

Alaska Air National Guard deploys in support of hurricane disaster relief operations

Lt. Col. Candis Olmstead
Alaska National Guard Public Affairs

The Alaska Air National Guard is stepping up to assist with Hurricane Harvey humanitarian disaster relief operations. The 176th Wing deployed 21 Airmen in one of their C-17 Globemaster III transport aircraft, en route to Fort Hood, Texas this morning.

Two aircrews from the 249th Airlift Squadron and 13 Guardian Angels from the 212th Rescue Squadron, a crew chief

and a photographer, departed at 10:45 a.m. They stopped at Moffett Federal Airfield, Calif. to pick up two California Air National Guard HH-60 Pave Hawk helicopters—which can be configured to fit inside of the massive C-17—and seven support personnel to transport to Texas.

The Pave Hawks and Guardian Angels will be tasked with missions to support the Texas National Guard and the state of Texas with search and rescue efforts in the aftermath of Hurricane



Alaska and California Air National Guardsmen are transported to Fort Hood, Texas, along with two HH-60 Pave Hawk helicopters that have been configured to fit inside of the massive C-17 Globemaster III transport aircraft Aug. 29. The Guardsmen will be tasked with missions to support the Texas National Guard and the state of Texas with search and rescue efforts in the aftermath of Hurricane Harvey and as ongoing storm conditions continue to inflict damage. (U.S. Army National Guard photo by Staff Sgt. Balinda O'Neal Dresel)



Two HH-60 Pave Hawk helicopters from the California Air National Guard's 129th Rescue Wing are loaded onto a C-17 Globemaster III crewed by members of the Alaska Air National Guard's 249th Airlift Squadron from Joint Base Elmendorf-Richardson, Alaska, at Moffett Federal Airfield, Calif., Aug. 28. The helicopters and their crew members, along with personnel from the AKANG's 212th Rescue Squadron are being transported to Fort Hood, Texas, to assist with hurricane Harvey response efforts. (U.S. Army National Guard photo by Staff Sgt. Balinda O'Neal Dresel)

Harvey and as ongoing storm conditions continue to inflict damage.

Guardian Angels are a team of combat rescue officers, pararescuemen, and survival, evasion, resistance, and escape specialists who are uniquely trained personnel recovery professionals. They are a non-aircraft, equipment-based, human weapon system whose primary mission is combat rescue.

Because of their unique capabilities, they have been called upon to assist with the rescue of thousands of civilians worldwide during catastrophic natural disasters and other humanitarian

response.

Guardian Angel teams from the 212th Rescue Squadron previously assisted with search and rescue in support of relief operations after Hurricane Katrina and the Kashmir earthquake in Pakistan in 2005, and Hurricanes Ike and Gustav in 2008.

In Alaska—where locals and visitors enjoy the outdoors, often in extreme conditions—members of the 176th Wing's three rescue squadrons have performed more than 1,600 saves for those who have become lost or injured since 1991.



Suicide Prevention Month: Be there

David Perkins
Suicide Prevention
Program Manager

This is the theme for suicide prevention month for DoD this September. Suicide continues to be a challenging problem in the Army that impacts combat readiness and destroys families. In the month of September the installation will focus efforts on awareness of the problem and prevention methods to eliminate it.

Last year the Army lost 280 Soldiers to suicide. The year before we lost 279. Unfortunately, we are on pace to lose 280 again this year. These deaths are preventable. We lose more Soldiers to suicide than we do to combat every year. The DoD as a whole lost 479 servicemembers last year. In the United States, suicide is the 10th leading

cause of death. In Alaska, it is the 5th. Last year more than 44,000 people died by suicide in the U.S. For every person that dies by suicide at least 25 more make an attempt to suicide. Studies show that at least 5 percent of the population is contemplating suicide at any given time. Here on the installation, that means at least 775 people are actively contemplating suicide. Look around the next time you are in the PX or commissary; there will undoubtedly be someone there that is considering suicide.

There are steps we all can do to Be There. We must eliminate the stigma that suicide only affects the weak. People considering suicide almost never want to die. Death is not the goal. Ending the pain they are in is the goal. Just as with PTSD we cannot

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WEEKEND WEATHER

Friday thru Sunday

Mostly cloudy. Highs in the lower 60s. Lows in the mid 40s



Fort Wainwright Soldiers wrap up training in Thailand

Sgt. Frank Strumila
1st Stryker Brigade Combat Team,
25th Infantry Division Unit Public Affairs
Representative

in Thailand for Exercise Hanuman Guardian August 8th to the 24th. HG17 focused on bilateral and multilateral exercises and strengthening the United States' bonds with its allies with humanitarian aid & disaster relief, community



Soldiers from 3rd Battalion, 21st Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division, "Arctic Wolves" stand alongside their Royal Thai Army Counterparts, during Opening Ceremony of Hanuman Guardian 2017 on 14 Aug. The exercise focused on humanitarian aid and disaster relief and allowed both armies to exchange best practices and techniques over the 10-day exercise. (Photo by Sgt. Frank Strumila, 1st Stryker Brigade Combat Team, 25th Infantry Division Unit Public Affairs Representative)

As the saying goes, success is 10 percent inspiration and 90 percent perspiration, and that can be said to be especially true of Exercise Hanuman Guardian as the 3rd Battalion, 21st Infantry Regiment "Gimlets" wrap up their time in Thailand.

Soldiers of the 1st Stryker Brigade Combat Team, the United States Airforce, and the Washington National Guard came together

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5TH Annual 5-1 CAV 5k Saturday Sept. 9, at 9 a.m.
And Little Trooper 1K

Start location at the 5-1 CAV Headquarters, building 3407, Santiago Street.
Registration for 5K: \$30
Registration for 1K: \$10 (participants age 10 and younger)
Complete registration, at <https://endurancecui.active.com/event-reg/select-race?e=46730354>

Medals for the first 300 5K and first 100 Little Troopers
Medals and Prizes Age Division Top 3 Female/Male.
Medals and Prizes Top 3 overall Female/Male.
For more information, contact S.1cavalry5k@gmail.com or <https://www.facebook.com/5th-Squadron-1st-Cavalry-Regiment-140326049362179>

**Garrison Commander's
Holiday Safety Message**

Labor Day, 2017

On September 4th, we celebrate Labor Day. This creation of the labor movement recognizes the social and economic achievements of American Workers—the men and women whose dedication and tireless efforts make this Nation great. It is also the time of year where we mark the end of our long summer days and the beginning of the new school year.

This holiday weekend is a well deserved break for all, whether it's spending time with our families and friends at that last big BBQ or heading out of town for a camping or hunting trip. While Labor Day weekend offers numerous opportunities to enjoy all that Alaska offers, we can never take a retreat from safety. In 2016, Labor Day represented the 2nd highest accident rate for a long holiday weekend with 308 fatal accidents across the Nation. No matter what your plans are for the weekend, good preparation and understanding the risks are critical elements to avoid being the next safety statistic.

As with every holiday, the chance of accidents increase; give yourself extra time to get where you are going. Know your limits and have a plan. *Always* make sure someone knows where you will be going and when you will be back.

