

IMCOM News Service November is Warrior Care Month



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News Service

Army undertakes Civilian Workforce **Transformation**

By David Vergun

Army News Service

WASHINGTON (Army News Service, Oct. 24, 2012) -- Civilian Workforce Transformation creates a number of changes to personnel, management and training policies for Department of the Army civilians.

Workforce Civilian Transformation, or CWT, will benefit civilians, commanders, the Army and the nation, according to Thomas A. Lamont, assistant secretary of the Army, Manpower Reserve Affairs, who initiated CWT last year. He spoke Wednesday at Association of the United States Army's Department of the Army Civilian Luncheon.

Among the benefits of CWT he cited were realignment of career programs into 31 categories to achieve better capabilities; greater opportunities for career education, training and technical development; improved career tracking; and reducing the time it takes to bring new hires onboard.

CWT will also play a part in manpower decisions. As the active and reserve components draw down their end strengths, Department of the Army, or DA civilians are also seeing their numbers decline, Lamont said, "to the maximum extent possible, through voluntary departures and attrition."

He said manpower decisions are based on providing a "flexible and adaptable civilian workforce fully capable of supporting the Army and the nation.

"Army leadership is handling the

drawdown in both the military and civilian workforce with utmost care and compassion," he continued. "But, we must do this smartly to achieve not just the right number of people but the right mix of skills to move our Army forward."

The type of civilians the Army needs, according to Lamont, are those who are "capable, technically proficient, grounded leaders, innovative, creative, embrace change, work collaboratively, understand the values and skills of partnering and are empowered to solve needs and problems."

And to that list of desired traits, the assistant secretary added: "Willingness to take risks. (We need) great leaders who are not afraid to put it on the line from time to time -- and that's an all too rare commodity in our big building across the river," he said, referring to the Pentagon.

Lamont noted that civilians comprise a great percentage of the Army and also deploy alongside them, performing many critical missions. Of particular value, he said, is the continuity civilians provide to the Army which is "lacking" on the uniform side.

"(I'm) fortunate to be surrounded by such talented and spirited men and women (who are) all striving to serve our country in the best way possible," he concluded. "Yes, you do make a difference."

and recover quickly, we can maintain the aptitude to think creatively, learn to be flexible in problem solving and conflict resolution; we can find multiple

differently.

social situations; we are able to continue to engage others with good communication skills and display a healthy sense of humor. Resiliency offers individuals autonomy and optimism for a brighter future.

In order to promote resiliency at Fort Greely, 49th Missile Defense Battalion Chaplain (MAJ) Vince Cepeda has coordinated Resiliency Training for 12 Soldiers (sergeant and above) Nov. 13-16 from 8 am to 4 pm at the Chapel Annex. Cepdea understands the need for resiliency training based on the adversities that Soldiers, Family members and civilians alike face at Greely, "There are many adversities that we face living on

long, dark, cold winter months. The lack of sun light, the isolation and remoteness are just a few of the more difficult challenges we face here. This training helps to encourage folks to get out of their homes and enjoy the outdoors weather permitting. We promote going to the gym with a partner, joining a team sport, learning new, or any healthy activities. It is imperative that we be both creative and proactive here. Being positive and keeping busy with good wholesome activities help to keep individuals resilient," said

Fort Greely, especially during the

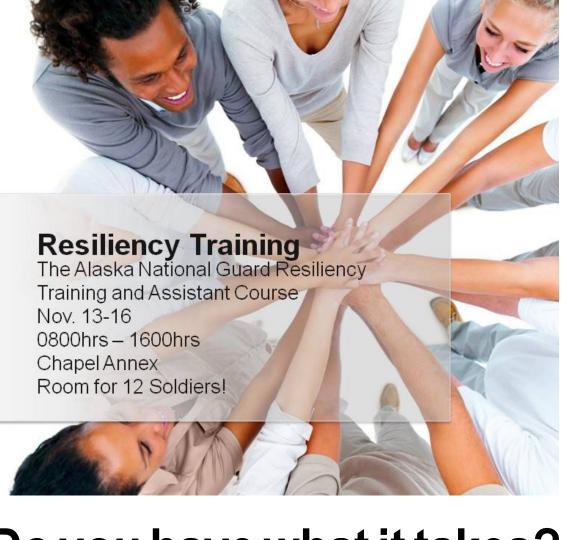
Though the training offered in November is not the Master Resiliency Training Course it is

still based on the five pillars of wellness: emotional, physical, spiritual, social and family wellness. Soldiers who complete the training will receive a Resiliency Training Assistant certificate for their four day training period. To be certified as a Master in resiliency training you must go through the Army Training Resource Requirements and Resources System, attend a two week residency course and be at least a staff sergeant or commissioned officer.

There are no other facilities in the immediate area that offer resiliency training. The nearest installation outside of Fort Greely that is available for this type of training is Fort Wainwright. "This training helps to develop a network of resilient individuals that encourage and edify others to be more resilient as well," said Cepeda.

The 12 Soldiers involved in the training will work through a series of modules and group exercises with topics such as "Active Constructive Responding Praise," "Assertive Communications.' time Resilience," "Detecting Icebergs," and more. Following the first two days of training there will be a resiliency two-day luncheon available to everyone on Fort Greely.

The resiliency luncheons are Nov. 15 and 16, from noon to 1 pm at the Community Activity Center. Guest speakers for the luncheon are Chaplain (LTC) Richard Koch, State Command Chaplain Alaska National Guard and Chaplain (COL) John Shedd, Command Chaplain Space and Missile Defense Command. Introduction and Welcoming Remarks will be presented by the Chairman & Founder Missile Defense Advocacy Alliance, Riki Ellison. All Fort Greely members are invited to attend the two-day luncheon, "Being Spiritually Strong in the Midst of Adversity." A free lunch will be provided and please...bring a friend.



Do you have what it takes?

By Deborah Coble **Public Affairs**

The ability to not only bounce

1 back from adversity, but thrive amidst our most difficult challenges is known as resiliency. Our capacity to be resilient can be affected by many things in our individual lives and each outside influence affects every one of us

With continued training in resilience we can resist damage ways to interact positively in

By Deborah Coble **Public Affairs**

Tucked in behind the steep hills that rise **▲** from Shaw Creek is an operation that runs, in many ways, parallel to Fort Greely. Many travelers on the Richardson Highway turn their heads in curiosity as they pass Shaw Creek and look up the road that leads to Pogo Mine. Most remain curious as to what transpires beyond the restricted access point, but on Oct. 10, directors and special staff members from Fort Greely embarked on an off-site team building tour to Pogo Mine where, for some, long-time curiosities were quelled. Joining the group was Fort Greely Garrison Commander, Lieutenant Colonel Terry Clark and Fort Greely Garrison Command Sergeant Major, Command Sergeant Major Robert Gooden.

The trip planning began in June when Protocol Officer, Treva Slaughter, took on the task of developing the first off-site visit, "The idea behind Pogo was to get an in-depth look at another key partner in our local Delta community while experiencing the teambuilding that occurs when a group undergoes something new together," said Slaughter. Coordination with Pogo Mine Public Relations Officer, Lorna Shaw, gave Slaughter the robust itinerary she was hoping the group would benefit from.

"These tours are one of the best parts about my job," said Shaw "they give us [Pogo] an opportunity to showcase what we do at the mine and let people know that this is a great place to work. The tours have the potential to help with workforce recruiting." Shaw mentioned that Pogo Mine receives numerous media gueries from all over the world to include the Discovery Channel, National Geographic and various environmental groups. "Some of the requests circumvent the positive environment we have and it can become interesting at times." As with Fort Greely, a vital public relations program helps to foster community partnerships and promote growth.

