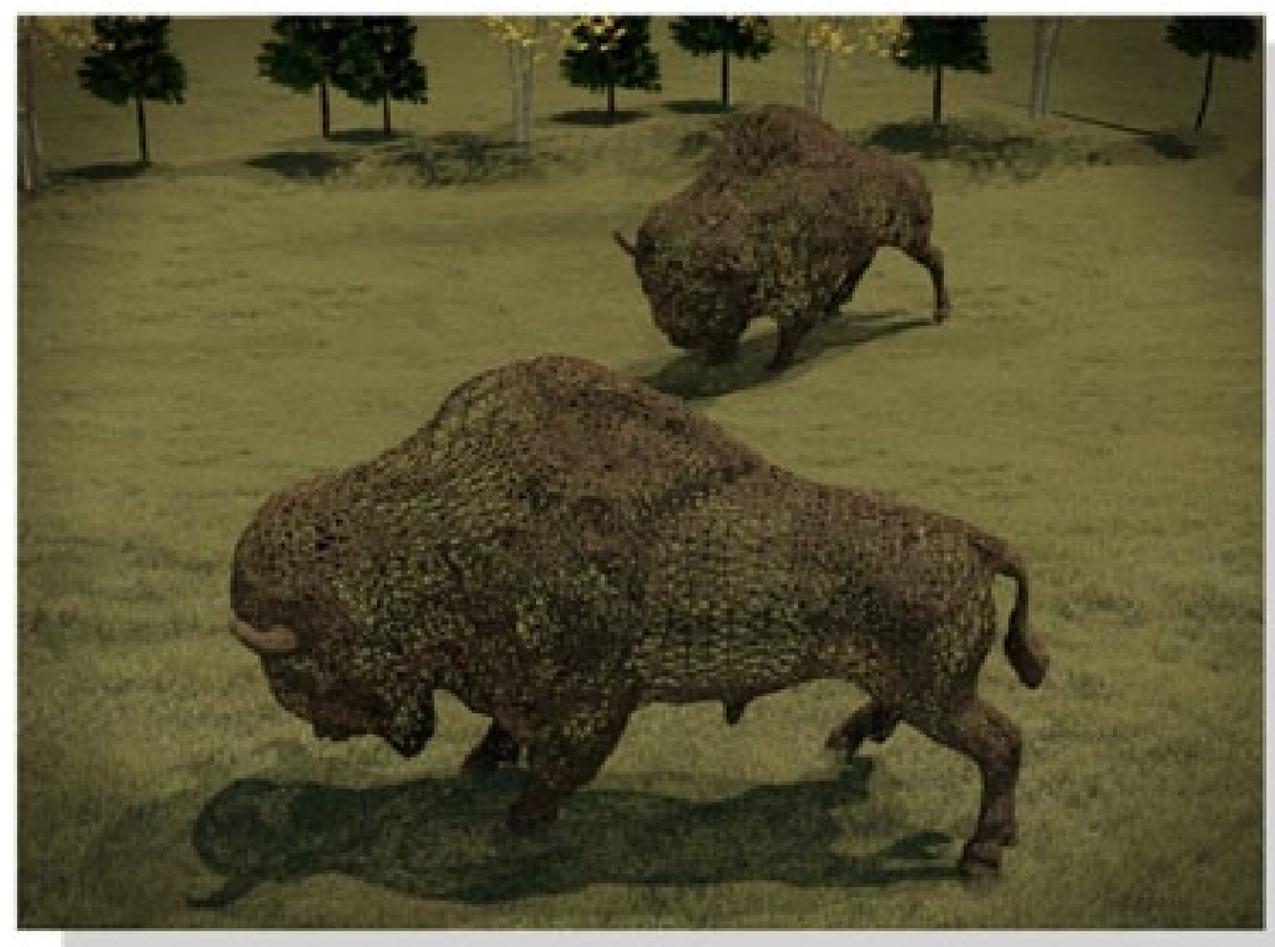
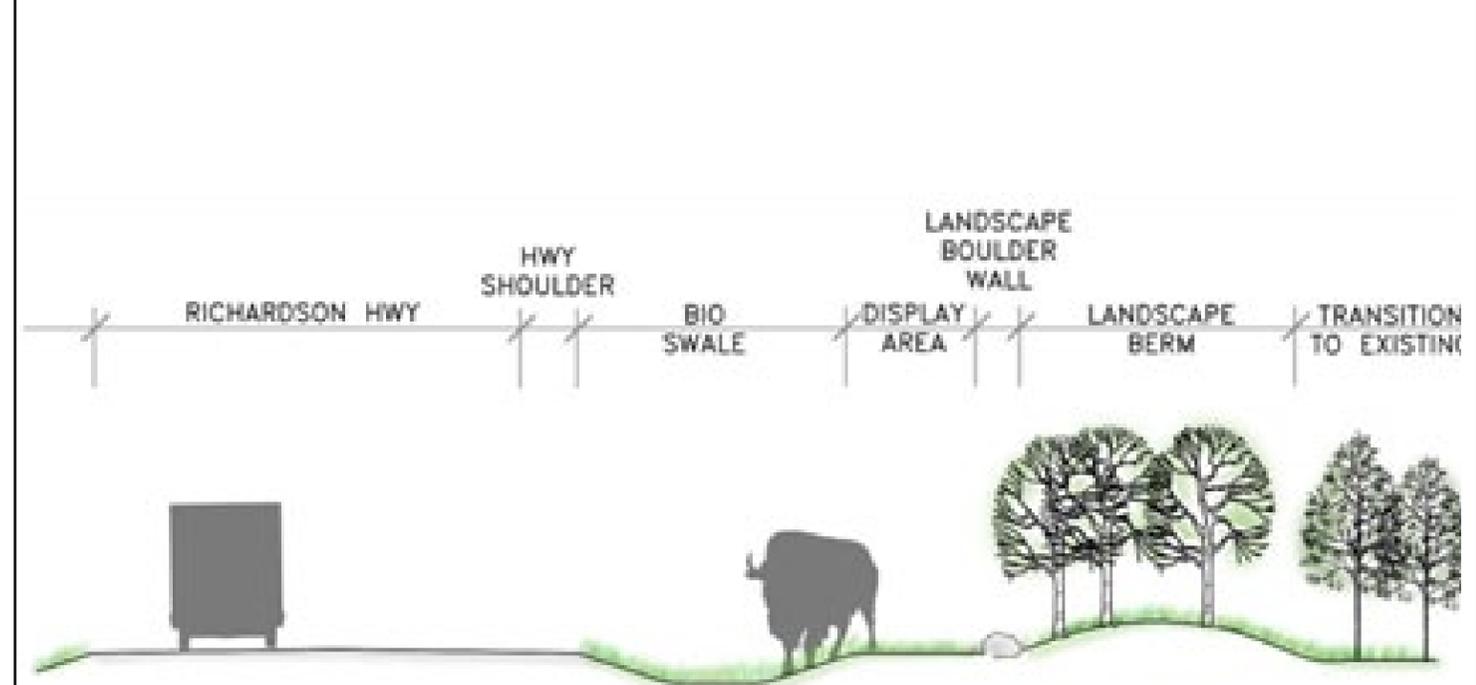