Please keep safety in mind this Labor Day weekend and enjoy the break! Doing so helps preserve and protect our most valuable resource—the Soldiers, Families, and Civilians of our Fort Wainwright community!

Stay Safe!

Sean N. Fisher
Colonel, U.S. Army
Commanding

Nutrition Corner: Myth Busters

Milk alternatives have the same nutritional content as cow’s milk-MYTH. Many families choose milk/dairy alternatives such as soy milk, almond milk and rice milk because someone in their household has an intolerance or cow’s milk allergy. Others choose them for other reasons, such as following a vegan diet or personal preference. There are many options out there for families who do not consume cow’s milk, but how do these alternatives hold up nutritionally compared to cow’s milk?

Many do not provide the same protein, calcium or vitamin D, which can have nutritional implications, especially for kids.

The fact that milk substitutions can be used in place of cow’s milk for a nutritionally comparable substitution is a myth. Calcium fortified soy milk is about as close as it gets, and is the only alternative recognized by the USDA’s

MyPlate as a dairy equivalent.

Many families trying to choose less processed foods make their nut milks homemade. They are relatively easy to make and have a fresher taste. Unfortunately, they are not fortified with calcium and vitamin D. Replacing store bought calcium fortified milk alternatives for the homemade varieties may have significant negative nutritional implications, especially for young kids with growing and developing bodies if no care is given to ensure they receive those nutrients from other sources.

If you use your milk alternatives as a way to get in some protein, which may be important for those limiting animal proteins, you won’t find it in most milk alternatives. Rice milk, almond milk, and coconut milk, while some store brands are fortified with calcium and vitamin D, only provide 0-1g of protein per cup compared to cow’s milk and soy milk,

which have 8g per cup. Be cautious of any flavored milk or milk alternative as the flavoring provides unnecessary added sugars.

Milk alternatives should never be used in place of an infant formula, period. They are not safe or nutritionally adequate. There are several infant formulas on the market that are nutritionally balanced and safe alternatives for babies with cow’s milk allergies and intolerances—see your pediatrician or dietitian if this applies to you.

Remember that cow’s milk is safe (as long as there are not allergies/intolerances) for children over 12 months old, but children between the ages of 12 and 24 months require whole milk as they need more fat. Many milk alternatives do not contain adequate amounts of fat for that age group. While there many alternatives out there that are not nutritionally complete, your family

can still eat an overall balanced diet with education and proper planning.

If you or anyone in your family requires a milk alternative or choose to consume milk alternatives, come speak to a dietitian. We can help you ensure you and your family receives a balanced diet across the board even with food restrictions.

Featured Recipe: Banana smoothie

- 1) 1 cup soy milk or cow’s milk
- 2) 1 frozen banana
- 3) 1/4 cup quick oats, dry
- 4) 1.5 Tbsp ground flax
- 5) 2 tsp cinnamon
- 6) Stevia (if desired)

Combine in a blender with about 1/2 cup crushed ice and enjoy.

<https://www.choosemyplate.gov/dairy>

MEDDAC-AK labs awarded accreditation

Brandy Ostanik
Medical Department Activity—Alaska Public Affairs

Two of Medical Department Activity – Alaska’s laboratories; Richardson Army Medical home and Fort Greely Army Medical Home, have been awarded accreditation by the College of American Pathologists (CAP) Accreditation Committee, based on the results of a recent onsite inspection.

MEDDAC-AK leadership was advised of this national recognition Aug. 21 and congratulated for the excellence of the services being provided at the lab.

“I am truly proud of the lab staff members and their recent accreditation,” said Col. Tamara Crawford deputy commander for nursing at MEDDAC-AK. “They are true professionals that take pride in the lab and their performance.”

The CAP Laboratory Improvement Program, begun in the early 1960s, is recognized by the federal government as being equal to or stricter than the government’s own inspection program. It provides a comprehensive view of the laboratory quality process with insight, knowledge, and peer-based educational coaching in an effort to improve patient safety.

According to the College of American Pathologists, “The CAP Laboratory Accreditation program is based on rigorous accreditation standards that are translated into detailed and focused checklist requirements.

The checklists, which provide a quality practice blueprint for laboratories to follow, are used by the inspection teams as a guide to assess the overall management and operation of the laboratory.”

Backed by the scientific expertise and commitment of the world’s largest board-certified pathologist organization, the CAP partnership fosters collaboration and builds confidence that laboratories deliver the most reliable test results to assure accurate patient diagnoses.

“Receiving this laboratory accreditation validates that we are providing high quality laboratory test results to our medical providers, ensuring they have all of the information they need to care for our beneficiaries,” said Capt. Matthew Cooley, lab manager for MEDDAC-AK.

During the CAP accreditation process, inspectors examine the laboratory’s records and quality of control of procedures for the past two years. CAP inspectors also examine laboratory staff qualifications, as well as the laboratory’s equipment, facilities, safety program and record, in addition to the overall management of the laboratory. This strict inspection program is designed to specifically ensure the highest standard of care for all laboratory patients.

MEDDAC-AK labs go through accreditation every two years. Bassett Army Community Hospital last received CAP accreditation in 2016.

MEDDAC Minute

IMPORTANT PHONE NUMBERS

Emergency: 911
24 Hour Nurse Advice Line:
1-800-874-2273 Opt. 1
Appointment Line: 361-4000
Behavioral Health: 361-6059
Benefits Advisor: 361-5656
Immunizations: 361-5456
Information Desk: 361-5172
Patient Advocate: 361-5291
Pharmacy Refills: 361-5803
Substance Abuse/Clinical Counseling:
361-4054
Tricare On-Line:
www.tricareonline.com
United Health Care: uhcmilitarywest.com,
877-988-9378

PERFORMANCE TRIAD TIP

Resist the urge to sleep in over the weekend. Sure it feels good at first, but you’re messing yourself up for the rest of the week. Keep a consistent schedule. Stay strong and don’t give in!

BREAST PUMPS AND SUPPLIES

Do you have a breastfeeding child at home? TRICARE covers breast pumps and breast pump supplies at no cost. You must have a prescription from your provider and state which type of breast pump you need. For more information on coverage go to www.tricare.mil/breastpumps.

Transitioning Soldiers and Veterans: Interested in an IT career?

The Microsoft Software & Systems Academy will be visiting Fort Wainwright to brief on upcoming training opportunities for their IT programs.

Training takes place over a 16 week period and can be done while the Soldier is still on Active Duty, and within 180 days from their ETS/Retirement date; or 85 days after your MRDP prior to training start date.

Anyone is invited to attend if the military member will be transitioning out of service within 1 year or if presently a

veteran.

Briefings will be held Sept. 14, at the Fort Wainwright Education Center, building 4391. The time for the brief is still to be announced.

If interested in attending this brief, please contact the Career Skills Program Manager, Lenora Handy, at the Welcome Center on Fort Wainwright, room 252 or call 353-2096 for more information and to get your name on the list. All Soldier’s participating must be eligible for an honorable discharge.