Comparable to Fort Greely in personnel

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Pogo Mine operates with 330 direct employees on site and approximately 150 contractors. Considering the size of the operation, equipment and the overall mission involved, Fort Greely Garrison Safety Officer, Wayne Tolliver was intrigued by their safety program, "Safety is behind the success of any organization. I was interested in seeing what Pogo Mine did for their safety programs and how it may be similar to ours. I asked about the number of personnel on site, their hazardous issues, lost time injuries, safety equipment used, how they transported their injured, types of permits used be it Confined Space, Hot Work Zones etcetera and the types of inspections that were done. After comparing the two organizations (Greely and Pogo) it is uncanny how much we have in common," said Tolliver.

Though the personnel in the mill is sparse, due to efficient computerized systems overseen by a one to two-man operated control room 24 hours a day seven days a week, underground deep in the mine approximately 200 feet, the need for manpower grew significantly.

The working environment in the mine is unique. Besides the obvious darkness of the caves and noises from heavy machinery there is also a need for different forms of communication other than the spoken word. Vehicle horns are used to signal stopping, going backward and moving forward; lights on helmets are used to signal that movement forward is cleared, that an operation is agreeable or even to stop a person dead in their tracks warning them not to take another step for their own safety. Directional signs to various locations within the mine are strategically placed to take advantage of the limited lighting in the mine. Pogo employees' ability to push the flow of communication through to others is well practiced and paramount to any business's success. It is a practice they use not only deep in the mines, but throughout their organizational culture.

Along with similarities in personnel strength and need for robust communication skills Greely and Pogo also share commonalities in their environmental concerns, business operations, legalities, safety, recruiting and retention concerns, and the relative isolation of each perspective location.

"What I found to be the most

interesting parallel is that Fort

Greely and Pogo Mine operate and maintain a small city-like environment. We both provide life-supporting services to the employees that live and work at our locations. The management skills and the comprehension of the magnitude it takes to operate and maintain that type of culture is immense. The planning goes beyond budgeting and organizational motivation. It becomes a hybrid infrastructure including not only typical business operations, but provisions like fire and emergency services, security, housing, energy, sustainability, and all aspects of public works. These services need to be addressed and continuously evaluated throughout the organizations lifecycle. For most job sites they [employees] punch a time card and go home, but at places like Pogo and Greely work is home and home is work," said Fort Greely Garrison Commander, Lieutenant Colonel Terry Clark.

The current location of Pogo Mine was discovered in 1994 when gold was found in the Goodpaster River. Drilling and continuous exploration confirmed that the area was a major gold source so in the year 2000 the permit application was initiated. By January 2005 the underground development began and in February 2006 the first of millions of gold ounces was poured.

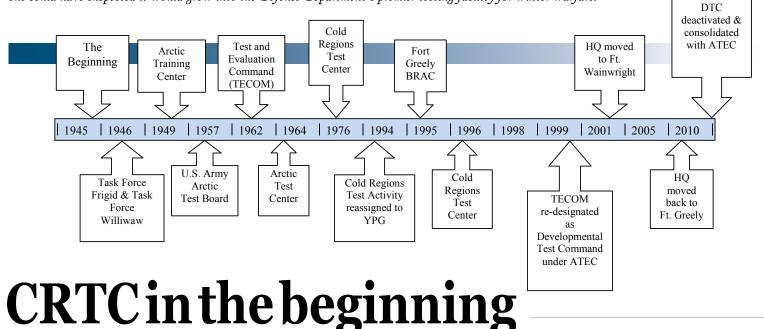
Gold production has seen a steady increase at Pogo since 2008 where they produced 500,000 ounces of gold. In October of 2009 they reached 1million ounces and in July 2012 they poured 2 million ounces shortly after the discovery of new veins adjacent to the Liese zone. The discovery is thought to extend the life of the mine beyond the year 2020. ■



Left: The Pogo mine mill features an assembly line of slurry flotation tanks that continues to refine and separate the gold from the mined ore. Above: Fort Greely Garrison Command Sergeant Major, Command Sergeant Major Robert Gooden, models this season's personal protective equipment required for visitors at Pogo Mine mill. More photos available at www. facebook.com/fort.greely

Take me to the Fort Greely Facebook Page www.greely.army.mil **INTERCEPTOR 5**

The Cold Regions Test Center has been an invaluable asset in the effort to provide the Warfighter with reliable and ever evolving information to increase the level of efficiency, safety, and effectiveness of both vehicles and equipment in the natural arctic environment. When CRIC first began, no one could have suspected it would grow into the Defense Department's premier testing facility for winter warfare.



After World War II, the War Department decided that the American Warfighter must be able to live and operate in any degree of cold. Both the experience gained in combat and future predictions for cold related war efforts/obligations were the driving force for creating the arctic testing facility now known as CRTC. Task Force Frigid and Task Force Williwaw were dispatched to Alaska during the winters of 1946 and 1947 to test the Army's clothing, equipment, vehicles, and weapon systems in subzero temperatures, and collect data on how best to conduct operations in the cold.

In 1949, the Department of the Army ordered the organization of the Arctic Test Branch at Big Delta Air Force Base (now known as Fort Greely), Alaska, which later became the Arctic Training Center. A cadre for the organization was activated at Fort Knox, Kentucky, in March 1949, by the transfer of personnel from each of the "Army Field Force Boards."

The United States Armed Forces became aware through World War II that changing a hat is not sufficient for cold weather operations. In extreme cold climate conditions, some equipment must be exchanged, adapted, or even completely replaced in order to properly prepare the Warfighter for operations in the cold weather environment. Armored vehicle surfaces can become excessively cold and cause unprotected flesh to freeze to the metal. Many vehicles cannot even function properly at temperatures below zero, when fluids become viscous and metals and moving parts become brittle. Worldwide obligations of the Russia under the lend-lease agreement. It

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Warfighter mandate that individuals must be able to move, shoot, and communicate in any region of the world and in any environment.

When facing seasonal cold weather without

proper preparation, maintaining combat efficiency and preventing cold weather injuries are the Warfighter's priority. The information and data collected by Task Forces Frigid and Williwaw during the winters of 1946 and 1947 was a good beginning, but more data was needed in order to build a proper case for a cold weather test organization. A related trial unit, Task Force Frost, incorporated elements of the 66th Armored Regiment and underwent tests in Camp McCoy, Wis., at roughly the same time. The major shortcoming with these temporary task forces was a combination of the amount of time for travel, set up for living quarters, short testing durations, and then packing up to leave until the next winter year. The insufficient time to establish units on test sites, in addition to the lack of acclimatization period for both personnel and equipment, created a lack of continuity and the need for a long-term solution. Based on these results, it was recommended that a permanent test organization be established, with test groups representing each of the "Army Field Force Boards" located in the "zone of the Interior"

In July of 1949, the Arctic Test Branch organization moved to Big Delta, Alaska, and test operations were initiated. In its early days during World War II, the Big Delta site served as a staging area for aircraft being ferried to was not until 1953 that a permanent post was constructed and military testing ramped into full swing. The Arctic Training Center was host to over 30 tests that fiscal year alone; such as, the T123 4.5-inch Multiple Rocket Launcher, Ranging Pole Tripod, and the 2 1/2ton M35 Cargo Truck.

By Jennifer Lawless

Cold Regions Test Center

The T123, 4.5-inch, Multiple Rocket Launcher was tested to determine the equipment's suitability for artillery use under arctic conditions. The launcher was subjected to a barrage of testing for fifteen months and successfully withstood the effects of artillery use in the Arctic during all four seasons, with a few minor deficiencies unique to cold weather testing. At temperatures 52 F below zero, the leather bellows on the assemblies covering the axles became stiff and would split when the bellows were traversed. In addition, the freezing of water or moisture in the axle mechanisms and electrical circuits caused malfunctions in the system. Relocating the launcher held its own set of challenges. Testing revealed that towing the launcher across rough cross-country terrain held the potential for damage and indentation to the hub and drum assemblies, which in some cases resulted in an increase in the metal surface temperature and heat damage to both the drums and brake pads. During the winter season, the use of snow sleds allowed increased mobility and maneuverability for the launcher. All these findings allowed the launcher to make the modifications and upgrades necessary to remain in service until around 1979.