The roundabout at the front of the installation will feature a large grizzly bear art piece, signifying military prowess and the hearty, tough character of the Alaskan north. The grizzly bear will be formed in the same metal mesh style as the bison and set in a scene of spruce trees, naturalized plantings and large ornamental boulders.



Similar to other art sculptures planned for the installation, this caribou will transcend the seasons and bring life to the landscape even in the cold and dark winter months. The openness of the sculpture provides a continuous play of light displays on the pristine and crystalline blanket of snow that often covers our environment.

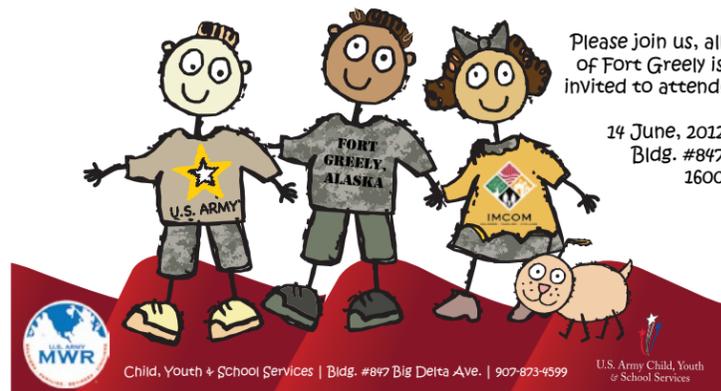
Large metal mesh sculptures of bison will replace the existing tanks and platforms at the front gate of the installation. Bison once roamed freely in and out of Fort Greely.





Join Fort Greely & Celebrate the U.S. Army Birthday!

June 14, 1775



Team Clean Up Outlasts Fire Department

By Richard Lester
Family and Morale, Welfare and Recreation

In a measure of revenge after last year's upset victory Team Clean Up comprised of many players from last season's talented Team Heat beat the Fire Department 59-55 behind a balanced team scoring effort led by Wes Pinkleman and Shannon Magee with 13 a piece.

