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Fort Greely

Home of the Rugged Professional

INTERCEPTOR

Inside this issue:

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Directorates of Logistics now Logistics Readiness Centers

Wounded Warrior hunt success

KUDOS Corner and more!





Rick Barth, Directorate of Public Works-Environmental Office

Where is your hometown?

Weaubleau, Missouri

What is your complete job title?

Environmental Protection Specialist/
Natural Resources Manger/ Installation Pest
Management Coordinator.

What is the favorite part of your job?

The people I work with.

What is the most difficult part of your job?

The new and ever changing challenges I need to learn to excel in my position.

What keeps you motivated?

Knowing I can make a difference.

How long have you been at Fort Greely?

Served as the Health Inspector out of BACH since 2005 and in 2011 I took a position as an Environmental Protection Specialist here.

What do you like most about Fort Greely?

The remoteness of it all.

What is your favorite quote?

Soldiers First!

What person influenced your life the most and how?

My three kids and eight grand kids give me purpose and perspective.

What is your favorite hobby when not at work?

Hunting, trapping and fishing.

What is your favorite Alaskan Food?

Halibut.

Where are your favorite spots in Alaska?

Lost in the woods.

KUDOS Corner

Kudos to Rick Barth from the Directorate of Public Works Environmental Office for annually providing six wounded warriors with a chance to pursue the Alaskan-Yukon moose here on Fort Greely during the fall moose hunting season. Barth sincerely hopes his efforts will serve Wounded Warriors who have sustained injuries on the battlefield, qualifying them for the Purple Heart Medal and rendering them 100 percent disabled by the Veterans Administration. The SIKES Act requires military lands be made available for recreational purposes, as long as it does not interfere with the stated Army mission. "We are in the process of constructing four hunting blinds that are handicap accessible, three will be permanently located and one mobile unit." Barth has requested that the state Board of Game allow concurrent hunting dates for both residents and nonresidents alike and requested a change to the current harvest requirement to allow any moose except for cows tending calves. ■

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**USAG Fort Greely, Alaska
Garrison Commander
LTC Brian Speas**

Last month, I mentioned the Army's Ready Land Resiliency Campaign, which is a comprehensive look at how we deliver services to Soldiers and Family members alike in order to ensure overall mission accomplishment while taking care of those in our charge. In order to accomplish the Army's core mission to close with and destroy the enemy, we have to look at the Soldier from a comprehensive perspective: physical, emotional, mental and spiritual. I would also contend the financial health of our Soldiers is something leaders at all levels need to pay particular attention to. This comprehensive look is no longer debatable but an accepted fact given an Army engaged in persistent conflict for over a decade. This idea of comprehensive Soldier fitness is applicable to our entire valued workforce, civilians and contractors alike.

With that, the Army continues to back rhetoric with resources. To me, resiliency and preparedness are two sides of the same coin. As we enter a change in seasonal weather, albeit a little too soon for some, I would like to highlight this notion of preparedness along with services available through the garrison. First, Colleen Pugh and Jim Verney (BKSS) offered an outstanding winter safety class at the Post Chapel on Oct. 8. This class was for anyone on Fort Greely. If you are new to the area and missed the class I encourage you to contact our Garrison Safety Office at 873-5239 to learn how to keep yourself and your family safe this winter.

Secondly, Angela Murphy will conduct classes that touch on the fiscal aspects of life. The class on Oct. 24, "Are You Protected"

Command Corner

will focus on how to properly use insurance and how it can protect you. The second class on Nov. 6, "Can You Retire at 65" helps to solidify answers to the looming questions for many... "Can I really afford to retire at age 65 and if not what can I do to prepare?" Both of these classes will be conducted from 3:30 - 5:00 p.m. at the Gabriel Auditorium. Please contact Ms. Murphy at 873-2479 for more details.

October is Domestic Violence Awareness Month and our Army Community Services team has done a great job hosting events throughout the month despite the recent government shutdown. There are two events left for you to participate in and they are The Free Throw Competition at the Fitness Center on Oct. 24 at 3:30 p.m. and Oct. 31, Closing of Domestic Violence Awareness Month will be at 11 a.m. in front of the Garrison Headquarters Building entrance. A table has been at the AAFES Troop Store with prevention of Domestic Violence information. I encourage you to help promulgate available resources for the prevention of domestic violence.

As the change in season sets in it is important to stay active, socialize and not fall into self-imposed hibernation. Fort Greely offers some fantastic upcoming activities that you and your family can enjoy like the Children's Fall Festival with Family and MWR on Oct. 26, Halloween Bowling Bash on Oct. 31, North Haven Communities Haunted House and Trick-or-Treat night on Oct. 31 and more. There are also copious amounts of SKIES Unlimited classes to choose from in the upcoming months. The information on these events can be found here in the Fort Greely Interceptor and on line on our Facebook pages www.facebook.com/fort.greely and www.facebook.com/FortGreelyFMWR.

Winter is not the time to stay indoors. Get out and take advantage of all the resources available to you and your family. Keep up the great work, stay resilient, and stay safe. ■

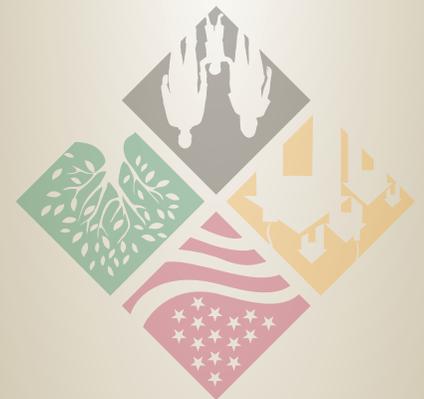
-- LTC Brian A. Speas



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New man at the helm

By CPT Michael Odgers
49th Missile Defense Battalion

Fort Greely, Alaska – The 49th Missile Defense Battalion has a new Commander at its helm, LTC Michael Hatfield. Hatfield assumed command during a Change-of-Command ceremony at Fort Greely, Alaska Sept. 11th.

Hatfield is no stranger to Fort Greely. He served with the 49th Missile Defense Battalion from 2006-2009 as a Crew Director and Battalion Executive Officer, before returning to the 100th Missile Defense Brigade in 2010, where he served as a Missile Defense Element Crew Director.

LTC Hatfield, a former combat medic, graduated from Ohio University in 1996 and was commissioned as a 2nd Lieutenant and branched Air Defense Artillery. He served in a variety of ADA positions within the Ohio Army National Guard before taking an Active Duty Guard Position with the 100th Missile Defense Brigade, Colorado Army National Guard in 2003.

Coming back to Fort Greely was a bit of a home coming for Hatfield. “I feel more at home here than I do in Colorado Springs,” remarked Hatfield. “This feels like 1985 small town Ohio, where I grew up. This is a great place to set up roots.”

Even with his familiarity of Fort Greely and

his family’s fond memories, that did not mean the decision came without consternation. With the thought of severing the roots Hatfield and his family had made in Colorado, the question of whether this was the right time to return had to be answered. Hatfield felt there was unfinished business and that he had a responsibility to return. After several family discussions, right up to the application deadline, the family was ready for potential change and Hatfield submitted his application.

“I believe in mission first people always. I want to develop agile leaders and resilient families dedicated to meeting our operational demands,” commented Hatfield about his leadership philosophy. “I want to develop and mentor leaders of character who are committed and competent. I want us to be good stewards of our resources, all so that we can be a globally responsive and regionally engaged force prepared to defend the United States against a limited ICBM attack.”

If you were to sum up his leadership philosophy in a few words it would be fair, firm and consistent.

“I believe that being firm, fair and consistent stabilizes the force and ensures that all Soldiers understand what is required of them,” Hatfield continued. “That consistency is essential in moving forward.”

The Hatfields have been adjusting well to Fort Greely. There had been a discussion of whether to live off post or on post. Hatfield had wanted to enjoy the peace and serenity of

his own patch of land, but the rest of his family wanted the convenience of on post living. He was out voted 5-1.