The Ranging Pole Tripod was tested between

temperature ranges of above 60 F and 52 F below zero, up to 60 mph winds, and on both icy and marshy grounds to determine the equipment's suitability for artillery use in the Arctic. The tripod was used to perform typical artillery surveys on all types of terrain normally affecting survey and to hold artillery aiming posts in typical field artillery position areas. The tripod was used during approximately 50 miles of cross-country surveying on snow, ice, and frozen marsh ground, with satisfactory results. The tripod withstood varying wind velocities and extreme subarctic temperatures, proving its durability in one of the harshest environments on the planet.

The M35 Cargo Truck became one of the most

long-lived systems deployed to the Army, being first fielded in the 1950s and lasting through the 1990s. The M35 was tested in extreme cold and snow with an arctic kit to compare its performance with that of the previous vehicle model, the M34. The major difference between the M34 and the M35 was the M35s 10-tire configuration, adding an inner tire to the left and right sides of the intermediate and rear axle. The cold start characteristics of the M35 were tested, with an average cold soak period of 14 hours, at temperatures ranging from 0 to minus 55. At temperatures above 20 below zero the vehicle could be started with priming strokes alone; whereas, at temperatures lower than minus 20 the engine heater was left on in addition to priming the engine in order to achieve engine turn over. The mobility of the vehicle was tested off-road, over all types of terrain, and on slopes. With the optimum tire pressure, the test results showed the vehicle could climb a 33 percent slope when covered in 8 to 15 inches of snow. The two main issues that the Arctic Training Center uncovered were the personnel heater inadequacy with softtop models and the mechanically unreliable Hydramatic transmission assemblies. With these discoveries and later improvements to the design, the M35 evolved into approximately two dozen configurations that were capable of operating in virtually any environment necessary, depending on need.

Each of the tests listed above, and many more in the 59 years since then, have played a major part in shaping the military force we know today as the U.S. Army. As each test revealed the path forward to a stronger, safer, and more effective Warfighter, the rigorous testing by the Arctic Training Center was recognized as a vital part of American military readiness. Regardless of the march of time and the name changes, the dedication of the men and women who have (and do) make up this unique organization allowed it to accomplish extraordinary feats and build an international reputation as the premier extreme cold weather testing facility.

The table below presents a record of all the tests assigned for the fiscal year of 1953:

Fiscal Year 1953 Tests

Arctic Test of Modified Divided Axle for Reel Unit RL-31 Supplement 11-February-1953 Arctic Test of Tripod, Ranging Pole 225-February-1953 Arctic Test of Low-Freeze Black Drawing Ink 225-February-1953 Automotive Test of Truck, 2 1/2-Ton, 6X6, Cargo, M34 329-April-1953 Baseplate, T20, for 4.2-Inch Mortar, M30 29-April-1953 Baseplate, T20, for 4.2-Inch Mortar, M30 Arctic Test of Teletypewriter Set AN/PGC-1 700- Test of Toletypewriter Set AN/PGC-1 700- Test of 100- and 200-lb Sled Distribution 802-May-1953 Evaluation of Generator Set, Model JS-6-G 807-May-1953 Anti-Fogging Compound 15-May-1953 Test of Cold-Worked, T84E1, Track 806-May-1953 Cartridge, HEP-T, 75MM, T151E16 811-June-1953 Arctic Test of Radio Sets AN/PRC-8, -9, and -10 813-June-1953 Mount, Tripod, Weapon, M74 813-June-1953 Test of Cradle, Rocket Launder, T20 (Arctic Phase) 816-June-1953 Test of Cover, Maintenance, Personnel, for Trucks and Tracked Vehicles, EX-51-1 817-July-1953 Arctic Integrated List No. 1-4-4-4 817-July-1953 Arctic Integrated List No. 1-4-4-4 817-July-1953 Titanium Baseplate, T26E1, for the 81MM Mortar (winter Season) 818-July-1953 Test of Waterproofing Detonating Cord (3-8-1-5) 819-July-1953 Test of Modified Cargo Carrier, M29C (M29CE1) 819-Tune-1953 Test of Tent, Arctic, 10-Man and Tent, Cold Weather, 10-Man, Octagonal, EX 825-August-1953 Shell Illuminating 81MM, Mortar, M301A1 with Fuze Time, M84 848-August-1953 Shell Illuminating 81MM, Mortar, M301A1 with Fuze Time, M84 859-Beptember-1955 ON-September-1955 ON-	Test Title	Date
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Automotive Test of Truck, 2 1/2-Ton, 6X6, Cargo, M34 Baseplate, T20, for 4.2-Inch Mortar, M30 Arctic Test of Teletypewriter Set AN/PGC-1 Troop Test of 100- and 200-lb Sled Distribution Evaluation of Generator Set, Model JS-6-G Anti-Fogging Compound 15-May-1953 Test of Cold-Worked, T84E1, Track 26-May-1953 Test of Cold-Worked, T84E1, Track 26-May-1953 Test of Radio Sets AN/PRC-8, -9, and -10 11-June-1953 Mount, Tripod, Weapon, M74 13-June-1953 Test of Cradle, Rocket Launder, T20 (Arctic Phase) Test of Crow, Maintenance, Personnel, for Trucks and Tracked Vehicles, EX-51-1 Arctic Integrated List No. 1-4-4-4 H-13E Helicopter 13-July-1953 Air Compressor, 105 CFM, Trailer-Mounted, with Tools Titanium Baseplate, T26E1, for the 81MM Mortar (winter Season) Test of Waterproofing Detonating Cord (3-8-1-5) Letter Report of Medium Tank, M46 Report of Test of Truck, Ambulance, 3/4-Ton, 4X4, M43 Test of Modified Cargo Carrier, M29C (M29CE1) Troop Test of Truck, Cargo, 3/4-Ton, 2W, M101, (Arctic) Selection Truck, 19-50 Letter Report, Trailer, Cargo, 3/4-Ton, 2W, M101, (Arctic) Mortar, 4.2-Inch, M30 w/Mount, M24 and Shell, 4.2 Inch, M329 Arctic Test of Toque, Respirator, EX-51-5 21-September-1955 Arctic Test of Toque, Respirator, EX-51-5 21-September-1955 Letter Resor, Trailer, Cargo, 1/4-Ton, 2W, M100, (Arctic) Mortar, 4.2-Inch, M30 w/Mount, M24 and Shell, 4.2 Inch, M329 Arctic Test of Toque, Respirator, EX-51-5	Arctic Test of Tripod, Ranging Pole	25-February-1953
Baseplate, T20, for 4.2-Inch Mortar, M30 29-April-1953 Arctic Test of Teletypewriter Set AN/PGC-1 02-May-1953 Troop Test of 100- and 200-lb Sled Distribution 02-May-1953 Evaluation of Generator Set, Model JS-6-G 07-May-1953 Anti-Fogging Compound 15-May-1953 Test of Cold-Worked, T84E1, Track 26-May-1953 Cartridge, HEP-T, 75MM, T151E16 11-June-1953 Arctic Test of Radio Sets AN/PRC-8, -9, and -10 11-June-1953 Mount, Tripod, Weapon, M74 13-June-1953 L-19A Airplane 16-June-1953 Test of Cradle, Rocket Launder, T20 (Arctic Phase) 18-June-1953 Test of Cover, Maintenance, Personnel, for Trucks and Tracked Vehicles, EX-51-1 25-June-1953 Arctic Integrated List No. 1-4-4-4 01-July-1953 H-13E Helicopter 13-July-1953 Air Compressor, 105 CFM, Trailer-Mounted, with Tools 14-July-1953 Titanium Baseplate, T26E1, for the 81MM Mortar (winter Season) 30-July-1953 Letter Report of Medium Tank, M46 18-August-1953 Report of Test of Truck, Ambulance, 3/4-Ton, 4X4, M43 18-August-1953 Test of Modiffied Cargo Carrier, M29C (M29CE1) 25-August-1953	Arctic Test of Low-Freeze Black Drawing Ink	25-February-1953
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Test of Waterproofing Detonating Cord (3–8–1–5) Letter Report of Medium Tank, M46 Report of Test of Truck, Ambulance, 3/4-Ton, 4X4, M43 Test of Modified Cargo Carrier, M29C (M29CE1) Troop Test of Tent, Arctic, 10-Man and Tent, Cold Weather, 10-Man, Octagonal, EX 52–8 Letter Report, Trailer, Cargo, 3/4-Ton, 2W, M101, (Arctic) Shell Illuminating 81MM, Mortar, M301A1 with Fuze Time, M84 Letter Report, Test of Truck, 2 1/2-Ton, 6X6, Cargo, M135 Letter Report, Trailer, Cargo, 1/4-Ton, 2W, M1CO, (Arctic) Mortar, 4.2-Inch, M30 w/Mount, M24 and Shell, 4.2 Inch, M329 Arctic Test of Toque, Respirator, EX–51–5 12-August-1953 25-August-1953 25-August-1953 26-August-1953 28-September-1953 28-September-1953 17-September-1953 21-September-1953	Air Compressor, 105 CFM, Trailer-Mounted, with Tools	14-July-1953
Letter Report of Medium Tank, M46 Report of Test of Truck, Ambulance, 3/4-Ton, 4X4, M43 Test of Modified Cargo Carrier, M29C (M29CE1) Troop Test of Tent, Arctic, 10-Man and Tent, Cold Weather, 10-Man, Octagonal, EX 52-8 Letter Report, Trailer, Cargo, 3/4-Ton, 2W, M101, (Arctic) Shell Illuminating 81MM, Mortar, M301A1 with Fuze Time, M84 Letter Report, Test of Truck, 2 1/2-Ton, 6X6, Cargo, M135 Letter Report, Trailer, Cargo, 1/4-Ton, 2W, M1CO, (Arctic) O8-September-1953 Letter Report, Trailer, Cargo, 1/4-Ton, 2W, M1CO, (Arctic) Mortar, 4.2-Inch, M30 w/Mount, M24 and Shell, 4.2 Inch, M329 Arctic Test of Toque, Respirator, EX-51-5 18-August-1953 25-August-1953 25-August-1953 08-September-1953 08-September-1953 17-September-1953 21-September-1953	Titanium Baseplate, T26E1, for the 81MM Mortar (winter Season)	30-July-1953
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T123 Multiple Rocket Launcher