Weekly Financial Tips: Utility Bills

Ryki Carlson
Survivor Outreach Services Support Coordinator

Are you looking for ways to reduce costs at home, even if you don’t own the home? Most of the following tips are low cost, so you won’t worry about leaving them installed if you don’t own the home. Consider some of these tips to reduce your utility bills:

Adjust the hot water heater. Set the water heater thermostat to 120 degrees Fahrenheit or the “low” setting. Install inexpensive pipe installation on all exposed hot water pipes and on the first three feet of exposed cold water pipe that is connected to the hot water heater.

Change to a low-flow showerhead. Remove your old showerhead and replace it with a low-flow showerhead. They are easy to install and use 20 percent less water. This is especially a great option if you have teenagers at home. Check with your power company for rebates on low-flow showerheads.

Install foam insulating gaskets. Foam insulating gaskets are insulators for your electrical outlets. Your electrical outlets are a source of heat loss in the winter and can really increase your heating bill. These gaskets can be found at most home improvement stores and shouldn’t cost more than a couple of dollars.

Switch to CFL or LED bulbs. Replacing either all your lights or the ones you use most often is a great way to reduce your energy bill. Talk with your electric company, they may supply these for you or offer you rebates for purchasing them.

Invest in insulated drapes, cellular blinds, or blackout curtains. Covering your windows with insulated coverings will reduce your heating bills. Shop at thrift stores for curtains, or a home improvement store may have blinds that have been previously cut incorrectly that they sell at a large discount.

Have your landlord service your furnace annually. A

properly maintained furnace can reduce your bills. Remember to clean/replace your furnace filter every two months during the heating season.

Turn down your thermostat. Remember to set your thermostat to 68 degrees Fahrenheit while you are home during the day and down to 65 degrees when you are away or at night. Consider installing a programmable thermostat.

Run ceiling fans clockwise for winter savings. Most fans have a “clockwise” setting and a “counterclockwise” setting, each appropriate for a different season. Stand beneath the fan and turn it on. If you immediately feel a breeze from the fan, then it’s set on the summer setting, usually counterclockwise. Otherwise, turn off the fan, climb up near the base of the fan, and look for a little button or switch that sets the fan to run in the opposite direction. Generally, you want your fan to run counterclockwise at higher speeds in the summer to move the breeze around, and clockwise at lower speeds to help distribute the heat in the winter.

Pay attention to your refrigerator. In an apartment, 25 percent of your electric bill may go towards the fridge. Keep its compressor coils clean to reduce electric usage. Cover your food and check the seal around the doors. If you have minimal food in the fridge, fill water containers to take up the extra space. This will help you keep your food cold and reduce your electric bill. The same goes for your freezer.

Small repairs. One of the benefits of having a landlord is they will fix things. Don’t let your leaky faucet go. Take the time to make the call to your landlord and save money on your water bill.

Use draft stoppers. Place delightfully mobile draft stoppers in front of drafty doors and windows. They usually cost about ten dollars or you can make them yourself.

Door draft repairs. Your landlord may have been cutting corners when they installed your door. If there is a draft, install a door sweep or install inexpensive weather-stripping.

ALASKA POST

The Interior Military News Connection

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The ALASKA POST – The Interior Military News Connection

History Snapshot: Processed planes on the ready-line awaiting transport to Ladd Field. Gore Field, Great Falls, Montana

L. Amber Phillippe
Fort Wainwright Landscape Historian

Gore Field, near Great Falls, Mont. served as the beginning of the World War II era Alaska-Siberia Lend-Lease Route. Airplanes were flown from factories across the United States to Gore Field, outfitted to withstand the long journey north, and then flown to Ladd Army Airfield in Alaska where they were signed over to Soviet pilots for the next leg of the aircraft’s long journey to the eastern front. Today marks the 75th anniversary of the first of those flights. On Tuesday, Sept. 1, 1942, a group of five A-20 Havoc bombers took off from Gore Field and, via the Alaska-Siberia Route, passed through Edmonton, Alberta, Fort Nelson, British Columbia, and Whitehorse, Yukon Territory, arriving at Ladd Field on Sept. 3. By the end of the month nine more A-20 Havocs, thirty P-40 Airacobras, and six C-47 Skytrains had also made the journey.

Check out our Pinterest page for more, visit www.pinterest.com/fwacultural/. If you have any stories or photographs to share with the Cultural Resources



Management program please call, (907) 361-9329 or email laurel.a.phillippe.ctr@mail.mil.

(Image courtesy of the Pioneer Air Museum)

PREVENTION

Continued from page 1

see the invisible wounds that are causing so much pain that it would lead a person to consider ending their life just to be rid of the pain. We should all try to empathize when we think someone may be at risk of suicide. Try to understand that they are in deep emotional pain and get them to reach out for care. We must eliminate the stigma associated with seeking help. Going to see someone at Behavioral Health will not have a negative impact on a career, while leaving this illness untreated might end a life. Leaders encourage their Soldiers to seek care because they want them to be ready and resilient. There are many other sources of help available such as your Chaplains, the Vet Center, Military One Source, National

Crisis Line and the Alaska Care Line to name a few. Asking a person at risk how they are doing is the first step to Being There. We must find the personal courage to ask the person very specifically if they are thinking about suicide. Death is not what they are seeking, help with the pain is. Many times the person at risk is hoping someone will ask that question. To them it will be a relief and an opportunity to talk about their pain. Asking them directly if they are thinking of killing themselves does not put that thought in their head and it will not push them closer to action. Care enough to Be There for them. Care for them as if their life depended on it. Honor and respect that person enough to Be There for them in order to help them choose life. Never leave a person at risk alone before you get them to help. Escort the person at risk to the nearest resource that can help them. That might be your

supervisor, a Chaplain or the emergency room. This is our duty to each other. The last three paragraphs are the essence of the Army ACE training for suicide prevention. The Army Values are also intermingled in because it has to be part of our values based culture that we will Be There when one of our members are at risk. Will you Be There if the time comes?

Editor’s Note: In next week’s Alaska Post, list of all events planned for the month of September. We highly encourage family members to attend a training session. Statics show that family members are usually the ones that a person at risk of suicide tells about their pain. Learn how to recognize the signs and get them to help.

The 13 Reasons Quiz: Why we should learn more about the causes of Suicide

September is suicide prevention month. To draw attention to the severity of the problem we have created this quiz. Hopefully this will make you want to learn more about the facts of suicide and also make you want to know how you can help prevent it. There are four suicide prevention training sessions this month for family members. If you are interested, contact your Chaplain or the Fort Wainwright North Haven Community office for details. More information will be on posted on Facebook.