They have been thriving well and participating in the community. His oldest daughter, Cassidy (16), is attending the local high school and plays soccer. His youngest daughter, Madison (12), is attending the middle school and is a member of the Radio Flyers club, and his two sons, Ethan (8) and Elijah (6), are having a blast playing soccer, riding their bikes and playing with all the neighbor kids. ■



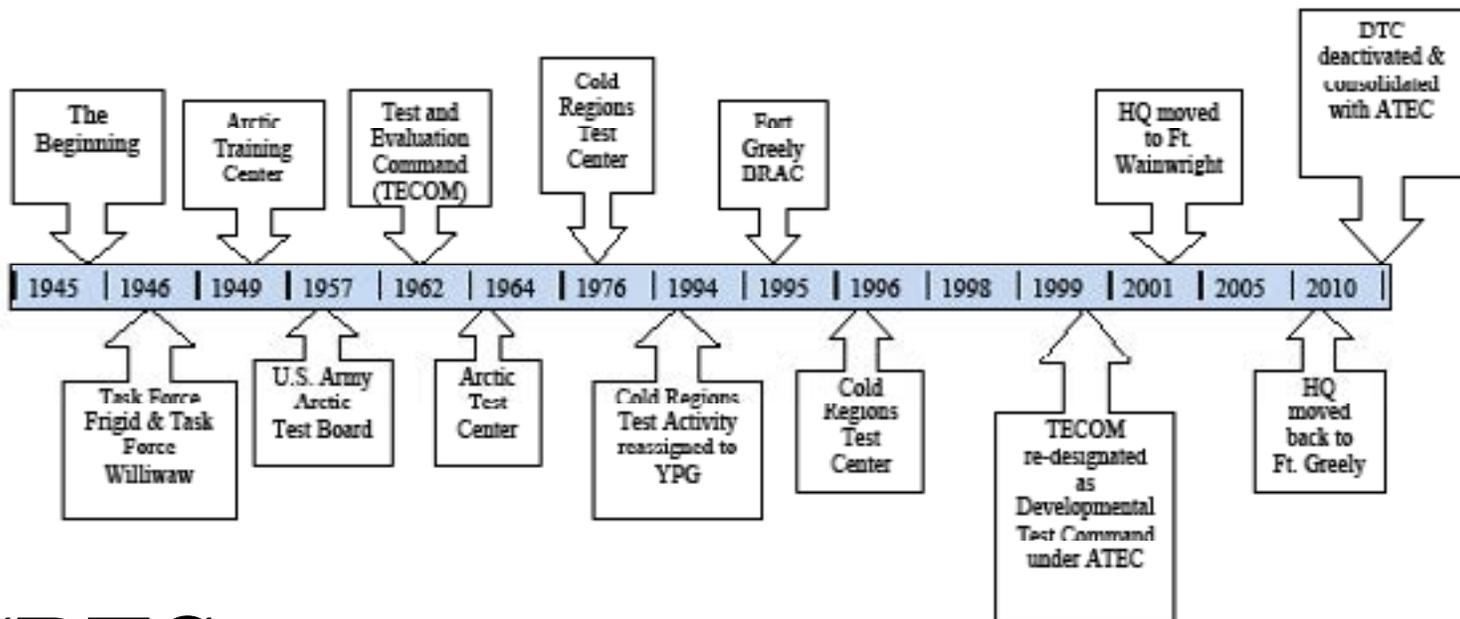


LTC Michael Hatfield, 49th Missile Defense Battalion looks out to his troops as he assumes command on Sept. 11, 2013.



LTC Michael Hatfield, 49th Missile Defense Battalion, COL Edward E. Hildreth III, 100th Missile Defense Brigade and MAJ Scott Monson, 49th Missile Defense Battalion enter a Change of Command ceremony as the Official Party. LTC Michael Hatfield took command of the battalion during a ceremony at the post gym, Fort Greely, Alaska Sept. 11. Pictured far left: LTC Michael Hatfield, 49th Missile Defense Battalion, passes the guidon to Command Sgt. Maj. John Drew, 49th Missile Defense Battalion during a Change-of-Command ceremony at the Fort Greely Fitness Center, Sept. 11, in which Hatfield took command of the battalion. Pictured right: PFC Grant Endres, 49th Missile Defense Battalion, gives flowers to Stacey Hatfield, the wife of LTC Michael Hatfield, during a change-of-command ceremony. Hatfield took command of the 49th Missile Defense Battalion during a ceremony held at the Fort Greely, Alaska Fitness Center Sept. 11. All photos courtesy SGT Julio Velez.





CRTC... Building a permanent facility

When the Korean War began, the United States (US) Military was unprepared for the extreme subzero temperatures they faced during combat. The battle at the Chosin Reservoir alone resulted in nearly all of the 18,000 Soldiers who fought there suffering from frostbite and other cold related injuries. The high rate of cold weather injuries solidified the need to establish a permanent testing center with the facilities to test all types of military equipment in the natural cold environment. Shortly after the Korean War ended, the US Army began the major construction effort to build the Arctic Test Branch, which would later evolve into the US Army Cold Regions Test Center (CRTC) of today.

1954: Building Permanent Facilities & More testing

The initial construction process on post began in 1953, with a few permanent buildings built one mile from the airfield on what had previously been known as Big Delta Air Force Base. The installation had been re-designated the Army Arctic Center in 1952, and in addition to the testing mission, was also home to the Army's Cold Weather and Mountain School, which is now known as the Northern Warfare Training Center. The newer structures began to be referred to as "main post" and the original buildings near the airfield "old post". In 1954, the construction program expanded to include post headquarters, post engineer facilities, maintenance shops, and warehouses

to accommodate the testing, storage, and maintaining of military equipment. In addition, quarters and barracks buildings were constructed to house the civilian and military personnel assigned to the Arctic Test Branch and the Cold Weather and Mountain School. Other facilities, such as a fire station, post office, library, were built to provide resident Soldiers and their families with basic community needs. Accomplishing the construction was a huge undertaking, due to both the remoteness of the area and the very short construction season. As frigid, subzero temperatures announced the arrival of winter and the end of the construction season, testing geared up in temperatures as low as -47.9 degrees Fahrenheit (°F) (on December 27th).

The needs of the Warfighter continued to evolve and so did testing, to include equipment tests of such items as the Igloo-Type Shelter. The Arctic Test Branch tested various models of Igloo-Type Shelters (also known as Quonsets) to determine which model would be the safest and most effective shelter for Soldiers. One such test was that of the Finnish Igloo-Type Shelter, which had a half-moon shape design with both an inner and outer shell for warmth. During testing, it was found that a crew of one Non-Commissioned Officer and six Soldiers provided just the right combination of personnel to quickly and efficiently assemble and disassemble the shelter. Once the Soldiers were familiar with the shelter structure, the average set-up time was 30 man-hours to

By Jennifer Lawless
Cold Regions Test Center

assemble and 15 man-hours to disassemble. However, the shelter instructions were incomplete and confusing, resulting in the shelter having to be fully set up and taken down at least twice before familiarity was achieved. Unfortunately, the materials were poorly made for continued re-use and the shelters were only reliable for about five set-up and break-down cycles. Even with these issues, the Finnish Igloo-Type Shelter successfully withstood over three months in extreme arctic conditions and kept a comfortable internal heat in outside temperatures down to -35 °F. While this model did not quite make the cut, similar modified Quonsets/shelters remain in use today, for the military and even as unique business locations.

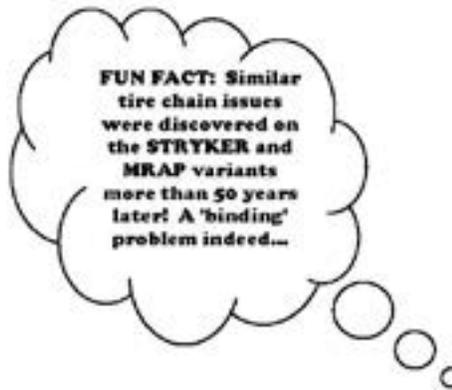
The increase of environmental testing on equipment was matched in the area of military vehicles. There are many arctic and subarctic regions throughout the world that do not have paved roads and trails. Rugged terrain, snow, ice, and vast areas of marshy muskeg can seriously restrict or completely halt cross-country operations in wheeled vehicles. One of the test vehicles to take on this challenge during 1954 was the XM62 Medium Wrecker, 5-Ton, 6X6, Truck. The Arctic Test Branch successfully tested the wrecker's towing capabilities with both an M41 Cargo Truck

and an M135 Cargo Truck in up to two feet of snow. The wrecker was operated an impressive 7,690 miles for all phases of testing, with relatively few problems. One of the most prominent findings was the fuel tank's insufficient capacity. The requirements specified that the fuel tank capacity should allow the vehicle to travel 300 miles without refueling. Unfortunately, this truck's fuel capacity limited travel to a little more than half that distance. The second major finding was the insufficient clearance between the inner wheel and the chassis to allow operation with tire chains, very important when attempting to traverse snow or ice covered terrain. Despite these difficulties, the wrecker performed impressively enough for the Arctic Test Branch to recommend it for operation in the Arctic, but suggested the vehicles be manufactured with enough clearance to accommodate tire chains. The XM62 eventually evolved into the M816, as part of the M809 series of 5-Ton 6x6 trucks, still in use today.