2 1/2-ton M35 Truck Fleet

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http://www.crtc.army.mil/history.asp

http://www.military.com/HomePage/UnitPageHistory/1,13506,703814%7C702735,00.html

http://www.globalsecurity.org/military/systems/ground/m35.htm



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Alaskans Turn In 1,838 Pounds During Recent National Prescription Take-Back Day

By Mary Kauffman SitNews

KETCHIKAN, ALASKA - Alaskans statewide turned in 1,838 pounds of prescription medication during the fifth Drug Enforcement Administration (DEA) National Prescription Drug Take Back event on Sept.

Until a safe disposal process for prescription medications is established nationwide, the DEA will continue to partner with agencies,

like the Alaska State Troopers, to hold Take Back Days every six months.

In all, there were 35 Take Back locations in 24 communities around Alaska that participated in the event in September: Anchorage, Aniak, Bethel, Craig, Dillingham, Eagle River, Fairbanks, Emmonak, Fort Greely, Glennallen, Juneau, Ketchikan, Kodiak, Kotzebue, McGrath, Nome, North Pole,

Palmer, St. Mary's, Seward, Sitka, Soldotna, Talkeetna and Wasilla.

This initiative addresses a vital public safety and public health issue. Medicines that languish in home cabinets are highly susceptible to diversion, misuse, and abuse. Rates of prescription drug abuse in the U.S. are alarmingly high - more Americans currently abuse prescription drugs than the number of those using cocaine, hallucinogens, and heroin combined, according to the 2010 National Survey on Drug Use and Health. Studies show that a majority of abused prescription drugs are obtained from family and friends, including from the home medicine cabinet.

The Alaska State Troopers thanked the DEA along with the Alaska National Guard Counterdrug Support Program, the U.S. Department of Justice, Anchorage PD, Joint Base Elmendorf-Richardson, Juneau PD, Wasilla PD, Fairbanks PD, Palmer PD, Valdez PD, North Pole PD, Craig PD, Soldotna PD, Kenai PD and Seward PD for their efforts. According to a news release, the event wouldn't have been possible or successful without the enormous effort put out by the volunteers and private agencies.

Source of News:

Alaska Department of Public Safety www.dps.state.ak.us

For more information regarding the Fort Greely National Prescription Drug Take-Back Day please contact the Alcohol and Substance Abuse Prevention Specialist at

Going back to school

By Diana Newman Fort Greely Education Center

Tf you've been thinking of going back to **L**school, but don't know if it's the right time to start, you're not alone. The one thing on everyone's mind is "How am I going to pay for a degree?" or "Where do I go to find money to pay for school?" You don't have to do it on your own. School can be expensive, but there may be help available. The really important thing is to get started and plan ahead. The earlier you start the more help you can get. If you need financial aid, do your research ahead of time. Look into tuition reimbursements, federal and state grants, and scholarships. Student loans should be your last resort, since they must be paid back, with interest.

Some companies may reimburse employees for the cost of education. This isn't just out of the goodness of their hearts. They stand to benefit too. The U.S. Government is one of those companies. If you are a Service Member, you may qualify for Tuition Assistance, or the Post- 9/11 GI Bill. To see if you qualify, go to www.GoArmyEd.com, www.gibill.va.gov or see your Education Center. If your company offers tuition reimbursement, take advantage of the opportunity. You get an education and a better job, and they get a smarter, more-skilled employee. Everybody wins. Keep in mind that many companies require a certain grade point average. Like everything else, know what you're getting into.

If you're a military spouse planning on getting your first Associate's degree, license or certificate, the Military Spouse Career Advancement Accounts Program may be another means of finding financial assistance to go to school. Again you must meet certain criteria to be eligible for MyCAA Financial Assistance. Apply through the link at www. militaryonesource.com or come by the Education Center and pick up a MyCAA Fact Sheet. Allow at least one month for activation.

Start with financial aid from the federal government, which provides need-based aid in the form of grants, work-study programs, and loans. To apply for federal aid, you must file the Free Application for Federal Student Aid. You can apply online at www.fafsa.ed.gov. This must be done early in the calendar year for the coming school year. If you applied for financial aid this school year (2012-2013) and plan to attend school in the next school year (2013-2014), you will have to apply again.

There is no charge for applying! (If you go to a website and they are asking for a fee, then you are in the wrong site.) If you have questions or need assistance in filling out the application, contact your Education Center or your college financial aid counselors. Note: Most schools require the student aid report from the FAFSA process before they will release other forms of assistance (school-based grants, scholarships,

Another option may be state grants. Financial aid varies a great deal from state to state and can change from year to year. You may qualify for state grants if you attend an in-state school. Some states offer aid to students who attend school in their state, regardless of their residency status. Many states require that you complete the FAFSA, regardless of whether they have a separate application process. Contact your school's financial aid counselor or visit your state higher education office directly to find out what's available and if you are eligible to apply.

Don't forget to check with the school your planning on attending. Colleges and universities award school-based assistance to qualifying students. It can be need-based, merit-based, or demographic-based. To find out more about the types of aid schools offer, contact their financial aid offices. Be aware of deadlines. If you don't make it the first time, try again the next year.

Never forget scholarships. Scholarships are forms of aid that help students pay for their education. Unlike student loans, scholarships do not have to be repaid. Hundreds of thousands of scholarships from thousands of sponsors are awarded each year. There is money out there if you are willing to look for it. Generally, scholarships and fellowships are reserved for students with special qualifications, such as academic, athletic or artistic talent. Awards are also available for students who are interested in particular fields of study, who are members of underrepresented groups, who live in certain areas of the country or who demonstrate financial need. The best way to search for scholarships is to use a personalized search, like the FastWeb scholarship search, that compares your background with a database of awards. Only those awards that fit your profile are identified as matches. Another good source

of information is www.collegescholarship. com. Be wary of sites that ask you to pay a fee to search for scholarships and grants. They are only doing the same thing you are doing and they are collecting a lot of your personal information to do so.