1. How many Soldiers (Active, Guard and Reserve) died from suicide last year?

a. 102

b. 280

c. 179

d. 365
2. 65 percent of completed suicides in the Army are from what racial group?

a. White

b. Black

c. Hispanic
3. Which group in the active Army has a much higher suicide rate per 100,000 compared to the others?

a. White

b. Black

c. Hispanic

d. Neither
4. What is Alaska’s ranking for suicide rate per 100,000 compared to the other states?

a. 5th

b. 49th

c. 2nd

d. 1st
5. Counseling at the VET center in Fairbanks is free and completely confidential for who?

a. Veterans with combat experience

b. Victims of military sexual trauma

c. Active duty service members with combat experience

d. Family members of those that are eligible

e. All of the above
6. Men are more likely to complete suicide than women.

a. True

b. False
7. What is the most frequently used method in attempted but not completed suicides?

a. Drugs/alcohol

b. Knives

c. Guns

d. Motor Vehicle
8. What is the most frequently used method in a completed suicide?

a. Privately owned fire arms

b. Hanging

c. Drugs

d. Drowning
9. What group has the highest rate for completed suicide?

a. Junior enlisted

b. NCOs

c. Commissioned Officers

d. Warrant Officers
10. What percentage of completed suicides involved alcohol?

a. 71%

b. 62%

c. 48%

d. 23%
11. What percentage of Soldiers that complete suicide tell someone first?

a. 27%

b. 92%

c. 77%

d. 39%
12. What is the name of a very popular Netflix series about teen suicide?

a. Suicide Room

b. 13 Reasons Why

c. Suicide Squad

d. Fairbanks Winter Blues
13. Which of the age groups of Soldiers complete the vast majority of suicides?

a. 20-24

b. 25-29

c. 30-34

d. Neither

VFW Post 3629 Announces 2017-18 Patriot’s Pen and Voice of Democracy Essay Competition

Veterans of Foreign Wars (VFW) Golden Heart Post 3629 Commander Robert (Bob) Martin announced the theme of “America’s Gift to My Generation” for this year’s Patriot’s Pen essay writing completion and “American History: Our Hope for the Future” for this year’s Voice of Democracy audio essay competition. Student entry deadline is October 31, 2017. The Patriot’s Pen competition is open to students in grades 6 through 8 enrolled in public, private, parochial schools or a home study program. It gives students an opportunity to write a 300 to 400 word essay expressing their views on an annual patriotic theme. The Voice of Democracy competition is open to students in grades 9 through 12 enrolled in public, private, parochial schools or a home study program. Students compete by writing and recording a 3 to 5 minute audio essay on an annual patriotic theme. Prizes and scholarships for both competitions can be awarded at the post, district, state and national levels. Over 120,000 participated in last year’s Patriot’s Pen and nearly 40,000 in the Voice of Democracy. All submissions should be delivered to VFW Post 3629 by October 31. Contest rules, eligibility and entry forms can be downloaded at <https://www.vfw.org/-/media/VFWSite/Files/Community/Youth-and-Education/Patriots-Pen-Student-Entry-Form-and-Brochure.pdf?la=en> and <https://www.vfw.org/-/media/VFWSite/Files/Community/Youth-and-Education/Voice-of-Democracy-Student-Entry-Form-and-Brochure.pdf?la=en>. For more information, contact Commander Bob Martin, at (907) 371-8821, available 8 a.m. to 4 p.m.

Answers to the ‘The 13 Reasons Quiz: Why we should learn more about the causes of Suicide’ can be found on page 7

Victors make their mark at first-ever Bobcat Adventure Race

Mary M. Rall
U.S. Army Alaska Public Affairs

Soldiers with 2nd Platoon, Company C, 1st Battalion, 5th Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division, sunk their claws into an early and unyielding lead to secure the win for the first-ever Bobcat Adventure Race Aug. 24 at Fort Wainwright.

Fifteen four-Soldier teams representing each of the 1-5 platoons, a command team featuring the 1-5 commander, Lt. Col. R. Blake Lackey, and three of the battalion’s company commanders traversed 27 miles of terrain as they competed in Bobcat Adventure Race events throughout Fort Wainwright and Fairbanks, said 1-5

executive officer, Maj. Chad Peltier.

The Bobcats competed in events that included canoeing the Chena River; running and mountain biking through Fairbanks; climbing the rock wall at the University of Alaska Fairbanks; completing weight lifting, dead lift, pullup and trauma treatment evaluations at Birch Hill Recreation Area in Fairbanks; and a trail run and marksmanship qualifications on Fort Wainwright, Peltier said.

According to Lackey, the Bobcat Adventure Race is one of several Bobcat Challenge events the battalion’s Soldiers regularly compete in.

“We do about five events a quarter, and those events are focused on building and sustaining readiness,” Lackey said. “We do that by focusing on some



Lt. Col. R. Blake Lackey, the 1st Battalion, 5th Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division commander, presents Staff Sgt. Christopher Crabtree, 1st Lt. John Folta and Staff Sgt. Peter Parra of 2nd Platoon, C Company with the Bobcat Adventure Race championship plaque Aug. 24 at Birch Hill Ski and Snowboard Area on Fort Wainwright. Not pictured is team member Staff Sgt. Jeremiah Hampton, the fourth member of the first-place team for the event. (Photo by Mary M. Rall, U.S. Army Alaska Public Affairs)



Staff Sgt. Richard Davies with Fort Wainwright’s 1st Battalion, 5th Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division, knocks out pullups Aug. 24 as he competes in the Bobcat Adventure Race at Birch Hill Recreation Area in Fairbanks. Davies competed on the Medical Platoon, Headquarters and Headquarters Company team, which was one of 15 teams from Fort Wainwright to participate in the event. (Photo by Mary M. Rall, U.S. Army Alaska Public Affairs)

physical tasks, but also making sure that we emphasize our basic, fundamental tasks—shoot, move and communicate.”

Bobcat Challenge events enable Soldiers to better understand what readiness entails in an environment that encourages friendly competition, he said.

“The readiness aspect of an event like this really helps us build that laser focus to understand that at any one time you’ve got to be ready,” Lackey said of the Bobcat Adventure Race.

“Sometimes you’re not going to know how far you’re going to have to go or how long you’re going to be gone, but you’ve got to be ready.”

The readiness and decision making of the battalion’s platoon leaders were also tested prior to the event, Lackey said, explaining each platoon leader had to incorporate his platoon sergeant and two squad leaders

into his foursome to build the most competitive team possible.

“It enabled some team building, it enabled some esprit de corps, but it also enabled that leader to have to make some decisions along the way,” Lackey said. “That’s what the Bobcat Challenge is all about. It’s about building readiness, testing readiness.”

Platoon Leader, 1st Lt. John Folta, led the 2nd Platoon, Company C team members to the win for the Bobcat Adventure Race and said the early lead they gained after threading needles and canoeing 10 miles down the Chena River from Fort Wainwright to Fairbanks helped secure first place for his team.

“We were in the middle of the pack to start the needle threading, and we were the first ones done,” said team member, Staff Sgt. Jeremiah Hampton. “We were in the water first, had a small lead to begin with, and then it just slowly increased over the majority of the pack during the canoeing. So, when we finally got off the water, we had a huge lead, and we were able to maintain that the rest of the route.”

Team member, Staff Sgt. Christopher Crabtree, said teamwork was paramount throughout the competition.

“Nobody left anybody behind, so we were constantly there with each other,” Crabtree said, adding the team was also motivated by a shared desire to win the race.

“Winning matters in combat, and winning needs to matter here,” Lackey said, affirming his Soldiers’ mindset. “It needs to be built into their ethos, and so healthy competition is something that’s good for the organization.”

Folta was able to move 2nd Platoon, Company C’s placard to the top of the Bobcat Challenge board thanks to the 256 points his team earned at the Bobcat Adventure Race, a standing Lackey said the Soldiers will have to remain ready to protect in future challenge competitions.