CRTC salutes the sacrifice and dedication of the people who relocated to Big Delta, Alaska, to set the stage for all this organization has accomplished and become. The men and women who built an installation in the wilderness and the early test participants for items such as the Igloo-Type Shelters and the XM62 Medium Wrecker, are worthy of emulation. These Army pioneers left modern comforts behind and risked frostbite or worse to lead the way in ensuring safe, reliable, and effective equipment for the Warfighter. The tireless efforts of the men and women of the Arctic Test Branch then, and the Cold Regions Test Center now, make this an invaluable institution in support of the Soldiers and Marines who stand on guard for freedom and stability in any climate, anywhere on earth. ■



Igloo-Type Shelter. Photos courtesy of Cold Regions Test Center.



FUN FACT: Similar tire chain issues were discovered on the **STRYKER** and **MRAP** variants more than 50 years later! A 'binding' problem indeed...



XM62 Medium Wrecker, 5-Ton, 6X6, Truck



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USAKA base operations officially transferred to Installation Management Command

By Sheila Gideon

Managing Editor, Kwajalein Hourglass

U.S. Army Garrison-Kwajalein Atoll headquarters was officially transferred from U.S. Army Space and Missile Defense Command to Installation Management Command in a ceremony Wednesday at the metro hangar. The ceremony marked the official establishment of Garrison Command Kwajalein Atoll as part of the IMCOM organization. The official party consisted of Debra Zedalis, regional director of Installation Management Command-Pacific, USAG-KA Sgt. Maj. Roderick Prioleau, and COL Nestor A. Sadler, commander of USAG-KA.

A brief history of Kwajalein narrated how the command has changed over the years. Kwajalein officially became Kwajalein Test Site in July 1964, under the U.S. Army Space and Strategic Defense Command. Command changed to SMDC in October 1997. IMCOM was stood up in October 2002, in an effort to standardize Army garrisons. As of Wednesday, IMCOM is now responsible for synchronizing, integrating, and delivering installation services and sustaining facilities in support of senior commanders in order to enable a ready and resilient Army here at USAG-KA.

The IMCOM colors were uncased by Zedalis, Sadler and Prioleau. The uncasing ceremony serves two purposes. First, it allows the commander the opportunity to assess the readiness and discipline of the unit and second, marks a definite point in time to commemorate the beginning or continuation of a unit's history and lineage. The uncasing signified the official transfer of all base operations from SMDC to IMCOM.

Sadler welcomed guests and distinguished visitors to the ceremony. "This is a special day for the Kwajalein family," he said. "Today truly marks a day of unity as Installation Management Command becomes an official partner of the Space and Missile Defense Command." Sadler commented that IMCOM's expertise in the management

and resourcing of base operations will have a positive impact on the quality of life for the residents and the mission. "The Kwaj family will no doubt continue to work as a team and continue to meet and exceed all expectations as we move forward together," he said in closing.

Next, Ronald Chronister, deputy to the commander, SMDC/ARSTRAT, thanked the Kwajalein team for all their hard work, especially with the busy mission schedule over the past few months. "What you all do here is phenomenal in terms of its criticality to the defense of the nation." Chronister visited Kwajalein earlier this year in January. He was given a tour of the island infrastructure and saw firsthand the magnitude of repairs needed. "I was a little concerned when I left," he noted. On Tuesday, he repeated the same tour and was very encouraged by the progress that had been made. "I think that's a direct reflection of the base ops being [transferred] to IMCOM." Everyone at SMDC is committed to this transfer and will continue to support the RTS mission, Chronister said.

Finally, Zedalis addressed the guests. She began by saying, "To the entire Kwajalein community, I extend an official welcome to the Installation Management Command-Pacific region." On Wednesday, USAG-KA became the Pacific region's 12th garrison and the second garrison in support of SMDC. IMCOM-P is comprised of American and Korean soldiers, supporting U.S., Korean, Japanese, and now Marshallese civilians and contractors in all garrisons. The region supports more than 202,000 servicemembers and their families spanning an area of 15,000 nautical miles that make up the Pacific area. But IMCOM is even more than the Pacific. IMCOM is a worldwide enterprise covering 17 time zones, seven different countries on three different continents, with over 76,000 employees serving more than 1,200,000 active duty Soldiers, civilian employees and contractors in 74 garrisons.

"And so it is an exciting day for everyone in the Pacific region and in IMCOM," Zedalis continued. "I hope it is an exciting day for everyone here at Kwajalein because you have now joined an installation management

enterprise that spans the globe, and contributes significantly to the U.S. Army."

"I tell our team we have the best jobs in the U.S. Army, because daily we get to positively impact the lives of our great Soldiers and families," Zedalis commented.

She closed by saying, "To all the units represented here today, I wish to personally thank you for your support. I know that COL Sadler and his garrison staff will work with you to ensure they provide the finest installation capabilities, services and quality of life for your Soldiers, civilians and families." ■



COL Nestor Sadler and Debra Zedalis cut the cake after the uncasing ceremony.

"I tell our team we have the best jobs in the U.S. Army, because daily we get to positively impact the lives of our great Soldiers and families,"

- Zedalis

Directorates of Logistics now Logistics Readiness Centers

By General Dennis L. Via
Commanding General, U.S. Army Materiel Command

As part of the ongoing reshaping of Directorates of Logistics Army-wide, the Army Materiel Command (AMC) has rebranded DOLs "Logistics Readiness Centers."

The fundamental mission of the LRC is to support the Soldier at home station by providing installation and Army logistics readiness.

This transition to LRCs better aligns to Department of the Army naming conventions; more accurately reflects their mission under AMC; and provides a conceptual framework to reshape LRCs as AMC's "Face to the Field." It is much more than just a name change; but rather a concept that will eventually set the conditions to integrate all of AMC's capabilities at the installation level under one umbrella.

LRCs serve as AMC's focal point for installation services at home station, with 73 LRCs located across the Army in the United States, Europe, and East Asia. The LRCs integrate and synchronize AMC capabilities in support of senior commanders and installation tenants, providing a single hub on the installation for customer access to the Army sustainment base. The Army Sustainment Command, as AMC's operational arm, has the responsibility for the management of the LRCs.

LRCs manage installation supply, maintenance, and transportation, to include food service,

ammunition supply, clothing issue facility/clothing initial issue point, hazardous material, bulk fuel, personal property/household goods, passenger travel, non-tactical vehicles, rail, and garrison equipment.

The transfer of DOLs from Installation Management Command to AMC in October, 2012 provided a number of benefits for the Army. The transfer reduced redundancy, standardized processes throughout all of the DOLs, improved contract management, and enhanced quality and visibility of services.

The link to the national sustainment base is critical to the future success of the LRCs. Soldiers and Commanders now have behind them the full power of a global logistics command, able to access not only needed Soldier services, supply, and maintenance support, but also permitting technical reach-back to the entire AMC enterprise. Under AMC, in addition to being connected to the sustainment base, LRCs are also connected to each other. This provides them the flexibility to support surge requirements and more effectively utilize AMC maintenance assets.