Be diligent in your search for funds. Persistence pays! You may have to spend time researching sources of financial aid and filling out applications. You may have to borrow money and simplify your lifestyle to cut expenses. Remember, if you are persistent, you can, and will find the financial help that you need to get that degree. If you have questions about researching educational options, need internet access, or want to learn more about educational opportunities come by the: Education Center; Building 661 (located down the hall from the Launch Room Dining Facility).

Monday -Thursday Hours: 1000-1400 or call 907-873-4369



Cold Regions Test Center provides unique training opportunity for Alaska Soldiers



By Clara Zachgo Cold Regions Test Center

The mountainous terrain of Afghanistan can be challenging for some of the military's larger vehicles. Driving on narrow, unimproved roads results, all too often, in overturned vehicles from a variety of perils. When this happens, Soldiers have to get those vehicles out. One thing that helps with this task is training in terrain similar to that in an operational environment, using the equipment they will need for these types of recoveries.

Soldiers from the 25th Brigade Support Battalion out of Fort Wainwright recently spent a week learning how to recover vehicles from situations like these using an M88 Armored Recovery Vehicle at the Army's Cold Regions Test Center located near Fort Greely.

The M88 is one of the largest all weather armored recovery vehicles currently in use and performs hoisting, winching, and towing operations in support of battlefield rescue and recovery missions. The M88 is also equipped to provide maintenance support for the main battle tank family and similar vehicles. CRTC owns the only two M88s in the state of Alaska, making them a valuable training asset for all nearby units.

A handful of Soldiers from the BSB used the M88 regularly in previous deployments to Afghanistan, but, until recently, training opportunities were limited and most Soldiers had to learn in the field. Sergeant First Class Erick Mitchell, senior non-commissioned officer and one of four Soldier instructors at CRTC, said this was a "unique, handson training opportunity that we can't get anywhere else."

Before this group of 20 Soldiers traveled to

NOVEMBER 2012

the test center, the group's knowledge of and skill level at operating an M88 was limited. "I would say 75 percent of these guys never used an M88 before," said Mitchell.

The main goal of the course was to give each Soldier "hands-on experience" on the M88 before the unit's rotation through the National Training Center in California. The course, taught by the four experienced members of the group and CRTC's Senior Test Non-Commissioned Officer Sgt. 1st Class John Schnering, covered everything from drivers' training, preventive maintenance checks and services, vehicle roll-overs, hasty recovery, to tandem recovery using an M984 Heavy Expanded Mobility Tactical Truck.

Spec. Shawn Griffin, one of the Soldiers who had deployed with an M88 to Afghanistan, was able to come to CRTC and help teach others how to operate the vehicle. However, this wasn't just a teaching experience, "I learned more here that I had in my previous trainings." The most valuable thing I learned

was "what the basic issue items are used for" which is key in maintaining the equipment.

Pvt. Patrick Perdue came to this training without ever having used an M88. "There is a lot to learn," he pointed out. "Now we can go back to our units with the experience and information we learned and share it with others."

On the last day of training, the students were able to put what they had learned to the test by performing recovery missions. "These missions and scenarios were the likely things Soldiers will come across in a combat recovery situation, giving them real-world experience they can fall back on in future deployments," explained Schnering.

After a long week of training, the Soldiers left CRTC with the hope they would be able to return in the spring for another round of training on the M88. "We got the snow this time; next time we want the mud," said Mitchell with a smile.



Military Recruiting Week at DHS

By Jack Detzel

Family and Morale, Welfare and Recreation

Delta High School Counselor Lindsay Pinkleman designated September 24-28 as Military Recruiting week. Students in the Delta School had the opportunity to meet with Alaska based military recruiters during the course of the school day.

Monday featured the Alaska National Guard with the new Fairbanks area recruiter, Sergeant Neal Fulks visiting the local campus as he transitioned from Anchorage to Fairbanks. Sergeant Fulks visited the Fort Greely installation previously for the Garrison Back to School kickoff event. Sergeant Fulks was joined by Captain Scott Slaughter from the ANG 49th Missile Defense Battalion at the school to meet with interested students.

Alaska National Guard recruiters Sergeant Fulks and Sergeant Lee along with Sergeant William Velez and Captain Scott Slaughter have tutored over fifty students with interest in military careers as well as those who will soon be taking the ASVAB test. The ASVAB is a multiple-aptitude battery that measures developed abilities and helps predict future academic and occupational success in the military. It is administered annually to more than one million military applicants, high school, and post-secondary students. The ASVAB was introduced in 1968. Over 40 million examinees have taken the ASVAB since then.

Tuesday, US Coast Guard representative HS1 Brian Maksin visited with students. A wide range of Coast Guard opportunities available in Alaska at the Kodiak Air Station were presented and discussed in detail.

Delta High School Counselor, Lindsay Pinkleman commented about military careers and the abundance of training opportunities available for local students in the Fort Greely, and Delta Junction communities. "Alaska students have a unique opportunity to live near or on military installations. Knowing the opportunities within any branch gives students another perspective to consider as they prepare for post-secondary education opportunities."

More information can be found at the ASVAB test site: http://official-asvab.com/■



By Captain Jesse Schexnayder 49th Missile Defense Battalion

The tradition of Thanksgiving goes as far **L** back as some of the very first Europeans to set foot on and explore the North American continent. For instance, Thanksgiving celebrations were held by Coronado's expedition at Palo Duro Canyon in Texas (1541) and by French Huguenot Protestants in St. Augustine, Florida (1564). The most well known of these early Thanksgiving feasts was that of the Pilgrims who arrived in New England at Plymouth Rock. Decimated by that first brutal New England winter for which they had been unprepared, they found an unexpected help in the form of two Indians, Samoset and Squanto, who greeted them in their own language, which they had learned in their interactions with other European traders.

Squanto went on to accept their Christian faith, and he assisted the Pilgrims greatly in planting and harvesting their first bountiful crop late that summer. These two Indians were also instrumental in establishing a long lasting peace treaty between the Pilgrims and the Wampanoag tribe. Governor Edward Winslow exclaimed with joy "God be praised, we had a good increase of corn;" "by the goodness of God we are far from want." This most definitive of early American Thanksgiving festivals was a three-day event, marked by the Pilgrims and the Wampanoag Indians feasting together on turkey, seafood, cranberries, and cornbread among other things. There were also various athletic events like racing and

Interestingly enough, Americans have continued this tradition of feasting on to the modern day with much of the same cuisine. The athletic events have become slightly more detached, with most Americans taking

the decidedly passive approach of watching a football game on TV rather than wrestling their neighbors. In any case, it's very difficult to think of America without Thanksgiving.

This was certainly the case with the Framers of our Constitution, whose very first act after framing the Bill of Rights and commencing the Federal Government was to draft a resolution to "recommend to the people of the United States a Day of Public Thanksgiving and Prayer." (Congressional Record, 25 Sep. 1789). George Washington, himself a man of great and abiding faith, heartily agreed, stating in one of his most famous public proclamations, "Whereas it is the duty of all nations to acknowledge the providence of Almighty God, to obey His will, to be grateful for His benefits, and humbly to implore His protection and favor... Now, therefore, I do appoint Thursday, the 26th day of November 1789... that we may all unite to render unto Him our sincere and humble thanks for His kind care and protection."