The game lived up to the championship hype as the pace and intensity was at a high level. Both teams closed out the 1st half matching each other shot for shot in the last three minutes and Clean Up went into the half with a 28-27 lead. The Fire Department came out firing in the second half and looked like they were about to take control of the game after Joe Glass hit a three point shot to put them up 40-37.

In the end the Fire Dept. was undone by questionable shot selections, poor free throw shooting, and Clean Up's ability to break their full court pressure. Chris Zachgo who fought a flu bug all week prior to the championship game led the Fire Department with 17 points was

quoted as saying that "The loss was one of the toughest of his career, but the team will work hard in the off season and look to get back to its rightful place on top of the Fort Greely basketball world."

Team Clean Up meanwhile proceeded to celebrate the rest of the night showering their championship trophy with suds and tears of joy ala Michael Jordan after the 1996 NBA Finals. After the game Garrison Commander LTC Terry Clark presented trophies to the two contestants and also awarded regular season awards out to Marshall Brown for being the league's top total points scorer and Team In-Processing for the Sportsmanship award.

A big thank you once again to all the participants who played this season and a reminder that to close out break up we will be having a 3 on 3 tournament on Saturday, April 28 so call 873-2696 or stop by the Fitness Center to sign up or to get more information. ■



Artisans of Greely recycle

By Deborah Ward
Public Affairs Office

The footprint of the Army is a big one. In the United States alone the recorded land owned by the Army totals around 14,025,000 acres with over 70,000 miles of paved and unpaved roads intertwined. On those roads and within that land acreage we have upwards of 105,000 homes that

to an end. The Army must continuously train to preserve its combat efficiency and to enhance individual Soldier skills. Keeping those areas for training requires a huge responsibility in effort to preserve the environment. The sustainability practices that the Army continues to improve upon help ensure the promise that the ability to train, provide comfortable quarters, and the ability to facilitate an acceptable quality of life for Soldiers and



Katie Stewart, Fort Greely Middle School, took first place for her Robo 3,000 solar oven robot. Simply open its tummy, add sun and bake!



Mauris Trofimov won third place for his hand-crafted recycled metal boat. Prizes were presented to the Middle School Students by Sandi DeLong and Richard Barth on April 25.

are leased, owned or privatized.* Those are big numbers and with them come a great responsibility to our environment.

The Army has been a proponent for environmental sustainability for decades with the realization that without an over-arching program the ability to maintain the required training lands and ranges for future use will come

their family members continues to exist.

Cultivating sustainability takes education and awareness. The educational message for this year's Earth Day was simple: encourage as many students as possible to participate in Earth Day activities that teach the importance of civic and environmental responsibility while educating everyone about the importance of individual actions that reduce the world's

carbon footprint. To help increase awareness in one aspect of environmental responsibility, recycling, kids and adults alike were invited to participate in the Directorate of Public Works Environmental Department led Earth Day Celebration at Fort Greely on April 23.

RECYCLING page 14



Above: Lieutenant Colonel Terry L. Clark takes a moment to point out Alaska on the recycling board created by Directorate of Public Works Laborer Matapae Seti and DPW's Contract Performance Evaluator Craig Odom. Their project won second place in the Directorate Division at the FGA Earth Day Celebration on April 23.

Below: The Fort Greely Garrison Safety Officer Wayne Tolliver and his wife Darlene won third place in the Directorate Division for the creative re-utilization of used wrapping paper atop a plaster bunny.



RECYCLING from page 13

Rick Barth and Sandi DeLong, both environmental protection specialists at Fort Greely, set out to find creative ways to get people to recycle. "I started creating the concept for this year's Earth Day program by viewing the Earth Day web page. I looked at different types of activities and crafts that kids liked to do and the ideas just seemed to fall into place. The goal was to get kids actively thinking about and engaging in recycling and how they can provide positive influence at home," said Sandi DeLong, environmental specialist and lead for the Fort Greely Quality Recycling program. "We had School Age Services and the Child Development Center children participate along with a few kids from the middle school. We had some kids from the fourth, fifth and seventh grade classes that participated as well. The real small children painted the flower pots,



Above: Students from Fort Greely Middle School attend the school assembly on April 25 to help congratulate their fellow classmates on a job well done during the Earth Day Celebration.



Left: Odom and DeLong hold up the Directorate Division Second Place entry submitted by Matapae Seti and Craig Odom of DPW, "Daily Waste Around the World" recycling board. Odom and Seti used the commonly discarded items around the world to show that recycling is a global effort and we can all do our part to help protect our environment. Photos by Deb Ward.

the school age children created the moose sculpture that won Best in Show and we had three directorates participate also."