Soldiers of all ranks and positions from throughout 1-5 must remain prepared to compete in Bobcat Challenge events and for the top slot of the ranking board in the future, Lackey said.

“Readiness is about all of us,” he said. “It’s not just about the young

ARMY ACCEPTING LAW SCHOOL APPLICATIONS

The Office of The Judge Advocate General is now accepting applications for the Army’s Funded Legal Education Program. Under this program, the Army projects sending up to 25 active duty commissioned officers to law school at government expense. Selected officers will attend law school beginning the fall of 2018 and will remain on active duty while attending law school.

Interested officers should review Army MILPER Message 17-051 and Chapter 10, AR27-1, The Judge Advocate General’s Funded Legal Education Program, to determine their eligibility. This program is open to commissioned officers in the rank of second lieutenant through captain. Applicants must have at least two, but not more than six, years of total active Federal service at the time legal training begins. Eligibility is governed by statute (10 U.S.C. 2004) and is non-waivable.

Eligible officers interested in applying should immediately register for the earliest offering of the Law School Admission Test. Applicants must send their request through command channels, to include the officer’s branch manager at Army Human Resources Command, send the original application to the Office of The Judge Advocate General, ATTN: DAJA-PT (Ms. Yvonne Caron-Rm 28,517), 2200 Army Pentagon, Washington, DC 20310, to be received by 1 November 2017.

Caron advises submission of the application well in advance of the deadline.

Interested officers should contact their local Staff Judge Advocate for further information.

DON'T WAIT. COMMUNICATE.
MAKE YOUR EMERGENCY PLAN TODAY.

SEPTEMBER IS NATIONAL PREPAREDNESS MONTH!

AMERICA'S **PrepareAthon!**

FALL H2H TRAINING SCHEDULE

FREE basic construction training for Transitioning Service Members, Veterans, and Guard & Reserves seeking skills that can lead to good-paying careers in Alaska’s construction workforce.

Fairbanks Helmets to Hardhats Courses

Carpentry 80 Hour Sept. 25th - Oct. 6th 8:00am - 4:00pm Training covers the proper use of hand and power tools along with math, layout, materials, and fasteners used in the construction trade. Stairs, basics of interior and exterior wall framing, and sheetrock application will also be covered.
Sheetrock Installation and Taping Oct. 30th - Nov. 3rd 8:00am - 4:00pm Training covers materials, handling, storage, layout, cutting, application and installation of sheetrock (Drywall). Proper application of joint compound, tape and corner bead are also covered.
Electrical Pre-Apprenticeship Nov. 6th - Nov. 10th 8:00am - 5:00pm Training covers basic electrical theory, electrical code, blueprints, tool safety and hands on training including wiring of switches, GFCI receptacles, duplex receptacles, panels, 3-way and 4-way switches, bending EMT and rigid conduit.
Ironwork & Welding Nov. 27th - Dec. 1st 8:00am - 4:00pm Training covers the basics of metals, electrode selection, and welding used in the Pipefitter Trade. Stick welding (SMAW) and oxy acetylene cutting will be covered

Apply online today: www.alaskaworks.org

SPACE IS LIMITED, APPLY NOW ! **CLICK ON HELMETS TO HARDHATS TAB**

Requirements for FREE Construction Training (Must be current or former military)

- Complete H2H training application online.
- Provide proof of military service (Military photo ID, DD214, or Orders, etc.)
- Register for free to become a member of Alaska’s Helmets to Hardhats at [www.alaskaworks.org](http://www.alaskah2h.org)

Active Duty Military must see Mrs. Lenora Handy in the Welcome Center, Building 3410, Room 252 or call 353-2096

Alaska’s Helmets to Hardhats is a program for Transitioning Service Members, Veterans, and Guard and Reserves to educate on the opportunities in Alaska through apprenticeship, provide construction training for needed experience and help guide members towards a career in Alaska’s Construction Workforce through apprenticeship.

Location
Fairbanks Pipeline Training Center
Alaska Works Partnership - Building
A 3580 Cartwright Court
Phone: 457-2597 Fax: 457-2591

Funded by the Alaska Department of Labor and Workforce Development.

Fort Wainwright Family & MWR

Weekly Events
September 1 – 8

1 Library Card Sign-up Month
September 1 through 30
Regular Post Library Hours

September is Library Card Sign-up Month! Stop by the Post Library and sign up for a card. It's fast, easy, and gets you access to more than just books.

Post Library, building 3700
Call 353-2642

1 Registration for Youth Sports
September 1 through 29
8 a.m. to 5 p.m.

Register your child for the Winter Youth Sports season. The following sports are being offered: Wrestling, Swimming, Snowboarding, Skiing, Basketball, Developmental Basketball, Cheerleading for Basketball, and Developmental Cheerleading for Basketball. Register through Parent Central Services.

Parent Central Services, building 1049, #2
Call 353-7713, registration required

2 Chena Bend Season Closing Tournament
September 2

Bid farewell to summer with the final MWR-hosted tournament of the Chena Bend season. This doesn't mean the course is closing for the winter— stay tuned for condition updates and winter simulator leagues.

Chena Bend Clubhouse, building 2090
Call 353-6223

4 Kickboxing Circuit Fitness Class
September 4
6:15 to 7 p.m.

Jab! Jab! Undercut! Join a certified instructor every Wednesday at the Physical Fitness Center for the Kickboxing Circuit Fitness Class.

Physical Fitness Center, building 3709
Call 353-7223

6 Comprehensive FRG Leader Training
September 6
10:30 a.m. to 1:30 p.m.

Let Army Community Service guide you through all aspects of running a successful FRG. This course covers rules and regulations, management of volunteers, and communications among other FRG members. This training also covers knowledge in the Key Caller and Treasurer role.

Army Community Service, building 3401
Call 353-4332

CANNING & FREEZING GAME MEAT

September 14, 5:30 - 6:30 p.m.
LFCAC, bldg 1044

The University of Alaska's Cooperative Extension will present the best techniques for freezing and canning. Learn how to best preserve local foods such as moose, fish, wild berries, and locally grown delicacies.

For special accommodations contact the Exceptional Family Member Program at (907)353-4243 or 353-4460

www.wainwright.armymwr.com
@WainwrightMWR #WainwrightACS #WainwrightEFMP

SKYDIVE
with B.O.S.S.

September 15-17

www.wainwright.armymwr.com
#WainwrightMWR #WainwrightBOSS

Upcoming Events
non-stop fun for everyone

9 Paint and Pour
September 9
4:30 to 6:30 p.m.

Amaze yourself. Come enjoy your favorite glass of wine and leave with a masterpiece. Our art teacher will walk you through creating a beautiful painting, step by step— there's no need to already be a master at it. Must be 21 or older to participate. Last Frontier Community Activity Center, building 1044. Call 353-1044, registration required

10 Explore Denali National Park
September 10
8 a.m. to 6 p.m.

Explore Denali National Park and Preserve on foot as we hike multiple trails scattered throughout the front-country of the park. Many of these trails are historical and were used during the days of gold exploration in the area. Must be at least 10 years old to participate. All minors must be accompanied by an adult. Transportation provided. Outdoor Recreation Center, building 4050. Call 361-6349, registration required.