These early American Founders were truly grateful for the blessings they had received. It can only be to our benefit to turn our thoughts at least once a year in that same direction. Consider finally the words of that other most celebrated of Founders, Thomas Jefferson, in one of his own public Thanksgiving proclamations, to "appoint... a day of public Thanksgiving to Almighty God... to [ask] Him that He would...pour out His Holy Spirit on all ministers of the Gospel; that He would... spread the light of Christian knowledge through the remotest corners of the earth; ...and that He would establish these United States upon the basis of religion and virtue," Governor Thomas Jefferson, 1779. ■

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INTERCEPTOR 11



The UAF Community and Technical College classes at the DELTA CAREER ADVANCEMENT CENTER

Register for classes at the Delta Career Advancement Center, 1696 North Clearwater Avenue and take advantage of the \$15 PPD credit voucher. Call 895.4605 for more information.

Can't make truffles? Caramel is a challenge?

Then come to a Candy Making class and learn the techniques for perfect candies and take home a few samples!



Class fee: \$60.00

Saturday, December 1 • 9:00A - 4:00P

Saturday, December 15 • 9:00A - 4:00P

Class size is limited to 10 - Sign up now!

Partners for Progress in Delta, Inc.

Date change CERTIPORT Certification

Become a Microsoft Office Specialist and gain the industry certifications

to enhance your office skills.

These certifications cover the entire Microsoft Office 2007 Suite --Word, PowerPoint®, Excel®, Outlook® and Access®, as well as Windows Vista®,

Each test is \$25.

You must indicate which test(s) you will be taking when signing up.

Each test will take approximately 90 minutes.

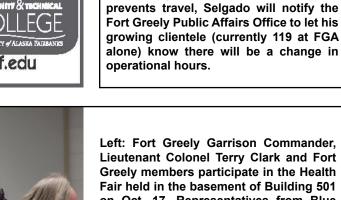
Testing will be available for 4 hours beginning at 8:30 a.m. on Nov. 10.

Advance registration required.



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

UAF is an BO/AA employer and educational institution.





Lieutenant Colonel Terry Clark and Fort Greely members participate in the Health Fair held in the basement of Building 501 on Oct. 17. Representatives from Blue Cross Blue Sheild and GEHA were on hand to answer insurance questions and pass along informative materials. Each year Open Season for Department of the Army Civilians runs from the Monday of the second full workweek in November through the Monday of the second full workweek in December. This year, Open Season runs from November 12, 2012 through December 10, 2012.

The AAFES Barbershop is now open

for business. Juan Selgado, a prior

Warfighter, has signed on with AAFES

to run the Fort Greely Barbershop.

Selgado has been an Alaskan resident

for a total of seven years with 11 years

of hair cutting experience. He's a recent

graduate of the Barbershop Academy in

New York. Currently, Selgado drives from

Fort Wainwright to Greely on a weekly

basis to open the shop on Tuesdays and

Wednesdays. When adverse weather

Approaching 2013

By William Canada Alcohol and Substance Abuse Prevention

The New Year is quickly approaching, and **I** we all will remember the experiences we had in 2012. Some of these experiences will trigger pleasant memories, others perhaps not. What we want to do is remember approaching 2013 in a positive manner by not being charged with a Driving Under the Influence or Driving While Intoxicated, Operating Under the Influence of Intoxicants and Operating Under the Influence of Liquor depending on the state you're in on the holidays. These are all terms for driving drunk at or above a certain level of Blood Alcohol Content. Even though all states have lowered blood alcohol levels to .08, every state has its own laws and consequences for DUI/DWI/OUI/OUIL (http://www.dui.com/states). The bottom line is "Do NOT Drink and Drive!

In support of National Drunk and Drugged Driving Prevention Campaign for the entire month of December 2012, plan your attendance at a New Years Eve parties wisely and watch out for your friends. To help everyone stay safe, consider the following tips when you notice someone preparing to leave to drive a vehicle after drinking:

If it is a close friend, try and use a soft, calm approach at first. Suggest to them that they've had too much to drink, and it would be better if someone else drove or if they took a cab.

If it is somebody you don't know well, speak to their friends and have them make an attempt to persuade them to hand over their keys. Usually they will listen.

Locate their keys while they are preoccupied, and take them away. Most likely, they will think they've lost their keys and will be forced to find another mode of transportation.

Please have a safe holiday season and a Happy New Year.

Remember "Friends Don't Let Friends Drive Drunk." ■

www.facebook.com/pages/FMWR-Fort-Greely/163414933729193

Tree Lighting Everemony Nov. 30th

FESTIVITIES :

Come meet Santa Claus Gather for cookies and story time Live music by the 9th Army Band

Church service begins at 5:00 pm
"Immediately following service"

Tree lighting & caroling begin at the main roundabout
Festivities at the Aurora CAC begin 7:30 pm
Call 873-4782 / 4783 for more information











Left: It's not too late for DA Civilians to join the Installation Management Command's Civilian Wellness and Civilian Fitness Program. Kim Mortrud (left) and Tammy Powers (right), human resources specialists, take their completed IMCOM Civilian Wellness and Civilian Fitness Program forms to the Fort Greely Fitness Center to jump on the road to wellness. The program currently allows administrative leave for up to one hour, three times per week for up to six months to focus on improving physical, mental, social, family and spiritual performance. For those interested in signing up for this program the forms can be obtained by logging on to the portal home page and selecting the Wellness Program documents. Instructions included in packet. https://portal.greely.army.mil

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www.greely.army.mil

Safe driving this holiday season

soon will be approaching us. social function: The holiday season generally means more parties, which raises the potential to drink. Driving defensively means not only taking responsibility for yourself and your actions but also keeping an eye on "the other guy." If you plan to drink, designate a driver who won't drink. Alcohol is a factor in almost half of all fatal motor vehicle crashes.

If you are a host for a party, here SAFE Holiday. are some things you can do to

Once again the holiday season promote responsible drinking at a

Provide plenty of non-alcoholic beverages. Do not pressure guests

Serve food to slow the rate of absorption of alcohol. Stop serving alcohol at least one hour before the party is over. If guests drink too much, call a cab or arrange a ride with a sober driver.

Having a FUN holiday is having a

- Garrison ASAP Office







Safety and Wellbeing Corner

Myth-Busters...FOOD

Contributed by Jamie Murray
Directorate of Logistics

Myth: Freezing foods kills harmful bacteria that can cause food poisoning.

Fact: Bacteria can survive freezing temperatures. Freezing is not a method for making foods safe to eat. When food is thawed, bacteria can still be present and may begin to multiply. Cooking food to the proper internal temperature is the best way to kill harmful bacteria. Use a thermometer to measure the temperature of cooked foods.

Myth: I eat a vegetarian diet, so I don't have to worry about food poisoning.

Fact: Fruits and vegetables are an important part of a healthy diet, but like other foods they may carry a risk of foodborne illness. Always rinse produce under running tap water, including fruits and vegetables with skins and rinds that are not eaten. Never use detergent or bleach to wash fresh fruits or vegetables as these products are not intended for consumption. Packaged fruits and vegetables labeled "ready-to-eat" or "washed" do not need to be re-washed.

Myth: Plastic or glass cutting boards don't hold harmful bacteria on their surfaces like wooden cutting boards do.

Fact: Any type of cutting board can hold harmful bacteria on its surface. Regardless of the type of cutting board you use, it should be washed and sanitized after each use. Solid plastic, tempered glass, sealed granite, and hardwood cutting boards are dishwasher safe. However, wood laminates don't

hold up well in the dishwasher. Once cutting boards of any type become excessively worn or develop hard-to-clean grooves, they should be discarded.

Myth: Locally-grown, organic foods will never give me food poisoning.

Fact: Any food, whether organic or conventional, could become unsafe with illness-causing foodborne bacteria at any point during the chain from the farm to the table. Consumers in their homes can take action to keep their families safe. That is why it is important to reduce your risk of foodborne illness by practicing the four steps: Clean, Separate, Cook, and Chill.

Myth: Leftovers are safe to eat until they smell bad.