Students, directorates, and tenants alike were asked to create sculptures out of recycling materials that educated interested parties on what the Fort Greely Quality Recycling Program currently accepted as recyclable materials. "I had a lot of help from Rick Barth, he really played an instrumental part even though we didn't have as many participants as we would have liked. Next year we'd like to see lots more especially from the directorates. It doesn't take long to throw a couple of ideas around and put something together."

Two judges, Jamie Murray, from the Directorate of Logistics and Elizabeth Harden, a part-time employee for the environmental

team looked over the entries on the morning of the Earth Day Celebration. Winners at the Fort Greely Middle School were Katie Stewart, first place; Acacia Binnebose, second place; and Mauris Trofimov took third place with his hand crafted metal boat. The CDC winners for best decorated flower pots were Christina and Daniela Newman for first and second place respectively, and Laurdis Lester brought home third place. The ingenious moose sculpture from recycled cereal boxes, plastic bags and water bottles was created by the SAS children and won Best in Show. The directorates that participated were Public Affairs, Directorate of Public Works and the Garrison Safety Office. Public Affairs Officer, Deborah Ward, won first place for intricately crafted flowers made from discarded compact disks, Directorate of Public Works Laborer Matapae Seti and DPW's Contract Performance Evaluator

Craig Odom earned second place for their educational display board on items that are commonly discarded, but should be recycled, and Wayne and Darlene Tolliver took third place for their crafty use of recycled wrapping paper on otherwise drab animal figurines.

Prizes were donated by AAFES and FMWR. AAFES also offered a free showing of "Dr. Seuss' The Lorax" movie for the fourth, fifth and sixth grades. "The kids really seemed to enjoy the movie and when Rick stood up after the movie to tell the kids that they would receive their prizes [games and toys donated by AAFES] at the school assembly on Wednesday they were really excited and so we'd really like to thank AAFES for that and FMWR for the bowling certificates," said DeLong.

Barth and DeLong hope to see the program expand next year and the following years with varying themes and prizes. Likely participants have a year to come up with artistic designs to "wow" the judges. ■

*IMCOM: Resourcing and Reshaping the Army's Home



Photo by Randi Owen



Photo by Randi Owen

Left: Yes, spring has sprung here on Fort Greely, for the new and the seasoned folks the familiar sight of Moose around the post will increase, these two moose were caught grazing in the community housing area. The moose can be very dangerous. Signs the moose is getting agitated are ears back and pawing at the ground accompanied by some snorting, that means **STAY AWAY**.

Above: Harold "Sonny" Zarecki and son, Alec, age 11, take advantage of the warmer weather by throwing and catching a softball. Coach Zarecki state that he and his team were ready for the softball team to start and to, "bring on the challengers!"

49TH MISSILE DEFENSE BATTALION'S Annual Summer Solstice Trek

Get your Certificate of Accomplishment

FREE BBQ, BONFIRE, MUSIC, & MORE

21st – 22nd of June Starting @ 6pm

Donnelly Dome
All are Welcome
Fun for the Entire Family

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

Must sign up before May 28!



Swim Fast. Bike Hard. Run to Win

Delta-Greely Summer Blast Off Triathlon

Date: June 9, 2012

Time: 10:00am

Starting at Fort Greely and ending in Delta Junction, Alaska

Call 873-2696 for details!

FENCING

(for youth ages 10-18 years old)

Learn the basic of Foil Fencing!
\$35 per 8 week session

Classes are held every Friday
6-8PM at the CAC (BLDG 500)

All participants must be registered with CYS Services. To register please visit Parent Central Services in building 847 from 0600-1800. Please contact the SKIESUnlimited office at 873-3406 for questions or additional information.

SKIESUnlimited
Schools of Knowledge, Inspiration, Exploration & Skills

U.S. Army Child, Youth & School Services

3rd Annual Bike Rodeo with DA Police and FMWR

May 2, from 4 to 8 pm at the Fort Greely School Gym parking lot.

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

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

Youth Center Summer Gardening

During the months of
May, June, July, and August

The Youth Center is looking for youth volunteers who want to learn or know how to garden to help us plant flowers during the Summer and make a vegetable patch.

Sign up at the YC!

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

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

PARENT ADVISORY COUNCIL (PAC) MEETING

WE WANT TO HEAR THE VOICE OF OUR CUSTOMERS.

PAC MEETINGS GIVE YOU THAT OPPORTUNITY!