YOUTH WINTER SPORTS REGISTRATION

SEASON DATES: 13 NOVEMBER, 2017 – 27 JANUARY, 2018
REGISTRATION DATES: 1 – 29 SEPTEMBER 2017

Basketball 3-4 yrs \$25 5-13 yrs \$55
Basketball Cheerleading 3-4 yrs \$25 5-13 yrs \$55

***Swimming** 5-18 yrs \$65

***Wrestling** 5-14 yrs \$55

***Skiing/ Snowboarding** 5-18 yrs \$65

*This is not an instructional class. Youth must be self sufficient in activity to enroll in this program.

All children must be registered with CYS to participate. For more information, contact Parent Central Services at 907-353-7713 or Bldg. 1049 Suite 2 Chena Rd.

For more information please call 907-353-7432

www.wainwright.armymwr.com @WainwrightMWR #WainwrightMWR #WainwrightCYS #WainwrightSports

SADD
SOLDIERS AGAINST DRUNK DRIVING

353-4145

For a free ride home.

Eielson Air Force Base

Friday – 1st PACAF FAMILY DAY
LAP SWIM, 6 to 8 a.m. and 11 a.m. to 1 p.m., Pool inside Baker Field House, Eielson AFB, Call 377-1925.

NO FREE BOUNCE, 10 a.m. to 7 p.m., Eielson City Center, Eielson AFB, Call 377-2642.

BALLISTICS, 11 a.m., Baker Field House, Eielson AFB, Call 377-1925.

OPEN SWIM, 5 to 8 p.m., Pool inside Baker Field House, Eielson AFB, Call 377-1925.

NO TEEN BREAK, 7 to 10:40 p.m., Eielson Youth Center, Eielson AFB, Call 377-6336.

THE MUMMY (PG-13), 7 p.m., Ernie Walker Theater, Eielson AFB, Call 377-2269.

Saturday – 2nd
LAP SWIM, 10 a.m. to noon, Pool inside Baker Field House, Eielson AFB, Call 377-1925.

FREE BOUNCE, 10 a.m. to 7 p.m., Eielson City Center, Eielson AFB, Call 377-2642.

PIYO, 9 a.m., Baker Field House, Eielson AFB, Call 377-1925.

TABATA BOOTCAMP, 10 a.m., Baker Field House, Eielson AFB, Call 377-1925.

COLLEGE FOOTBALL, 11 a.m., 354 Sports Bar inside Yukon Club, Eielson AFB, Call 377-5219.

OPEN SWIM, 1 to 7 p.m., Pool inside Baker Field House, Eielson AFB, Call 377-1925.

THE HOUSE (R), 7 p.m., Ernie Walker Theater, Eielson AFB, Call 377-2269.

Sunday – 3rd
LAP SWIM, 10 a.m. to noon, Pool inside Baker Field House, Eielson AFB, Call 377-1925.

FREE BOUNCE, 10 a.m. to 7 p.m., Eielson City Center, Eielson AFB, Call 377-2642.

OPEN SWIM, 1 to 7 p.m., Pool inside Baker Field House, Eielson AFB, Call 377-1925.

DESPICABLE ME 2 (G), 2 p.m., Ernie Walker Theater, Eielson AFB, Call 377-2269.

Monday –4th HOLIDAY
NO FREE BOUNCE, 10 a.m. to 7 P.M., Eielson City Center, Eielson AFB, Call 377-2642.

NO BALLISTICS, 11 a.m., Baker Field House, Eielson AFB, Call 377-1925.

NO RIPPED, 5:15 p.m., Baker Field House, Eielson AFB, Call 377-1925.

NO TABATA BOOTCAMP, 6:30 p.m., Baker Field House, Eielson AFB, Call 377-1925.

Tuesday – 5th
NO SPIN, 5:30 a.m., Baker Field House, Eielson AFB, Call 377-1925.

NO LAP SWIM, 6 to 8 a.m. and 11 a.m. to 1 p.m., Pool inside Baker Field House, Eielson AFB, Call 377-1925.

NO REUNION BRIEFINGS, 9:30 to 10:30 a.m., Airman & Family Readiness Center, Eielson AFB, Call 377-2178.

NO FREE BOUNCE, 10 a.m. to 7 p.m., Eielson City Center, Eielson AFB, Call 377-2642.

NO PIYO, 10:30 a.m., Baker Field House, Eielson AFB, Call 377-1925.

NO LADIES BOOK CLUB, 5 p.m., Eielson Library, Eielson AFB, Call 377-3174.

NO SPIN, 5:30 p.m., Baker Field House, Eielson AFB, Call 377-1925.

Wednesday – 6th
LAP SWIM, 6 to 8 a.m. and 11 a.m. to 1 p.m., Pool inside Baker Field House, Eielson AFB, Call 377-1925.

FREE BOUNCE, 10 a.m. to 7 p.m., Eielson City Center, Eielson AFB, Call 377-2642.

BALLISTICS, 11 a.m., Baker Field House, Eielson AFB, Call 377-1925.

OPEN SWIM, 5 to 8 p.m., Pool inside Baker Field House, Eielson AFB, Call 377-1925.

RIPPED, 5:15 p.m., Baker Field House, Eielson AFB, Call 377-1925.

TABATA BOOTCAMP, 6:30 p.m., Baker Field House, Eielson AFB, Call 377-1925.

Thursday – 7th
SPIN, 5:30 a.m., Baker Field House, Eielson AFB, Call 377-1925

LAP SWIM, 6 to 8 a.m. and 11 a.m. to 1 p.m., Pool inside Baker Field House, Eielson AFB, Call 377-1925.

FREE BOUNCE, 10 a.m. to 7 p.m., Eielson City Center, Eielson AFB, Call 377-2642.

STORYTIME, 10 to 11 a.m., Eielson Library, Eielson AFB, Call 377-3174.

DEPLOYMENT BRIEFING, 1 to 2 p.m., Airman & Family Readiness Center, Ei-elson AFB, Call 377-2178.

OPEN SWIM, 5 to 8 p.m., Pool inside Baker Field House, Eielson AFB, Call 377-1925.

SPIN, 5:30 p.m., Baker Field House, Eielson AFB, Call 377-1925.

ZUMBA, 6:30 p.m., Baker Field House, Eielson AFB, Call 377-1925.

Friday – 8th
LAP SWIM, 6 to 8 a.m. and 11 a.m. to 1 p.m., Pool inside Baker Field House, Eielson AFB, Call 377-1925.

FREE BOUNCE, 10 a.m. to 7 p.m., Eielson City Center, Eielson AFB, Call 377-2642.

BALLISTICS, 11 a.m., Baker Field House, Eielson AFB, Call 377-1925.

OPEN SWIM, 5 to 8 p.m., Pool inside Baker Field House, Eielson AFB, Call 377-1925.

TEEN BREAK, 7 to 10:40 p.m., Eielson Youth Center, Eielson AFB, Call 377-6336.