Fact: Most people would not choose to eat spoiled, smelly food. However, if they did, they would not necessarily get sick. This is because there are different types of bacteria, some of which cause illness in people and others that don't. The types of bacteria that do cause illness do not affect the taste, smell, or appearance of food. For this reason it is important to freeze or toss refrigerated leftovers within 3-4 days. If you are unsure of how long your leftovers have been sitting in the refrigerator, don't take the risk - when in doubt, throw it out! Myth: I use bleach and water to sanitize my countertops and the more bleach I use the more bacteria I kill.

Fact: There is no advantage to using more bleach. In fact, overuse of bleach can be harmful because it is not safe to consume. To create a sanitizing solution it is recommended that you use 1 tablespoon of unscented liquid bleach per gallon of water. Flood the countertop with the solution, allow it to sit for a few minutes, then pat with clean, dry paper towels or allow to air dry. Any leftover sanitizing solution can be stored, tightly covered, for up to one week. After that, the bleach has lost its effectiveness.

Myth: I don't need to wash my produce if I am going to peel it.

Fact: You should wash fresh fruits and vegetables under running tap water just before eating, cutting or cooking. Harmful bacteria could be on the outside of the produce. If you peel or cut it without first washing it the bacteria could be transferred to the part you eat. Wash delicate produce such as grapes or lettuce under cool running water. Blot

dry with a clean cloth towel or paper towel. Rub firm-skin fruits and vegetables under running tap water or scrub with a clean produce brush. Never use detergent or bleach to wash fresh fruits or vegetables. These products are not intended for consumption.

Myth: The stand time recommended for microwaveable foods is optional, it's just so you don't burn yourself.

Fact: Stand time is not about cooling the microwaved food, but rather is an important part of the cooking process. Stand times are usually just a few minutes and the time is necessary to bring the food to a safe internal temperature as measured with a food thermometer. To ensure safety with microwave cooking, always read and follow package instructions, know your microwave's wattage, and use food thermometer to ensure food has reached a safe internal temperature.

KEEP YOUR FAMILY SAFER FROM FOOD POISONING



Check your steps at FoodSafety.gov

Beginner • fitness tips •

You're worth more than a number

By Captain Ryan Skaw 49th Missile Defense Battalion

Hello Team Greely,

I trust you are all doing well and keeping up the good fight! Fighting the same fight can be exhausting especially when it appears to be at a standstill. Like the fog of war you cannot always see what is taking shape that will later impact the end statement. I am talking to those who have endured the brutal trenches in the gym and noticed they have stopped losing weight. Let us dig deeper into the fog of this standstill and show that deferred gratification awaits those who stay the course.

First and foremost going by the scale of weight can be misleading for overall results. Sure you can have a goal of wanting to weigh 115 lbs or 225 lbs, fit into a size two or stretch out a size large t-shirt (or do what I do and buy a size too small). Weight does not show you the true results of your fitness when compared with measurements. Muscle outweighs fat 2:1 and typically takes up less space. You can lose 10 pounds in a week, but was it water weight or fat? You can reach your goal of weighing 115 or 225 lbs, but do you look the way you want to or can you handle weighing a little more or less and have the body you desire? You can't put a weight tag on a priceless body build is all I am getting at here. Instead of thinking I have to lose or gain "x" amount of weight try looking at how many inches you have to lose or gain to fit into that size two or stretch the large t-shirt.

Use a sewing tape measure and do bi-weekly or monthly measurements. Write it down so you have a base line to refer back to.

There WILL be a point where you stop losing weight on the scale. This is typically due to the transformation of fat lost and muscle gained equalization. Your measurements should show you that you have lost some inches in fatty areas and slight gains in other areas where muscle is growing. Don't panic, don't dial 911, and don't go buying up all the bread at the Commissary. Just remember these two words: "deferred gratification."

Eventually, you will start to lose some weight again as your body adjusts to your new found lifestyle of being fit and muscles will continue to become more tone and gobble up that unsightly fat!

Do NOT cut out meals! Your body needs the right food to build the perfect foundation (muscle tone). It is like removing the water out

of concrete mix and expecting to have a solid foundation. If you starve your body with one meal a day it is less likely to reduce or burn the body fat. Think of it like this... would you hammer the gas pedal on a long road trip if you knew you would only have one tank of gas with no fill ups until the next day? No! You would set the cruise control and hope for the best. Now if you knew you were going to fill up a couple of times along the way you would be more apt to burn the gas because you know there's more available along the way.

Your body is no different in that it will prime itself to survive based on the conditions it is aware of. Bring in a steady stream of healthy (keyword) food and that will tell your body there's no need to store extra fat (gas) for later. Don't overdo it. I am not saying go crazy and overeat. Three solid meals or six small meals in a day are ideal.

Do not surrender to the fog my friends. Remain strong not only in effort, but in mind. You are the only one who can slow down your efforts (not the scale) that prevent you from reaching that deferred gratification of being what you want to be. Every drop of sweat falling from your face is the fog being washed away. Every moment of the burn is weakness leaving your body. Every ounce of pain is your internal strength screaming, "I am alive and will not submit!" Now go out and get what you're worth because you and I both know you are worth more than a number on a scale.

Remember to clear any exercise program with your health care provider prior to starting.

Cheers!



CPT Ryan Skaw

Call 873-4CAB (4222)
It's getting colder...

It's gett

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leave the kitchen.

Disaster Relief Training in Delta Junction

American Red Cross courses are open to the public and are designed to prepare new disaster volunteers and volunteer groups to effectively serve in disaster relief activities. Disaster courses combine video, lecture, and interactive multimedia to teach participants basic disaster relief skills. All disaster relief courses are free.

Friday, November 30

Disaster Services: An Overview

6pm - 9pm

This is a basic level course that provides an introduction to Disaster Services at the American Red Cross. The Course is divided into two modules. The first module introduces disaster preparedness and response at the American Red Cross and the second module is customized for Disaster Services in Alaska and your community. The course engages participants through integrated video and interactive activities.

Saturday, December 1

Shelter Operations

9am - Noon

This instructor-led course is designed for the learners to acquire knowledge of Red Cross policies and procedures for setting up, running and closing a shelter during a disaster. The course includes lecture and group exercises. The purpose is to train Red Cross volunteers and other agencies and community leaders the necessary tools to operate a shelter.

Shelter Simulation

1pm - 3pm

This is a table-stop style class that will engage participants in creating a simulated shelter and work together as a team to successfully operate open, operate and close a Red Cross shelter.

Sunday, December 2 Disaster Assessment Basics

9am - Noon

The purpose of this course is to provide a general overview of the tasks performed by Red Cross Disaster Assessment workers in support of a disaster relief operation and a local incident such as a single or multi-family fire.

Client Casework: Providing Emergency Assistance

pm - 4pm

This is a basic, instructor-led, course designed to train Red Cross caseworkers how to conduct effective client interviews and provide assistance to help meet a client's immediate disaster-caused or disaster-aggravated needs...

Training Location

Delta Junction City Hall Large Conference Room

Course Registration

James Benzschawel james.benzschawel@redcross.org 907-456-5937





Love to sing? Happy to help spread holiday Cheer?

The Delta Community Choir needs you. Come and welcome our new Directors, Fran Hallgren and Angie Barnard, as well as our new accompanist, Ivey Palmer.

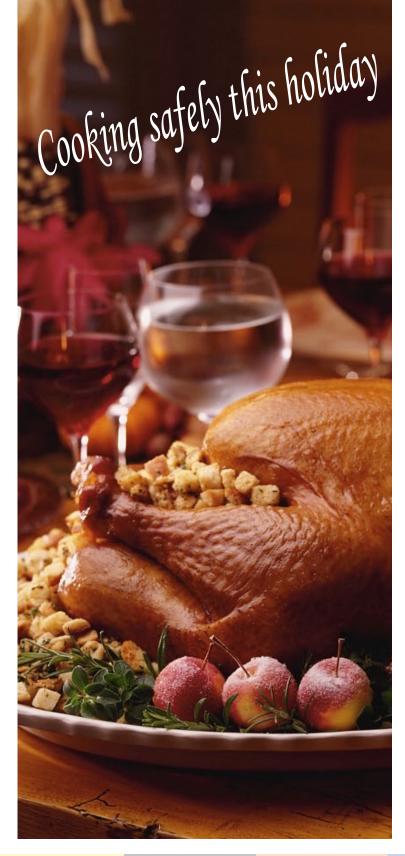
Practices will begin Thursday, October 25, from 7-9 pm in the music room at Delta High School.