2nd Thursday of each month, 12:00 Noon at the CDC.

Agenda Topics:

- ✓ May 10th – MAC Plan
- ✓ June 14th – Parent Handbook
- ✓ July 12th – SNAP Procedures

Child Development Center & School Age Center
Bldg 847 Big Delta Ave Phone: (907) 873-4599

237TH Army Birthday

14th June, 2012
4:00-6:00

At the Child Development Center

FREE Food & Games for the whole Family!

For more information please contact the CDC at 873-4599.

907.873.4311

VALDEZ GLACIER CAMPGROUND

1200 Airport Road Valdez, Alaska 99686

*Available to DoD authorized users only.

- Large Group Camping
- 110 Wooded RV/ Tent Sites
- RV 30/50 Amp
- Covered Picnic Use Area
- Camp Host Info Office
- Picnic Tables & Fire Rings
- RV Dump Station
- Bikes/Camping Equipment*
- Fishing Charters*
- Rental Trailers*
- Hot Showers

glacierecamp@gmail.com

<https://www.facebook.com/pages/FMWR-Fort-Greely/163414933729193>

Safety Corner



BACKING UP

By Fort Greely Garrison Safety Office

Millions of miles are driven each year and most of these miles are driven going forward.

Although the majority of accidents occur while vehicles are going forward, approximately 30 percent of all accidents occur when vehicles are moving in reverse. Based on the high frequency of these accidents and the facts that all backing accidents are often preventable, emphasis must be placed on safe backing procedures.

Accidents that occur when a vehicle is going in reverse are costly. While the most frequent of claims involve property damage, bodily injury to individuals occurs as well. The element of risk resulting in bodily injury is ever present when backing any vehicle. This is a major factor when considering why the total cost of backing accidents is so high.

At Fort Greely, Alaska from October 2010 to date there were a total of 53 accidents/incidents with motor vehicles. Out of the 53 accidents/incidents, 28 were vehicles backing up.

There are many hazards that have to be considered when backing a vehicle:

- Inadequate clearance on both sides and top of the vehicle
- Objects directly to the rear of the vehicle when it begins to back

- Objects that move into the pathway of the backing vehicle

- Blind spots created by the vehicle

- Inattentive ground guides responsible for giving directions to the driver

What steps can be taken to prevent backing accidents? The most important one is to make all drivers aware of the potential for backing accidents and continually stress the following procedures:

- Don't back up unless absolutely necessary. Proper planning of routes and proper positioning of the vehicle can reduce the amount of backing.

- When possible, use helpers or guides to assist you in backing. Prior to any movement, the driver and guide should review the signals that will be used to back the vehicle. Always know exactly where the vehicle will be placed. Throughout the movement, the driver maintains full responsibility for the actions of the vehicle.

- Use all available aids to keep you aware of your surroundings. These include mirrors on both sides of the vehicle, rear view mirrors, reflections of the vehicle in windows, and shadows thrown by the vehicle.

- When no helper is available, get out and walk around the entire vehicle. This "circle of safety" should be used to observe anything that could come in contact with the vehicle. Be sure to observe areas above ground level such as clearance from the

top and sides of the vehicle.

- Back into driveways instead of backing out into traffic. This practice will give the driver a better view of children or other hazards that might be in the area. It also puts the driver in the position to operate with full visibility when entering traffic again.

- Make sure the proper mirrors are installed and they are properly adjusted before moving the vehicle.

- Check to see that backup lights function properly. In addition to providing illumination in darkness, they act as a warning to others that the vehicle is moving in reverse.

- Backup alarms are required on construction equipment, but they can also be installed on any other type of vehicle. These alarms provide an audible warning when vehicles back up and should be considered if a lot of backing is done or large vehicles are involved.

- Always back up slowly. When backing the vehicle, drivers should always expect something to get in their pathway. Slow backing will enable quicker stops.

- Roll down a window and turn off the radio so warnings can be heard.

Driving backwards can be done safely, but caution must be the watchword.

Get Help... Walk Around... Look In All Directions... Go Slow.



Hay fever, seasonal allergies - no more sore, stuffy noses

By Robert Dunne
DC, FNP, PA-C, DFAAPA
FGA Garrison Aid Station

Hay fever, often called "Seasonal Allergies", or "Allergic Rhinitis", pokes its ugly head up about the time that Spring arrives. It is a very common condition, and is the cause of much suffering for those affected by it. It is essentially an overreaction, if you will, of our immune system to a substance, called an "allergen."

Allergens can be anything, from pollen, dust mites, food, mold, insect bites, dog or cat saliva, to medicines. Hay fever describes a reaction mostly to pollen.