Before the transfer of the DOLs, each installation managed its own contracts through the Mission and Installation Contracting Command. ASC developed a contracting strategy called the Enhanced Army Global Logistics Enterprise, or EAGLE, to address inconsistencies in requirements and level of services. This program addresses maintenance,

supply operations, and transportation services in more than 40 locations in the continental United States, as well as Alaska and Hawaii, using basic ordering agreements for task order competitions. This allows standardization of performance work statements and greater competition among the basic ordering agreement holders, with the goal of reducing cost and increasing small business participation. It also reduces administrative contracting costs by using one contracting strategy for multiple contracts in many locations.

As we implement this transition, our goal is to remain flexible and responsive to senior installation commander requirements, and to provide services to today's Soldiers at reduced cost, while planning for future changes in Army strategy and advances in Army equipment, with a primary enduring mission of sustaining a CONUS-based expeditionary Army prepared to meet future contingencies.



General Dennis L. Via, Commanding General, U.S. Army Materiel Command

How long can you leave food on the table?

By Colleen Pugh
Garrison Safety Office

A good rule for food safety is to keep hot foods hot and cold foods cold. Take your time around the dinner table, but start packing up and refrigerating the leftovers within two hours.

Leftovers should be cooled down as quickly as possible. Pack them into several shallow containers rather than one

large one, and make sure you don't stack the containers in the refrigerator (this can trap the heat). The more surface area that's exposed to the cold air, the faster your food will cool.

Remove stuffing from the turkey cavity and store it in a separate container. Carve the meat from the bones or separate the turkey into smaller pieces and divide it among shallow containers or plastic bags. It may be tempting to keep any leftover sweet potatoes or green beans in the half-empty serving dish and just cover it with

plastic wrap, but it's best to put everything in a clean, smaller container. It will also save a lot of space in the refrigerator



National Health Care Law

By COL Kevin Michaels
Command Surgeon, USASMDC/ARSTRAT

1. The Affordable Care Act was created to expand access to affordable health care coverage, lower costs, and improve quality and care coordination for all Americans. Under the law, people will have health coverage that meets a minimum standard - called "minimum essential coverage" - by January 1, 2014. Otherwise they must qualify for an exemption, or they may be required to pay a fee if they have affordable options but remain uninsured.

a. The Affordable Care Act will have very little impact on TRICARE beneficiaries. The biggest change they will notice may be an extra letter in their mailbox every January, and an extra box to check on their tax forms every April.

b. Beneficiaries who receive TRICARE benefits, whether at no cost, by electing to pay an enrollment fee, or by paying monthly premiums, have minimum essential coverage under the affordable care act. This includes: TRICARE Prime, Prime Remote and Standard; and TRICARE's premium-based plans: TRICARE reserve select, TRICARE young adult, TRICARE retired reserve, and C-H-C-B-P, the Continued Health Care Benefit Program.

c. Eligibility alone for premium-based TRICARE benefit plans - TRS, TYA, TRR AND CHCBP - does not constitute minimum essential coverage. Eligible beneficiaries must purchase and be in good standing, by paying their premiums to have coverage in force, for these TRICARE programs to qualify as minimum essential coverage.

d. Finally, there are two groups of TRICARE beneficiaries who do not meet the minimum essential coverage requirement: those getting care for line of duty only related conditions, and those only eligible to receive care in military hospitals or clinics.

2. Beginning with the 2014 tax season, and every tax year after that, the Department of Defense will send every TRICARE beneficiary the same information it sends the internal revenue service. This notification will detail whether sponsors and their dependents had minimum essential coverage during the

previous year. Sponsors can then use this information when they file their tax forms. Because the information sent to the IRS is generated using beneficiaries' social security numbers, it's essential for sponsors to make sure their Family's Defense Enrollment Eligibility Reporting System (or DEERS) information is correct and up to date.

3. For additional information please go to www.TRICARE.mil/ACA or contact Health Care Insurance Benefits POC for additional information. ■

or even death. The best way to prevent the flu is by receiving an annual influenza vaccination. The Centers for Disease Control and Prevention recommends everyone over the age of six months get vaccinated against influenza.

There are two primary types of influenza vaccine: the flu shot and the nasal spray. The flu shot comes in several different forms that target a variety of age groups from six months and older. All forms of the flu shot contain inactivated or killed virus and are administered as an injection in the upper arm or in the thigh for infants. Your healthcare provider will determine which form is right for you based on age, allergies and health conditions.

The nasal spray vaccine, or the live, attenuated influenza vaccine, is commonly known by its trade name, FluMist" and offers protection to healthy adults from 2 to 49 years old who are not pregnant. FluMist" contains a live but weakened flu virus that cannot cause flu illness.

Studies comparing the flu shot to the nasal vaccine have shown the shot or inactivated vaccine to be more effective in protecting against influenza A in healthy adults. Both vaccinations were more effective in preventing influenza than those receiving no vaccine. However, studies conducted in children have found the nasal spray or attenuated vaccine more effective in preventing influenza than the shot.

The influenza vaccination for the 2013-2014 influenza season protects against the strains of the virus influenza experts believe are most likely to circulate during this season.

Before any influenza cases develop, get the flu vaccine. It may take up to two weeks to develop complete protection against influenza after vaccination. Vaccination of people at high-risk for serious flu-related health complications and their close contacts is especially important. Talk to your healthcare provider to see if you fit this high-risk category or if you have any questions regarding which flu vaccine options are best for you and your family. ■

Flu Season is here...



By SGT Terence Ellis &
Zachary McCormic

Disease Epidemiology Program, U.S. Army
Public Health Command

Each year, the influenza or 'flu' virus makes millions of people ill worldwide. Children, the elderly, pregnant women and those with weakened immune systems are at highest risk of developing flu-related complications that can lead to hospitalization



Wounded Warrior hunt success

By Rick Barth
Directorate of Public Works

Recently on Fort Greely we had our first successful bow hunter harvest a bull moose. Currently only hunters who have state draw permit for DM795 were eligible to hunt here on post. Since BRAC Fort Greely discontinued any hunting programs on post. With the exception of a reduction of airfield moose back in 2009 which was not a true hunt. In 2012 we made the installation available to DM795 hunters. Last year we had no hunters participate. Here on post hunters are limited to archery or crossbow only IAW state regulations.

DM795 hunts are for disable vets who are currently 50 percent disable or greater. I have submitted a change to the state regulation that hopefully will go into effect in 2015 that will only allow 100 percent disabled vets who are purple heart recipients to hunt. I also requested a harvest change allowing them to take any moose except those tending a calf. This change has been well supported by all our state and federal officials including the Governor office.

Our goal is to get wounded warrior hunters who have been injured in combat an opportunity to have a successful moose hunt here in the future. We are fortunate here on Fort Greely to have so many moose and the ability to provide them to our heroes who may have all but given up on the idea of being able to get out into the field ever again.

Our lucky hunter is Shane Rhoton a disable army vet from Fairbanks pictured below. ■



Holidays kick off at the Aurora Community Activity Center

By Treva Slaughter
Installation Protocol Officer

The weather is slowly changing and my mind is turning to carved pumpkins, roast turkey and the enchantment of holiday lights glowing bright on our long Alaska nights. This is the season for Family, celebration and re-discovering the wonder of youth. Members of Team Greely overcome the obstacles of short days and long frigid nights in order to come together to mark this time of year as a Community. This year will begin with a Fall Festival at the Aurora Community Activity Center on Oct. 26 from 2 to 4 p.m. Children of all ages will have the chance to participate in games and satisfy their sweet tooth with candy treats. On Oct. 31 North Haven Communities hosts trick-or-treating in the housing area complete with a haunted house that will get your adrenaline pumping and chills from the thrill of what just might be in the next room! Keep an eye out on Facebook for reminders in the days to come.

Then, in November, families across the Installation prepare scrumptious culinary delights for the Soldiers on the Missile Defense Complex whose job it is to continue to man the 24/7 365 mission of protecting our

Nation from rogue threats. Volunteers receive the donation of meal items and ensure that they are taken out to the complex to warm the bellies and hearts of our friends and family who might have to work on Thanksgiving. At the same time, the command teams on Fort Greely dress in their Blues and serve Soldiers, Families and Civilians a Thanksgiving Day feast at the post Dining Facility as a way to say, "Thank You" to our Team Greely family.