BABY DRIVER (R), 7 p.m., Ernie Walker Theater, Eielson AFB, Call 377-2269.

Saturday – 9th
LAP SWIM, 10 a.m. to noon, Pool inside Baker Field House, Eielson AFB, Call 377-1925.

FREE BOUNCE, 10 a.m. to 7 p.m., Eielson City Center, Eielson AFB, Call 377-2642.

PIYO, 9 a.m., Baker Field House, Eielson AFB, Call 377-1925.

TABATA, 10 a.m., Baker Field House, Eielson AFB, Call 377-1925.

COLLEGE FOOTBALL, 11 a.m., 354 Sports Bar inside Yukon Club, Eielson AFB, Call 377-5219.

GIVE PARENTS A BREAK, 12:30 to 5:30 p.m., CDC, Eielson AFB, \$30/child, Call 377-3237.

OPEN SWIM, 1 to 7 p.m., Pool inside Baker Field House, Eielson AFB, Call 377-1925.

PIRATES OF THE CARIBBEAN: DEAD MEN TELL NO TALES ((PG-13, 7 p.m., Ernie Walker Theater, Eielson AFB, Call 377-2269.

Sunday – 10th
LAP SWIM, 10 a.m. to noon, Pool inside Baker Field House, Eielson AFB, Call 377-1925.

FREE BOUNCE, 10 a.m. to 7 p.m., Eielson City Center, Eielson AFB, Call 377-2642.

OPEN SWIM, 1 to 7 p.m., Pool inside Baker Field House, Eielson AFB, Call 377-1925.

DIARY OF A WHIMPY KID: THE LONG HAUL (PG), 2 p.m., Ernie Walker Thea-ter, Eielson AFB, Call 377-2269.

IN BRIEF

FINANCE TIP

Did you know that AFPC makes promotion updates on members’ record for pay benefits as opposed to your local finance office?

NUTRITIONAL TIP

Re-think your drink. Americans drink about 400 calories every day. Remember that caffeine in energy drinks is not regulated per serving size.

KIDS NIGHT OUT: HIPPIE NIGHT

The Youth Center is hosting Kids Night Out (KNO) Sept. 8, from 6:30 to 11 p.m. Children ages 5 to 12 years old are invited. This KNO, kids can create their own lava lamp, compete in games and enjoy some snacks while watching Smurfs 2! The cost is \$20 per youth member.

BOOKS AND BEIGNETS

Join the Eielson Library staff Sept. 15, for a little trip to France. From 4 to 6 p.m., the library will have books, games, crafts and snacks that will remind you of France.

COMIC CON

The Eielson Library staff is hosting its first ever Comic Con. Oct. 21, from 11 a.m. to 1 p.m., the library will have crafts, snacks, games and a costume contest! Dress up as your favorite character and join the fun! Free comic books will be available while supplies lasts. Call 377-3174 for more information.

FALL FESTIVAL

The 354th Force Support Squadron is hosting their annual Fall Festival at the Yukon Club Oct. 27, starting at 5:30 p.m. There will be free admission, crafts, snacks, carnival games and fireworks. Costumes are encourages. There will be chances to win prizes and some awesome giveaways.

STORYTIME AT THE LIBRARY

The Eielson Library holds story time every Thursday from 10 to 11 a.m. for children 5 years old and younger. Come out and enjoy listening to themed stories read by the library staff or volunteers! Call 377-3174 for more information.

MEDICAL GROUP OFFERS SLEEP ENHANCEMENT CLASS

The 354th Medical Group provides sleep enhancement education classes on Tuesdays from noon to 1 p.m. The class is four weeks long and begins the first Tuesday of every month. For any questions or to register for the class, please call 377-6354.

EIELSON CHAPEL SERVICES

The Eielson Air Force Base Chapel team offers a variety of services. Your Chaplain Corps offers Catholic and Protestant worship services each week, and our multi-faith worship center can support the needs of other faith groups. For more information, call us at 377-2130.

Catholic Community:
Religious Formation, 9 a.m., Sundays
Catholic Mass, 10:30 a.m., Sundays
Sacrament of Reconciliation by appointment

Protestant Community:
Contemporary Service, 9 a.m., Sundays
Kids Church, 9 a.m., Sundays
AWANA, 4 to 6 p.m., Sundays
Jr./Sr. High Youth Service, 6 p.m., Wednesdays

Your immediate action is required



Capt. David Flickinger
59th Signal Battalion Information Assurance Office.

“The FBI has detected illegal activity on your computer, please fill out the attached form and submit money for bail.” Have you ever received an email like this? You are not alone, this, and similar emails, circulate daily requesting for your private information and money. This October is National Cyber Security Awareness month, a program which seeks to heighten the awareness of all users to the threat’s existent on the internet. One of the most prevalent cyber threats that you are likely to encounter is the phishing attack.

At its core, phishing is a scam and usually comes in the form of a fabricated email or phone call. In the past, phishing scams could be easily identified by their excessive misspelled or awkward words, often indicating foreign origins. Recently, cyber criminals have become cleverer in their delivery, even going so far as to manipulate an email to appear as if it came from a legitimate source such as your boss, bank, or a federal agency. A successful phishing attack can expose your computer to malicious software as well as personal information. Many of the ransomware attacks that have made recent headlines have been delivered through phishing. Since phishing attacks are an ever-present threat to most users, it is beneficial to understand how to

identify and avoid these scams. For a successful phishing scam to occur, the intended victim must take some form of action, either through clicking a link, downloading an attachment, or providing personal information. Therefore, these attacks are likely to have a message that would alarm you. The messages often contain words such as “official”, “mandatory” or “urgent”. Peculiar requests, misspelt words and poor grammar are still good indicators that an email is a phishing attempt. If you are suspicious of an email do not click the link. Links in an email can be subtly changed to redirect you to malicious websites. Never provide personal information such as social security numbers or passwords in a reply email. Banks will not ask for sensitive information through this form of communication. Finally, spam filters and anti-virus protection can prevent many phishing solicitations. These precautionary measures will significantly reduce your risk of falling victim to a phishing scam. Phishing scams occur frequently, a successful attack will expose sensitive information, destroy data, or cause financial loss. An understanding of the threat and a heightened awareness of phishing should extend beyond the National Cyber Security Awareness month and enable a safer digital presence.

THAILAND

Continued from page 1

engagement, and medical activities.

“Exercise Hanuman Guardian was an excellent delivery mechanism of multi-echelon readiness. We had the great fortune of operating in a multinational environment in the full spectrum of military operations alongside our Royal Thai Army partners,” said Lt. Col. Josh Davis, Commander of the 3rd Battalion, 21st Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division.

Hanuman Guardian demonstrates a mutual commitment to support security and humanitarian interests of friends and partner nations. It also indicates the United States’ commitment to the strengthening engagement in the region, which supports prosperity and security in the Asian Pacific.

The mutual commitments were evident in humanitarian events that took place during the course of the exercise. Soldiers of the Washington National Guard MEDCOM team hosted informative classes, teaching basic life support (CPR), oral hygiene care and other necessary basic healthcare knowledge.