Allergic reactions can run the gamut from very mild, such as with hay fever, to life-threatening,

as can happen with bee stings and medicines. Hay fever's symptoms usually include runny nose, sneezing, and itchy eyes. In severe cases, it can trigger an asthma attack.

Treatments for allergies also run the gamut, from simply avoiding the substance, to taking daily medicines. Let's talk about the steps for treating allergies:

Avoid the substance: this can be difficult with pollen unless you live in an air-conditioned environment and never go outside.

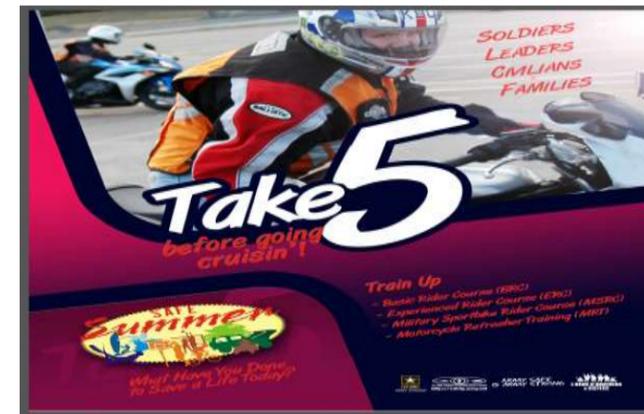
Nasal irrigation: this cleans the nose and removes any pollen from the tissue. The best way to do this is with a "Neti Pot," which looks like a small tea pot. It is available over the counter at most drug stores.

Medicines: "antihistamines" are the category of meds that help most with allergies. Claritin and Zyrtec used to be prescription-only, but are now available over the counter. They don't make you sleepy like older meds, and can be taken once daily.

If these methods are not helpful by themselves, your health care provider can prescribe stronger medicines, including nasal sprays with steroids.

With all of the modern methods we have to help those with hay fever, there is no reason to suffer!

Check with your health care provider for advice, especially if you have ever had an asthma attack. Quitting smoking also helps tremendously. ■



There is no training/post motorcycle endorsement card required for contractors, dependents, civilians, retirees, to ride on post. If these folks listed have an endorsement on their drivers license to ride a motorcycle that is good enough. Just like vehicles, must, if ask, be prepared to show, license, insurance, and registration.

Please pass on for all who ride bikes, BE CAREFULL when riding, gravel, water/ice still on road (mornings) in shadows/shaded areas, etc. still need Proper Protective Equipment (PPE).

Soldiers log in here to sign up for Motorcycle Training
<https://apps.imcom.army.mil/AIRS/Login.aspx>

Any question call the Safety Office at 873-5239/5031

EXERCISE, EXERCISE, EXERCISE

Fort Greely will be conducting its annual Full Scale Exercise during the period of May 18-22, 2012. The purpose of the exercise is to evaluate the garrison's ability to respond to potential threats to the installation such as a terrorist threat, weapons of mass destruction or a natural disaster. We appreciate everyone's understanding on the importance of this event to evaluate the readiness of the garrison to respond to an All Hazards Emergency Management program.

This year the Fort Greely garrison will conduct its Full Scale Exercise in conjunction with the 49th Missile Defense Battalion's External Evaluation, Global Lightning 12. During the five-day period the workforce and residents of the housing area can expect to see an increase in the movement of first responders and emergency response vehicles across the installation. There could be an aggressor force making an "attack" against the Missile Defense Complex, with both sides using blanks and pyrotechnics. Messages related to a scenario may be broadcast over the Giant Voice. These messages will be preceded by, and end with Exercise, Exercise, Exercise so they are not confused with real world events.

Real world events take precedence over scenarios associated with the exercise. As with everything we do, safety is our primary concern.

During the exercise we must remain vigilant in our day to day activities protecting the community whose members work and live on the installation. Remember to follow this month's antiterrorism theme of Always Ready, Always Alert; Because Someone is Depending on You.

EXERCISE, EXERCISE, EXERCISE

FORT GREELY 2012

CONSTRUCTION PROJECTS

Some projects have already begun on Ft. Greely, and as the weather grows warmer, more contractors will begin working in many high traffic areas on post.

What you can expect during this year's construction season?

The Commissary, PX, and Post Office (Building 601) will get EIFS, (External Insulation Finishing System) and overhead doors. Normal routines could be disrupted with detours and different access points. More roads and parking lots will be paved, normal traffic patterns for both vehicles and pedestrians may change. A couple roofing projects along with security bollards and swing gates will be installed around the cantonment area.