This leads us to December where giving thanks gives way to the joy of giving! The annual Christmas tree lighting celebration will be at the Auora Community Activity Center on December 6th from 4:30-8:30 p.m. Come in out of the cold to hear a story, sing a song, visit with friends and possibly catch Santa out and about gathering intel for his List! It has always proven to be a great time to be had by all. Don't let the long nights and cold temperatures keep you house-bound during this up-coming Holiday Season...come on out and enjoy the food, fun, and fellowship to be found in all the events Team Greely has to offer! ■

Veterans Day... Honoring America's Veterans

By Treva Slaughter
Installation Protocol Officer

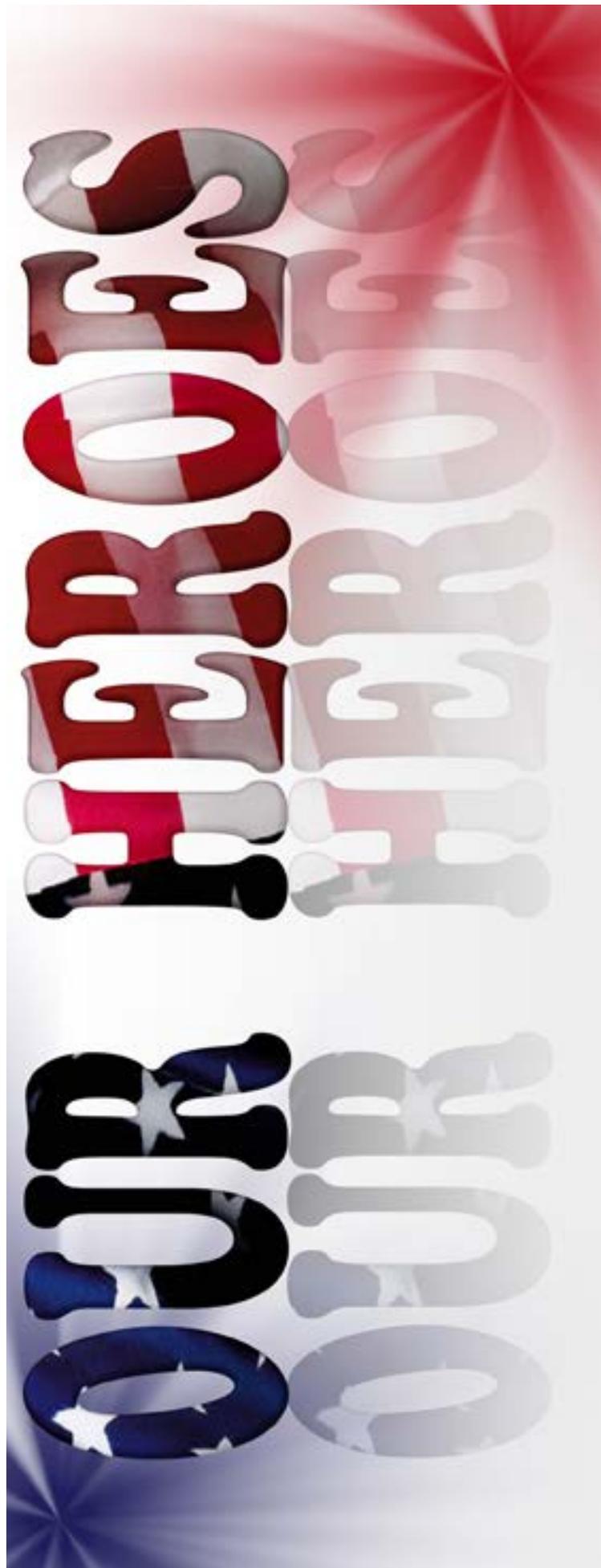
November 11, 1918, the eleventh hour of the eleventh day of the eleventh month of the year, saw a temporary reprieve in fighting of one of the bloodiest battles the world had seen, World War I. The spark that caused the blazing inferno of a World War was the assassination of Austria's Archduke Franz Ferdinand and his wife, Sophie, in June of 1914. In July of 1914, after lines of support had been drawn and opposing sides throughout Europe had been identified, war was officially declared.

What followed was four years of trench warfare that saw millions of young men slaughtered on the battlefield with little to no ground gained by either side. It appeared that only those who had enough men to throw into the jaws of death and still have some left standing would be the victor. With an estimated 10 million military deaths and 20 million wounded over a seemingly endless four-year period, the morale of Soldiers and citizens the world over was in tatters. Many hoped, in vain, that this would be "the war to end all wars."

World War I did not officially end until the Treaty of Versailles was signed in June of 1919, however, most still regard Nov. 11, 1918 as the true end of the "Great War." President Woodrow Wilson first commemorated "Armistice Day", which would eventually become known as "Veterans Day" with these words, "To us in America, the reflections of Armistice Day will be filled with solemn pride

in the heroism of those who died in the country's service and with gratitude for the victory, both because of the thing from which it has freed us and because of the opportunity it has given America to show her sympathy with peace and justice in the councils of the nations..." Then, in 1926, the United States Congress proclaimed November 11 to be a legal holiday, intended to celebrate the resumption of peaceful relations with other nations, and stated, "Whereas it is fitting that the recurring anniversary of this date should be commemorated with thanksgiving and prayer and exercises designed to perpetuate peace through good will and mutual understanding between nations..." Armistice Day was renamed Veterans Day in 1954 after the conflicts of World War II and Korea in order to honor U.S. Armed services veterans of all wars.

As many of us in America look ahead to November 11, 2013, let us not forget the significance and solemn occasion the day brings. It is not just another day off, it is a day to celebrate the heart of the American Servicemember. To honor a heart that beats with bravery, patriotism and willingness to sacrifice all for love of their country and the common good of all and the men and women over the past 237 years who have been willing to follow the leading of such a heart. ■



**HELP
Needed !!**



'Never Forget'

By Angela Glass
Family and MWR

**Your ideas or issues for
presentation to the AFAP
Conference!!**

Please submit before Nov 6th, 2013

Army Family Action Plan Conference November 13th, 2013

This is your yearly opportunity to provide issues that you may have regarding Fort Greely, the Garrison and the Army.

Boxes are provided at North Haven, the Fitness Center, the CAC, Post Office, ACS, the CDC and PX. Issue papers are also provided.

**FILL THEM OUT AND HELP MAKE OUR MILITARY COMMUNITY
BETTER!!!**

OR

Go on-line to www.myarmyonesource.com,
Enter Family Programs and Services on the left, and click on
Army Family Action Plan Issue Management System. Click on
Issue Submit Button and fill out the form.



three miles in remembrance of fallen comrades of 9/11. Even though the weather wasn't being very cooperative, our very own US Army Garrison, Fort Greely, Garrison Commander Lieutenant Colonel Brian Speas came through for 1st place with a time of 28:26. Following him in second and third, were Major Jeff Fulton and Ellen Clark, respectively. We would also like to thank Chaplain (MAJ) Brian Palmer for giving an invocation at the beginning of race. FMWR envisions this memorial run as just the first of many to come. ■



Happy Halloween

Crime Prevention... Tips for Halloween

By Harold Zarecki

Directorate of Emergency Services

Halloween is an evening of fun, costumes, and candy. To make sure this spooky night is a safe one, here are some safety tips:

Preparing Ghosts and Goblins for their Tricks and Treats

- Make sure older kids go out with friends. Younger children should be accompanied by an adult. If you live in a rural area, offer all kids a ride in the car.
- Set a time limit for children to trick-or treat. Together, map out a safe route so you know where they'll be. Remind them not to take shortcuts through backyards, alleys, or playing fields.
- Remind kids not to enter a strange house or car.

- Try to get kids to trick-or-treat while it is still light out. If it is dark, make sure the children are carrying flashlights that work.

Making Safe Costumes

- Check that costumes are flame-retardant so the little ones aren't in danger near candlelit jack-o-lanterns and other fire hazards.
- Keep costumes short to prevent trips, falls, and other bumps in the night.
- Encourage kids to wear comfortable shoes. Try makeup instead of a mask. Masks can be hot and uncomfortable and, more importantly, they can obstruct a child's vision—a dangerous thing when kids are crossing streets and going up and down steps.
- Make sure kids wear light colors or put reflective tape on their costumes

Keep safe and have a very spooktacular Halloween.