“Working together and cooperating on showing the people of Kanchubari, Thailand the way we (the United States) provides medical care in the United States and seeing how they provide medical care here (In Thailand). We are showing them aspects of their

medical care that they could improve to provide better patient care,” said Capt. Justin Stamschror.

“We held training at schools, we do training in hospitals, and then we also do home visits in the community. Where we go, we see members of the community that have chronic health conditions, and we work together to see what are the best resources those patients need,” he said.

While members of the Washington National Guard were performing community outreach, Soldiers of the 3rd Battalion, 21st Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division, trained in unison with their Royal Thai Army counterparts in jungle operations. The training consisted of a counter-IED course- a course that was led by the RTA and included methods to detect, defuse, and report an IED in a jungle environment.

The soldiers of the 3rd Battalion, 21st Infantry Regiment then taught tactics and movement drills to the RTA. Led by senior non-commissioned officers, the small-unit tactics were essentially a compilation of lessons learned over years of honing their infantry craft in deployed environments, United States Army Doctrine, skills acquired at the Jungle Operations Training Course in Hawaii, and the Combat Training Centre Jungle Warfare Wing in Tully, Australia. The lessons were widely commended by the RTA.

SM1 Sokjabok Termpan, a Royal Thai Army EOD technician, agreed that the training was beneficial to both countries armies. “Hopefully in the future, we can

have more EOD teams from the United States come to share the knowledge and technology that the United States has.”

The Washington Air National Guard also gained experience in Exercise Hanuman Guardian 2017 by conducting a bilateral training exercise in search and rescue for humanitarian air and disaster relief simulation. The simulation exercise scenario centered around a downed helicopter with casualties. The two specialized teams utilized rope rescue techniques to lower the victims over a cliff to the ground. The patients were then hoisted by a U.S. medevac HH-60, which transported them to a U.S. and RTA medical team for treatment. The teams practiced this search-and-rescue live hoist training under controlled conditions so that if a disaster or emergency were to occur, the teams would be ready for the real thing.

“Not only do we build relationships and interoperability capabilities with the RTA, we also learn new skills with every different group we train with,” said Technical Sgt.Craig Minnehan, a Power Production Craftsman, of the 141st Civil Engineer Squadron, Washington Air National Guard.

“The bilateral training conducted establishes a greater understanding among both nations' armies, reaffirms our commitment to each other, and demonstrates to regional adversaries and making actors that we, both Thai and U.S. armies are ready now, to confront any challenges,” said Davis.

Answers to Quiz:

1. B. There were also 279 in 2015 and we are on pace for 280 this year.
2. A. Whites completed 78 of 120 active duty suicides.
3. D. The “rates” are statistically similar per group although whites account for 65 percent of all completed suicides. The actual rates are: White 23.6, Black 25.2, Hispanic 24.7.
4. C. According to the American Foundation for Suicide Prevention Alaska has the second highest suicide rate in the nation, Wyoming is first.
5. E. The VET center is a tremendous local resource that offers several types of counseling and help with other Veterans benefits. It is all free and completely confidential.
6. A. Females complete only 5.5 percent of active duty suicides but make attempted suicide at a much higher rate (29.4 percent).
7. A. 58 percent of attempted but not completed used a combination of drugs and/or alcohol.
8. A. 62 percent of completed suicides use privately owned firearms. This is a far more lethal method than drugs.
9. B. NCOs account for the highest rate per 100,000 and highest total numbers of completed suicides. Junior enlisted Soldiers attempt suicide much more often with 68 percent of all attempts.
10. D. Only 23.5 percent of Soldiers who completed suicide were drinking at the time of the suicide. This indicates that most Soldiers are clear headed when they make that decision.
11. A. Most often the spouse is the one and after that it is a friend. This is why it is so important for Family members and all Soldiers receive suicide prevention training.
12. B. 13 Reasons Why is a very popular but controversial movie series. Experts recommend that parents watch this with their teens if they want to watch the movie.
13. D. These age groups are statistically the same with 35, 35 and 34 respectively.

DOD offers new policy guidance for veterans’ discharge upgrade requests

Lisa Ferdinando
DoD News, Defense Media Activity

The Defense Department released guidance on Monday to clarify the liberal consideration given to veterans who request upgrades of their discharge saying they had mental health conditions or were victims of sexual assault or sexual harassment.

The new guidance clarifies that the liberal consideration policy includes conditions resulting from post-traumatic stress disorder, traumatic brain injury, sexual assault or sexual harassment, said Air Force Lt. Col. Reggie Yager, the acting director of legal policy in the Office of the Undersecretary of Defense for Personnel and Readiness.

The policy is meant to ease the burden on veterans and give them a reasonable opportunity to establish the extenuating circumstances of their discharge, Yager said.

Cases involving invisible wounds such as PTSD or other mental health conditions, whether from combat or sexual assault, are some of the most complex and difficult cases to review, he said.

LIBERAL CONSIDERATION FOR INVISIBLE WOUND IMPACTS

Mental health conditions, including those from PTSD, sexual assault and sexual harassment, affect veterans in many different ways, Yager said. “Liberal consideration, in our view, is the right balance to ensure we are making fact-based decisions while also giving appropriate leeway to the challenges posed by these invisible wounds,” he added.

It is unknown how many veterans could be affected, he explained, because the

veterans most likely affected are those who did not disclose a sexual assault or sexual harassment during service, or their PTSD or other mental health condition was not diagnosed during their time in the military.

The Defense Department issued the liberal consideration policy in 2014. Today’s clarification is available on the Defense Department’s website.

COMMITTED TO HELPING VETERANS

Veterans from any era can seek an upgrade to their discharge or ask for reconsideration under the clarification, Yager said. “The department is committed to helping veterans and taking care of our veterans regardless of whether they currently serve or if they’ve served decades ago,” he added.

Requests for upgrades are reviewed by military department discharge review boards or boards for correction of military records.

To find the forms to request an upgrade, veterans discharged less than 15 years ago can go to the website for the board for their specific service (the Army’s specific discharge review board website is listed below.) Veterans who were discharged more than 15 years ago need to go to the board for correction of military records for their service, he said (the Army’s board for military records correction is also listed and linked below.)

Veteran service organizations and military service organizations can provide assistance, Yager said, pointing out that legal counsel is not needed to request the upgrade.



LINK BETWEEN CONDITION AND UPGRADE

Veterans seeking a discharge upgrade need to give the board evidence of a diagnosis, or provide examples of evidence to establish the mental health condition, or show evidence that they experienced an event such as sexual assault or sexual harassment that affected their behavior in a significant way, Yager said. They also need to explain how the condition caused the basis for their discharge, he added.

The boards consider the severity of the behavior that led to the discharge, Yager said, noting that not every discharge warrants an upgrade.

The review boards will consider four points, Yager said:

- Whether the veteran had a condition or experience that may excuse or mitigate the discharge;
- If the condition existed or experience occurred during military service;
- If the condition or experience excuses or mitigates the discharge; and
- If the condition or experience outweighs the discharge.

The review takes up to a year on average, and a veteran who is denied an upgrade can appeal to the board for correction of military records, he said. A surviving spouse, next of kin or other legal representative can also file an appeal on behalf of a veteran who has died or is incompetent.