What can you do to make sure Fort Greely has a SAFE construction season?

- KEEP YOUR EYES OPEN AND BE AWARE OF YOUR SURROUNDINGS!
- STAY CLEAR OF ALL CONSTRUCTION AREAS!
- OBSERVE AND OBEY ALL SIGNS!
- DO NOT CROSS ANY TAPED OR BLOCKED AREAS!
- DO NOT WALK UNDER ANY SCAFFOLDING OR LIFT EQUIPMENT!

If you have questions or concerns you may call DPW @ 873-1134

While there will be some inconveniences during the 2012 Construction Season, the benefits and improvements to our post will be worth your patience.

Upcoming Events for May

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

May 1: Today starts the Military Appreciation Month kick-off. Keep your eye on FMWR for special events and discounts.

May 1: Asian Pacific American Month Celebration with the Fort Greely Equal Opportunity Special Events Council, 1 pm at the Aurora Community Activity Center. All FGA Members are welcome and encouraged to attend this cultural awareness event.

May 1: Delta Jct. City Council Meeting, 5 pm at City Hall. If you are interested in what's going on in the City of Delta Jct., you are welcome and encouraged to attend.

May 2: Bike Rodeo, 4-8 pm at the Fort Greely School Gym parking lot. Learn about bike safety, proper helmet safety, bicycle maintenance and street smarts – sponsored by DES and FMWR.

May 3: National Day of Prayer Luncheon, 11 am at the Aurora Community Activity Center

May 10: Newcomer's Briefing, 9 am at

the Aurora Community Activity Center.

May 10: Learn to Communicate with your Child, Noon – 12:30 at the Aurora Community Activity Center.

May 10: Parent Advisory Council Meeting, Noon at the CDC. Call 873-4599 for more information.

May 12: Trunk, Trees and Treasure Sale, Noon to 6 pm at the Highway's End Farmers' Market.

May 15: Free Parent Child Communication Class, 4:30 pm at the CDC. Call 873-4599 to sign up.

May 16: Garrison Commander's Round Table Monthly Meeting, Noon at the Aurora Community Activity Center. Garrison Commander's Round Table Meeting, noon at the CAC – All FGA Members are welcome and encouraged to attend. The May 16 Garrison Commander's Round Table topics include, but are not limited to: Is it regulation to impose a one year lease for housing on post?; Equal housing rates for services/space provided is what we are asking for; Designated parking spots for Soldiers residing in the barracks; Update on the AAFES

Coffee Shop – we miss it; Ice Box for the Indoor Playground; and Too hot in the barracks: let's turn down the heat. May's luncheon special for \$7 is Beef Stroganoff and salad. Please RSVP to 873-4783 by May 9.

May 16: Post Clean-Up Day - for Garrison Employees.

May 17: Community Health Care Council Meeting, 10 am at the Chapel Annex.

May 18-22: Fort Greely will be conducting its annual Full Scale Exercise during this period. All events will be preceded and followed with the words, "EXERCISE, EXERCISE, EXERCISE."

May 24: Memorial Day Service, 11 am at the Fort Greely Chapel. This is an Open Post Event - ALL are welcome.



Special events for Military ID Cardholders and their Dependents in honor of our heroes and Military Appreciation Month:

CAC - Bowling

Red Head Pin Fridays 11 am - 10 pm with Military ID get a strike with red headpin get one free game.

Sunday May 6 and 13 and Monday May 7 and 14 from 11 am - 9 pm with Military ID buy two games get one free, shoes not included.

Chinook Grille

Hotdog combo meal \$6.00 includes 2 hotdogs, French fries, and drink. Buy 1 get 1 free Hotdog \$4.00 ea.

Outdoor Rec

1. Rent an ATV, get the trailer rental free.

2. Save \$5 per night on Scamp travel trailer rentals.

Autoskills

1. Oil change \$20.00 fluid and filter not included

2. Alignments \$50

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

FrontLine Employee

Wellness, Productivity, and You!

Fort Greely Army Substance Abuse Program

What's a S.M.A.R.T. Goal?

Even if you are not a management expert, you can benefit from learning about S.M.A.R.T. goals. S.M.A.R.T. is a memory jogger to help a goal setter remember to set goals and objectives that are (S) specific (defined and clear), (M) measurable (determine if proceeding toward the goal), (A) attainable (realistic), (R) relevant (important to the goal), and (T) time-limited (an end point exists in the future when the goal should be realized). Applying the S.M.A.R.T. criteria can help ensure that your personal and professional goals are achieved, and it can help you accomplish more goals more quickly. S.M.A.R.T. is easy to remember and easy to learn, not only for employees but also for young people at a point in their lives where goal planning should be learned as an important life skill.