OCT & NOV 2013



**FORT GREELY'S
ANNUAL HALLOWEEN
HAUNTED HOUSE**

- ◆ Candy
- ◆ Prizes
- ◆ Trick-or-Treating
- ◆ Halloween Scares!

**4:00 - 8:00 P.M.
October 31st**

942 B Denali Loop
Fort Greely



North HAVEN
A Land Lease Community



PREMIER LIVING
for today's military families

907-356-7000 • www.nhcalaska.com

Follow North Haven on facebook www.facebook.com/northhavenatfortgreely

[Take me to the Fort Greely Facebook Page](#)



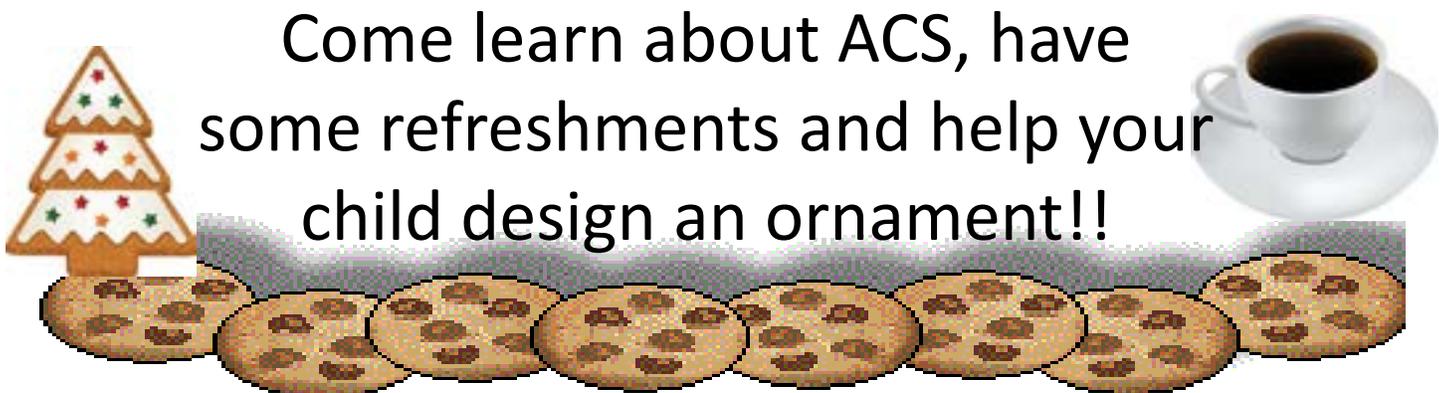
ACS Winter Open House and Ornament Making

13 December, 11:30 - 14:30 hrs
Building 655, Conference Room

For more information contact 873-3284



Bring your children to design their
own ornament for your tree!!!
Supplies provided.



Come learn about ACS, have
some refreshments and help your
child design an ornament!!

Crime Prevention... Tips for your home during winter time

By **Harold Zarecki**
Directorate of
Emergency Services

With winter time approaching everyone should keep in mind that burglars do not just operate in the summer. Below are just a few tips to help keep you safe during the winter months.

- Ensure that your windows and doors are locked.
- If you are expecting a parcel make sure someone is there when it is delivered or ask a neighbor to take it in – don't leave it on the door step.
- Don't leave your keys in the door at any time.
- Don't open your door to unexpected callers – check their identity first using a door viewer or a door chain.
- Always keep keys in a safe place away from windows and doors
- Remember: If you can get into your house without keys so can burglars.

Some tips for the outside of your home:

- Keep all sheds and garages locked at all times.
- Security alarms are inexpensive and can deter undesirables.
- Fit a security light in the garden / front of the house.
- Lock your garden gate.
- Don't leave keys under a stone or flower pot.
- Keep all bicycles and tools locked away out of sight.

So while the winter months are with us, use you some of these safety tips to help keep you safe and crime free.



Microwave Fire Safety

Microwaves **cook** and **burn** popcorn quickly!



NEVER LEAVE FOOD COOKING UNATTENDED IN A MICROWAVE CHECK THE WINDOW FREQUENTLY!

Despite the suggested cooking time on the bag, the actual cooking time depends on the power setting, power of the microwave, amount of popcorn in the bag, the different types (buttered or unbuttered) and the brand name. No two popcorn bags cook exactly the same, even out of the same box. This is why next to the suggested cooking time, is a WARNING! label: **DO NOT LEAVE UNATTENDED!**



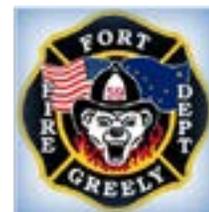
This bag of Popcorn was in the microwave for 3-min 30-seconds. The Fire Dept. arrived three minutes later!

So, if you cook popcorn, plan on watching it until it's done. When it stops popping it's done. Cook it any longer and the result is burned popcorn, a smelly room, a smoke detector blaring in your ears and firefighters with axes pounding on your door. **Please! WATCH YOUR POPCORN.**

REHEAT OR SNACK FUNCTION

DO NOT use the REHEAT FUNCTION for small bread products, such as Pop-tarts, muffins, and sandwiches. IT WILL BURN THEM! Reheat is for large plates of food!

Use the SNACK FUNCTION for smaller items. The SNACK feature automatically sets the microwaving times and power levels to warm a variety of snack foods.



**REPORT ALL FIRES BY CALLING
9-1-1 or 873-FIRE (3473)**

CYSS Sponsorship Program

Newcomer's Activities

October 23 1600-1700
Creative Cooking

November 20 1600-1700
Technology Explorations

December 18 1600-1700
Holiday Crafts

Join us at the CYSS Youth Center for an opportunity to explore the program and meet new friends. This free activity is open to school age youth grades 1-12. For more information please call 873-3406.



Bugle calls... *Music in military communications*

By Treva Slaughter
Installation Protocol Officer

The bugle was first used to signal Cavalry and Artillery troops during the Revolutionary War (the Infantry used drum beats). By the end of the Civil War, each branch of the Army had developed its own set of musical notes that communicated specific events to Soldiers in their commands. In order to eliminate the confusion that was rampant during the Civil War, General Emory Upton, in 1867, directed Major Truman Seymour or the 5th U.S. Artillery to come up with a standardized system of calls that would be used across branches. Though now recorded and broadcast through loudspeakers, these calls are still used today.

A Soldier's life was regulated by the sound of the bugler blowing the notes of each call; letting troops know when it was time to rise, time to go to bed and many activities in between. On Sundays there was even a call

to Chapel. There are 24 bugle calls listed on the U.S. Army music website. In keeping with the long traditions of the Army, Fort Greely broadcasts bugle calls. Here is a little history of some of the calls you may hear at a military installation:

Reveille - the same call used by the French during the Crusades, this call is typically played at 6 a.m. The last note of this call saw the flag raised over the post and was traditionally followed by the sound of the morning gun being fired which signaled that all troops had to assemble for morning roll call. (Played at Fort Greely)

Retreat - another French call from the Crusades, the purpose of this call was to notify sentries to begin challenging arrivals to the post until sunrise, in addition to signaling to the rest of the troops that they were to go to their quarters and stay there. When you hear Retreat played, you should

face toward the flag (if visible) and stand at parade rest until the last note is played. If the flag is not visible facing toward the music is fine. On installations where the flag is lowered at the end of the day, Retreat is followed by "To the Colors." The flag is lowered in time with the call, both the call and the lowering of the flag ending at the same time.