Practices will be every Thursday until just before the performance at the Fort Greely Chapel on December 13.

It is not required that you know how to read music, however it is required that you enjoy making music together.

Call Ellen Clark at 895-5155 or Julie Szidloski at 803-1983 if you have any questions. Hope to see you there!





Unattended cooking is the leading cause of Thanksgiving Day home fires. People can easily become distracted and lose track of what's happening in the kitchen when they are enjoying time with family and friends. To help prevent accidents or home fires this Thanksgiving below are some safety tips:

Keep pot holders and food wrappers at least three feet away from heat sources while cooking.

Wear tighter fitting clothing with shorter sleeves when cooking. Make sure all stoves, ovens and ranges have been turned off when you

Set timers to keep track of turkeys and other food items that require extended cooking times.

Turn handles of pots and pans on the stove inward to avoid accidents. Thanksgiving is also a time for an increase in cooking related burns. If you do get a minor burn (superficial burn) this can be treated easily by cooling the area by running it under water until the heat eases and then loosely cover the burn with a sterile dressing.

In the Refrigerator (40 °F or below) Allow approximately 24 hours for every 4 to 5 pounds		
4 to 12 pounds	1 to 3 day	
12 to 16 pounds	3 to 4 days	
16 to 20 pounds	4 to 5 days	
20 to 24 pounds	5 to 6 day	

Keep the turkey in its original wrapper and keep it frozen until you are ready to thaw it. Place it on a tray or in a pan to catch any juices that may leak. A thawed turkey can remain in the refrigerator for 1 to 2 days. If necessary, a turkey that has been properly thawed in the refrigerator may be refrozen. Thawing your turkey in the refrigerator is the safest method and will result in the best finished product.

n Cold Water Allow approximately 30 minutes per pound			
4 to 12 pounds	2 to 6 hours		
12 to 16 pounds	6 to 8 hours		
16 to 20 pounds	8 to 10 hours		
20 to 24 pounds	10 to 12 hours		

Wrap your turkey securely; making sure the water is not able to leak through the wrapping. Submerge your wrapped turkey in cold tap water. Change the water every 30 minutes. Cook the turkey immediately after it is thawed. Do not refreeze.

Storing Your Leftovers

Discard any turkey, stuffing, and gravy left out at room temperature longer than 2 hours; 1 hour in temperatures above 90 °F.

Divide leftovers into smaller portions. Refrigerate or freeze in covered shallow containers for quicker cooling.

Use refrigerated turkey and stuffing within 3 to 4 days. Use gravy within 1 to 2 days. If freezing leftovers, use within 2 to 6 months for best quality. Have a great Thanksgiving and don't eat too many cookies Ft. Greely Safety Office

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STOP

STOP

STOP

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Upcoming Events for November

the Delta-Greely throughout community:

Each year, for DA Civilians, Open Season runs from the Monday of the second full workweek in November through the Monday of the second full workweek in December. This year, Open Season runs from November 12, 2012 through December 10, 2012. If you would like to make changes to your FEHB open season is the only time to do it, unless you have a significant life event.

November 1-30 is National Novel Writing Month. Join us at the Youth Center from 3-6 pm and write a novel in just 30 days!

Nov. 3 Youth Center Movie: Easy A (PG-13) 4 pm at the Youth Center.

Nov. 5 - 30: Turkey Burn! Get 15 days of FREE classes starting Nov. 5 at the Fitness Center. Kick Box or Zumba your way through November (no classes Thanksgiving Day) Classes are Mon. - Thurs. at 12:15 pm at the Fitness Center.

Nov.. 6: It's time to VOTE! Don't forget to vote for the 2012 Presidential Election.

Nov. 6: 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. 8: Veterans Day Service at the Fort Greely Chapel, 11 am to Noon. This is an Open Post Event. All members of the Delta/Greely communities are invited to attend

Nov. 8: Parent Education Class, 12-12:30 at the Community Activity CenterTopic for this month's class:

NOVEMBER 2012

 $B_{
m elow}$ are a few upcoming Developmental Stages. December's class will be held on Dec. 6 from 12- 12:30 pm at the CAC; topic: Effective Discipline.

> Nov. 10: Youth Center Movie: Whip It (PG-13) 4 pm at the Youth

> Nov. 15: America Recycles Day. Please do your part to recycle your waste products here at Fort Greely and at home.

> Nov. 13: Fort Greely Education Center Open House, 9 am - 2 pm. Call 873-4369 for details.

> Nov. 17: Youth Center Movie: Aquamarine (PG) 4 pm at the Youth

> Nov. 20: A MANDATORY Civilian Workforce Development Town Hall will be held at 2 pm at the Community Activity Center. If you are at work at this time you must

> Nov. 20: 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. 21: Fort Greely Garrison Commander's Round Table Monthly Meeting is today from noon to 1 pm at the Aurora Community Activity Center. All FGA members are welcome to

> Nov. 22: Thanksgiving Day, come enjoy a tasty feast at the Fort Greely Launch Room Dining Facility. Meal purchase price \$7 from ... Nov. 24: Youth Center Movie: Waiting for Forever (PG-13) 4 pm at the Youth Center.

> The following FMWR Facilities will be closed on Nov. 22: Physical Fitness Center/Pool: Outdoor Recreation; Youth Center;



Automotive Skill Center; School Age Center; Woodcraft Shop; Aurora Community Activity Center

Nov. 22: Thanksgiving Day, come enjoy a tasty feast at the Fort Greely Launch Room Dining Facility.

Nov. 29: Native American Indian and Alaskan Native Heritage Month Celebration, 1-3 pm at the Community Activity Center. All FGA Members are welcome to come enjoy this cultural awareness

Nov. 30: Tree Lighting Ceremony; Chapel Service begins at 5 pm. Tree lighting and caroling immediately following Chapel service. Festivities at the Aurora Community Activity Center begin at 7:30 pm.

Dec. 1: Holiday Gala at the Aurora Community Activity Center. Social Time and Photos from 6 - 7 pm; Dinner and Dessert 7-8 pm; DJ

and Dancing from 8-11 pm. Call 873-4782 or 873-4783 for more information.

Fire Tower Hill is open all winter on Saturdays from noon to 4 pm. For special requests or for daily conditions call Outdoor Recreation at 873-4058. We have sleds available for rent!

Wood Craft Shop is back in business. Winter hours of operation: Thurs. & Fri. 4 - 8 pm Sat. 4 - 9 pm (Hours are subject to change)

Donate to the Combined Federal Campaign online at www.alaskacfc. org now through Dec. 12. Call 873-5234 or 873-5023 with questions.

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

More than 7,400 National Guard members responding to Hurricane Sandy

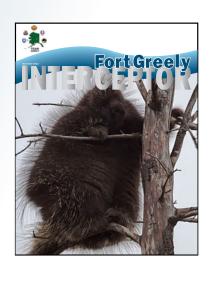


Sgt. Michael Ryno, along with Soldiers from the 50th Infantry Brigade Combat Team, New Jersey Army National Guard, mobilized for Hurricane Sandy provide assistance to displaced residents at an emergency shelter at the Werblin Recreation Center, Piscataway Township, N.J., Oct. 29, 2012 Photo by MSG Mark C. Olsen

On the cover: A healthy porcupine made its way to the top of a burnt out tree behind Fort Greely. Porcupines use their long clawed-feet and strong bristle tails to climb to the tops of trees for food and protection. Photo by Al Sheldon.

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Commanding Officer	LTC Terry Clark
Command Sergeant Major	CSM Robert Gooden
Deputy to the Garrison Commander.	Brent Abare
Public Affairs/Editor	



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