Create a Positive Mood with Office Plants

It's spring, so why not freshen up your office or workspace with plants? Plants reduce stress, and research shows that having these small symbols of work-life balance keeping you company can improve your mood and your productivity. It also seems that the more demanding your work, the more plants can help! If your office has little or no daylight, try shade-loving plants or visit a nursery to learn more. Source: billy.com/try-plants.



"Cyber Loafing": A Productivity Zapper

Get ahead of the curve and curb cyber loafing, which is a new term to describe surfing the Internet when you should be working. Cyber loafing includes watching YouTube videos, Facebooking, shopping online, and more. Remember computer solitaire before the Internet? Cyber loafing is now the No. 1-reported way employees waste time, according to a survey of 10,000 employees conducted by Salary.com and America Online. Of the more than 10,000 people polled, 44.7% cited cyber loafing as their No. 1 distraction at work. What if you try to ignore checking the Internet and the distractions it presents, but can't break the habit? Talk to your organization's employee assistance program about help. Source: www.billy.com/loafing.



Employee Assistance Program

YOUR EAP PROVIDER

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

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

Binge Drinking Big Impact Big Problem

The Centers for Disease Control and Prevention (CDC) has begun an effort to educate consumers about the dangers and huge economic cost of binge drinking—over \$225 billion per year. It is a growing problem that they admit has been studied less than alcoholism. There are about 18 million alcoholics and regular alcohol abusers in the United States, but there are 38 million binge drinkers. That's about 15% of the population. Most are not alcoholics. Binge drinking means drinking five or more alcoholic drinks within a short period of time for men and drinking four or more drinks within a short period of time for women. Binge drinkers consume alcohol on average four times per month. The highest average number of drinks consumed during at least one of those drinking sessions is eight. Auto crashes, accidents, violence, and suicide are the key risks for binge drinkers. People between the ages of 18 and 34 do the most binge drinking, and the income group with the highest number of binge drinkers is those making over \$75,000 a year. What can be done to reduce binge drinking? Becoming aware of your binge drinking is the first step and evaluating your own drinking pattern is next. Helping make others aware of the problem follows, but the CDC has other recommendations too. Learn more from the CDC at <http://1.usa.gov/binge-nt>.



Starting a Team Off on the Right Foot

If you are part of a new work team, be sure to invest time-sharing among members to determine each person's strengths, limitations, and interests before assigning roles and tasks. This exercise reduces communication problems and conflicts that can arise later from a lack of cohesion. Team problems often start at the beginning. Unfortunately, many teams perceive struggles with conflict as originating with the organization—the boss, politics, or other factors. Avoid these member pitfalls: 1) Believing your skills and experience demand that you do a disproportionate amount of work. 2) Assuming a team member's under-performance is due to a lack of personal organization, motivation, or skill. (Often team issues explain individual performance shortcomings. Always start with the team first when searching for solutions.) 3) Failing to intervene early when there are indicators that one or two people are doing most of the team's work.



Employee Theft Without Thinking

It's been estimated that the average business loses 6% of its revenues to employee theft, but almost no employees intend to steal when they are hired. A great deal of employee theft begins by taking pens and removing pads of lined paper, and this problem can grow bigger when facilitated by employee conflicts or a work culture that does not promote cohesiveness, loyalty, or respect among employees. A casual attitude toward rules and regulations then follows. Experts cite this pattern as a key to explaining why theft happens. You probably do not warn your houseguests not to steal things when they visit, and most employees feel the same way about their work environments—they trust employees. This means you have a powerful role to play in theft prevention by being an ethical role model for your peers and practicing restraint. Source: Association of Certified Fraud Examiners.



Free Family Activities Around Town

You may be living on a tight budget, but the world can't stop turning, so it's time to find free and cheap recreational opportunities in your town or area that can still offer your family a lot of fun. Here are two key resources or tactics to fill your fun coffers: 1) Check out billy.com/cheap-fun. On the site, type "cheap things to do (your city, town)" in the search bar at the top of the screen. If you have over 10,000 residents in your area, chances are that free activities will be displayed. 2) Collect and store relevant websites for your library, county recreation center, tourism association, nearby colleges, high schools, and museums. Before the weekend or your day off arrives, check your list.



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: Nothing says, "Welcome spring" like the orange, robust belly of a robin. It won't be long before the tree buds turn to lush greens and the flowers are in full bloom. Photo by Steve DuBois.

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- Deputy to the Commander Brent Abare
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