Taps - the melody for Taps came about during the Civil War when General Daniel Adams Butterfield wanted a different signal to end the day than what was currently in use. The melody is hauntingly beautiful and, in my opinion, symbolizes the very best that makes up the American Soldier for the past 237 years. Adopted by both Union and Confederate troops during the Civil War, in 1862 Captain John Tidball, head of an Artillery battery ordered taps played at the funeral of a cannoneer who had been killed in action. Today Taps is still used to close out the Soldiers' day and as a sign of respect to signal a Soldiers' final departure from the ranks of the US Army. It is with poignant pride that I hear the playing of Taps each evening on Fort Greely and cast my mind and prayers to the Families and loved ones of Soldiers of the United States Army all around the globe who lay down their lives each day for their country. (Played at Fort Greely) ■

Bowling League Meeting
Date: Saturday September 7th **Time: 3:00***

Fall Bowling League Sign-Up

Monday Night—Women's League

Tuesday Night—Men's League

Wednesday—Mixed League
(Men & Women)

Thursday — Afternoon League
(1300-1600)

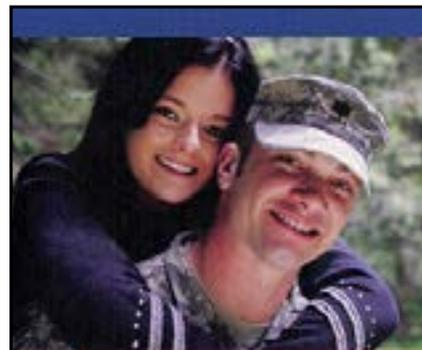
Season: October-May



For more information to include the process for post access
Call (907) 873-4782



You're Invited To
Come Bowl With Us
At The
Aurora Community
Activity Center
Bldg 500 Ft. Greely
Buffalo Bowl
Bowling Center



Available to all military branches

MILITARY & FAMILY LIFE CONSULTANT PROGRAM

Supporting Service Members
& Their Families

Fort Greely MFLC
907-803-3563



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



SKIESUnlimited



Teen Water Aerobics Program

For Youth ages 12 to 18
November 5—14 January
Tuesdays 1630-1730 at the
Pool
Cost:\$45 per youth

Registration Ends October
28th

For More information
call 873-4599



** Session might have a delayed start based on Pool reopening. **



SKIESUnlimited



Youth Bowling League

For Youth ages 6 to 18
October 21- November 25
Mondays 1800-2000 at the
CAC
Cost:\$45 per youth

Registration Ends October 9th
For More information
call 873-4599



U.S. Army Garrison Fort Greely Exchange Parking Lot

NATIONAL DRUG TAKE BACK DAY

Turn in unused or expired medication for safe disposal
Thursday, 24 October 2013

Got Drugs?

We accept:
Prescription and over the counter tablets, capsules and liquid dosage.
Intra-venous solutions, Injectables and needles.

We DO NOT accept:
Illicit substances such as marijuana or methamphetamine.

Containers:
You may leave medications in original containers, but it is not necessary.

Personal Information:
This program is free and anonymous. Personal information will be cut off the original containers and destroyed

ITINERARY:

Fort Greely

1000 hrs Campaign Starts at The Exchange Parking Lot
1400 hrs Campaign Ends

Any Questions, POC, is John Dale, ASAP Manager, DSH 873-3785

SKIES Unlimited

Discover Art Class

This month's focus is on Abstract Art. Each class will focus on creating a unique piece work from a variety of materials and mediums (oil pastels, water colors, acrylic painting, chalk and collage). Students will end the month with four completed pieces that will challenge their view of how color, lines and perspective influence artistic expression.....\$25 Ages 6-18

**Classes are Saturdays 2-4pm
At the YC**

Registration closes October 28th. For more information call 873-4599

SKIES Unlimited

November Classes for Children 2—5 yrs

Skies Explorations:
A parent and child class that explores different mediums and projects for children ages 2-5. Very hands on and often messy.....\$25
**Classes are Saturdays:
10-1045
At CDC**

ABC Music and Me:
A parent and child class that explores music, rhythm and song for children ages 2-5....\$25
**Classes are Saturdays:
1300-1330
At CDC**

Wiggles, Giggles and Good Times:
A parent and child class that provides active movement and physical exploration through a music based curriculum. Lots of fun and laughter.....\$25
**Classes are Saturdays: 1400-1445
At Gabriel Auditorium**

Registration closes October 28th. For more information call 873-4599



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

The Delta Library Baby Laptime program meets Tuesday mornings from 11:00 to 11:30 a.m.. Babies up to 3 years-old and a parent or caregiver are invited - no registration needed. Join Miss Angie for songs and stories that help develop a love of books and reading.

Preschool Story Hour meets every Wednesday from 11:00 a.m. to Noon at the Delta Library. Three to 5 year-olds and a parent or caregiver will enjoy a story, craft and healthy snack. Children must be registered for each session so we can prepare materials - call the library at 895-4102.

The Knitting Circle meets on first Mondays from 7 to 8:30 p.m. in the Delta Community Library. Everyone welcome -- come knit, sip tea, swap patterns and trade yarn with like-minded yarn lovers -- yes, we're also crochet friendly!

Junction Readers Book Club meets third Mondays from 7:00 to 8:30 p.m. in the Delta Community Library. Join us for lively discussions - we read one book per month. No dues or fees, and we order books as needed. Tea, cookies, and good company included. For more information, call the library at 895-4102.

Delta Community Library

2291 Deborah Street, across from City Hall. Hours of Operation: Monday, Wednesday, Friday & Saturday 10:00 a.m. to 6:00 p.m. Tuesdays & Thursdays 10:00 a.m. to 7 p.m. Closed on Sundays. WiFi is active from 6 a.m. to 10 p.m. daily. You can logon to our website at mydeltalibrary.org. Call 895-4102 to renew or reserve materials.

There's a FREE movie every Friday and Saturday starting at 6:30 p.m. at the Aurora Community Activity Center. Call 873-4782 for movie listings.

Oct. 23-31: Red Ribbon Week

Oct. 24: Free Throw Competition (Females vs. Males) in support of Domestic Violence Awareness Month (October). Event starts at 3: 30 p.m. at the Fitness Center. Sign up at the Fitness Center to participate.

Oct. 24: National Drug Take Back Day. Turn in your unused or expired medication for safe disposal at the Fort Greely Troop Store from 10 a.m. to 2 p.m.. Call 873-3785 with questions regarding this event.

Oct. 24: "Are you protected? Understanding Your Insurance" Financial Readiness Class from 3:30 to 5 p.m. at the Gabriel Auditorium Conference Room.

Oct. 26: Children's Fall Festival with Family and MWR from 2 to 4 p.m. at the Aurora Community Activity Center. Cupcake Walk, costume contests, cosmic bowling and more await you and your family. Call 873-4782 for more information.

Oct. 28: Registration closes today for November SKIES Unlimited classes. Join in for Skies Explorations: A parent and child class that explores different mediums and projects for children ages 2-5. Very hands on and often messy. Classes are Saturdays from 10 a.m. to 10:45 a.m. at the Child Development Center. ABC Music and Me: A parent and child class that explores music, rhythm and song for children ages 2-5. Classes are

Saturdays from 1 to 1:30 p.m. at the Child Development Center. Wiggles, Giggles and Good Times: A parent and child class that provides active movement and physical exploration through a music-based curriculum. Lots of fun and laughter. Classes are Saturdays from 2 to 2:45 p.m. at Gabriel Auditorium. Discover Art Classes: This month's focus is on abstract art. Each class will focus on creating a unique piece of work from a variety of materials and mediums. All classes are \$25. Call 873-4599 for more information.

Oct. 28: Juneteenth: The contributions of African-American Soldiers building the Alaska Highway was "the first step in the breakdown of segregation in the military." - Dr. Ron Myers. Oct. 28, 1942, is the date when crews completed the Alaskan Highway that connects Alaska to the rest of North America.

Oct. 29: Halloween Glow Party with Zumba and Yoga from 6-7:30 p.m. at the Aurora Community Activity Center. It's fun and fitness for the whole family. Wear white and neon colors to glow!

Oct. 31: Closing of Domestic Violence Prevention Month at the entrance of Building 501 at 11 a.m. All Team Greely members welcome.

Oct. 31: North Haven Communities Annual Halloween Haunted House and Trick-or-Treat event is from 4-8 p.m. at 942B Denali Loop on Fort Greely. Candy, prizes, Halloween scares and more! Please only visit houses with the porch light on for safe Trick-or-Treating.

Oct. 31: Halloween Bowling Bash. Stop by the Aurora Community Activity Center for scary deals and bowling specials from Noon to 3 p.m. Remember to wear your costume! Call 873-4782 for more details.

Oct. 31: The Delta Junction Volunteer Fire Department 3rd Annual Halloween Open House

and Trick-or-Treating 6:30-9 p.m. Lot's of spooky activity going on down at the Fire Department!

Oct. 31: Lots of local businesses in town will be passing out candy to Trick-or-Treaters. When you Trick-or-Treat at your favorite business you can also pick up a sticker. Bring those stickers to the Delta Junction Visitor Center to put your name into a drawing to win great prizes. For a complete list of businesses and times check out the Halloween Map 2013 on our Facebook page at www.facebook.com/fort.greely.

Nov. 5 & 19: Delta Jct. City Council Meeting, 5 pm at City Hall. If you are interested in what's going on in the City of Delta Jct., you are welcome and encouraged to attend.

Nov. 6: "Can you retire at age 65?" Financial Readiness Class from 3:30 to 5 p.m. at the Gabriel Auditorium Conference Room.

Nov. 7: Learn how to manage symptoms for SAD "Seasonal Affective Disorder" from 1 to 2:30 p.m. at the Post Chapel. Call 873-4649 for more information.

Nov. 12: Join Fort Greely's Army Community Service for a Stress Management Class from 10 to 11:30 a.m. at Gabriel Auditorium. Call 873-4649 for more information.

Nov. 21: Installation Commander's Round Table Monthly Meeting 3:30 p.m. at the Aurora Community Activity Center. All FGA members are welcome to attend. Come enjoy free-flowing conversation with the commander. Call 873-5023 for more information.

Nov. 26: Join Fort Greely's Army Community Service for an Anger Management Class from 10 to 11:30 a.m. at Gabriel Auditorium. Call 873-4649 for more information.

** 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

Do Coworkers Think You're Friendly?



Being friendly facilitates relationships and productivity, reduces stress, and creates a more reciprocal and happier workplace. Build a friendly reputation with these civility tips: 1) when you approach or speak with coworkers, always insert a greeting or salutation before making a request of them; 2) show enthusiasm to your coworkers so they know you're excited to interact with them; 3) remain conscious of your smile and display it, even under stress; 4) when unsure, reach out to greet others first; and 5) make it a practice to remember something unique about the interests or hobbies of a person you meet. As a powerful relationship development technique, it's unmatched.



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

Aggressive Driver? Take a Quiz



More than 50% of traffic deaths result from road rage, according to the American Automobile Association, while drunk driving accounts for 32% of traffic deaths. Are you an at-risk, aggressive driver? Ask yourself if under certain circumstances, such as being cut off, tailgated, or bested on the road by a speeding driver, you feel as though you've lost self-esteem, especially when you allow another driver to get his or her way after cutting you off. Take the "Aggressive Driving Quiz" at www.aaafoundation.org. Search "aggressive driving quiz."

Take Charge When Feeling Down



Fight the blues with behaviors that lift you up. It's a strategy proven to help a person overcome feelings of sadness when those feelings are not caused by major depression (a disease requiring medical care). The earlier you act to behaviorally change your mood, the more successful you'll be. Anniversaries, bad weather, disappointments, media news, boredom, or even a movie can trigger sadness. Take charge of your thoughts and decide "not to go there." Then take action. To influence a positive mood, do something you like: Dress differently, seek humor, alter the day's schedule, get sunshine, take a brisk walk, or go fishing. What works for you?

Don't See Teen Drug Abuse as "Normal"



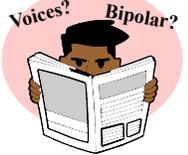
Your teen may tell you "everybody's doing it," but don't view smoking pot (marijuana) as "normal" or a "rite of passage." When teens are using pot while suffering from depression (9%-10% of teenagers at any one time report that they suffer from depression), the risk of suicidal thoughts, plans, or attempts increases by 400% (2011 National Survey on Drug Use and Health: Summary of National Findings). You have not lost your legitimate authority as a parent if you used pot in the past. What you as a parent believe is right, right now, is what matters. The alternative is accepting risk and hoping for the best. According to the Substance Abuse Mental Health Administration, 20% of parents don't believe they have any influence over their teen's decision about drug use. Studies show teens think just the opposite. What a parent says does matter. The pro-pot lobby would like you to stay cool and "tune in." Fight back with the research-supported position statement against pot use endorsed by thousands of medical doctors who treat marijuana addiction. Print a copy of the American Society of Addiction Medicine (ASAM.org) policy statement on marijuana. Use it to beef up your parenting resolve to prevent drug abuse.

Talk to Your Supervisor



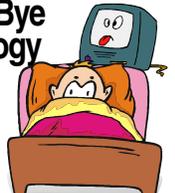
Neglecting to raise concerns about the supervisor-supervisee relationship is a common complaint of managers. Chances are your boss sincerely wants to know what's on your mind if it relates to your productivity. Issues and problems employees typically hold back sharing—even at a private meeting—include 1) lack of clarity in instructions provided by the supervisor regarding assignments, 2) perceptions of favoritism or non-equitable distribution of work, 3) a lack of feedback and constructive criticism and little praise, 4) a lack of clarity about duties and essential functions of a position, 5) micromanagement, 6) lack of introduction to key players and key management officials with whom the employee must interact, and 7) checking email or not giving full attention to an employee in a private meeting. Hint: When bringing a complaint to your supervisor, always connect the concern to its impact on customers, quality of work, productivity, teamwork, and finances. Rule #1: Don't use others as sounding boards for the issues you've left unaddressed between you and your supervisor.

Mental Health and Media News Stories



Schizophrenia, bipolar disorder, anxiety disorder, hearing voices—these psychiatric terms have become part of everyday news. Do you know what they mean? A mental illness is a medical condition that disrupts a person's thinking, feeling, mood, ability to relate to others, and daily functioning. Having a better understanding of these conditions can reduce fear, help you play a role in reducing stigma, and allow you to act and intervene more quickly to help a friend or loved one exhibiting sudden or acute symptoms. Mental disorders are common worldwide, but they are treatable and manageable conditions. An estimated 26.2% of Americans ages 18 and older—about one in four adults—suffer from a diagnosable mental disorder in a given year, and over a lifetime, 50% will experience a mental health diagnosis. The National Institute of Mental Health can help you learn more. Visit <http://www.nimh.nih.gov/index.shtml>

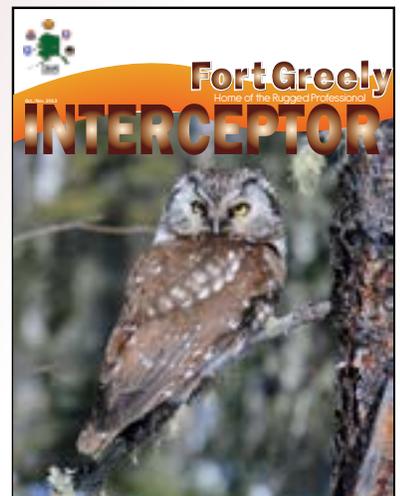
Say Good-Bye to Technology Before Bedtime



Could using Facebook, a smartphone, or other bright electronic device just before bedtime explain your poor sleep? Bright light is known to disturb sleep, so try keeping your last hour before sleep "technology free" to see if you notice a difference. The research is still unclear, but 95% of adults admit to using technology devices in the hour prior to going to bed. The National Sleep Foundation says 63% of people complain of not sleeping well in any given week. Is there a connection? While you sleep, your immune system rejuvenates, fights stress, and even becomes a cancer-fighting machine. Don't mess with it. Many studies have linked lack of sleep to increased risk for cancer. So seek restful and restorative sleep.

Important notice: Information in *FrontLine Employee* is for general informational purposes only and is not intended to replace the counsel or advice of qualified health or legal professional. For further help, questions, or referral to community resources for specific problems or personal concerns, contact an employee assistance or other qualified professional. Source URL's may be abbreviated for convenience and are case sensitive. For larger, clearer view, please select the image above.

On the cover: A beautiful Boreal Owl perched on a spruce limb makes for a perfect photo cover for the October/November issue of the *Interceptor*. Photo courtesy of Sebastian Saarloos. . If you'd like a chance to have your Alaskan photo on the cover of the *Interceptor* and displayed in Garrison Headquarters Building 501 for a year submit your photo to the Installation Public Affairs Office (deborah.a.coble2.civ@mail.mil) prior to the 15th of every month.



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