

Army astronaut to return WWII artifact after nine-month space mission

Thomas Brading
Army News Service

When Col. Andrew Morgan, a NASA astronaut and Army flight surgeon, looked out the cupola of the International Space Station at 250 miles above Earth, he could see it all, he said.

From the windowed dome, Earth was a big blue marble with white swirls, suspended in the inky-black emptiness of space. Everyone he ever loved, served in combat with, cared for as a doctor and billions more were all somewhere below his feet.

From his view, he said, there were no borders – just Earth.

It was a humbling experience for Morgan, the first Army doctor to go into space. One that made him think about all the Soldiers and the advancements made through the generations. Among his belongings he took into space was an armband, once worn by a combat medic during World War II that was loaned out by the National Museum of the U.S. Army.



Col. Andrew Morgan, NASA astronaut and Army flight surgeon, speaks during an interview with Defense Media Activity at Fort Meade, Maryland, May 3, 2021. (Photo by Thomas Brading, Army News Service)

“You have Soldiers around the globe and orbiting above it and [the brassard] is just one of the many symbols [to show] we have a presence, literally everywhere,” Morgan said during an interview Monday.

The unlikely story of that medical brassard featuring a red cross has continued from the battle-tested arm of an Army medic in 1944, ascending into space with Morgan, and now back on display at the museum.

In honor of National Astronaut Day, Morgan plans to return the brassard to museum curators Wednesday at Fort Belvoir, Virginia.

During the same event, Lt. Gen. Daniel L. Karbler, head of the Army Space and

Missile Defense Command, will also pin an Army astronaut device on Morgan, affixed to his master flight surgeon wings.

Army Regulation 600-8-22 authorizes awarding the device to personnel who complete a minimum of one operational mission in space, which is defined as 50 miles above Earth. It is one of the rarest qualification devices a Soldier can receive.

In November, fellow astronaut Lt. Col. Anne McClain received hers from Gen. James Dickinson, commander of U.S. Space Command, during a ceremony at Johnson Space Center in Houston.

“It’s another reminder of the Army’s role in space,” Morgan said. “A human presence in Earth orbit is only a small part of Army space capabilities, and the Army NASA Detachment is proud to play a small part in representing Soldiers on the ultimate high ground.”

See SPACE on page 4

IPPS-A update to support active-duty, Reserve personnel by December

Devon Suits
Army News Service

In anticipation of an Army-wide release of the Integrated Personnel and Pay System-Army, program officials requested Friday that all active-duty and Reserve Soldiers verify their military and pay records before the service goes live in December.

Next year, close to 1.1 million Soldiers will have access to IPPS-A, a web-based human resources sys-



tem that integrates personnel, pay and talent management functions that will also be accessible on mobile devices, said Roy Wallace, the assistant deputy chief of staff, G-1.

In March, program

officials transitioned the entire Army National Guard to the new system under “release 2” of the program, said Col. Gregory Johnson, director of IPPS-A’s Functional Management Division.

Next year, the Army plans to provide close to 1.1 million Soldiers access to the Integrated Personnel and Pay System-Army, a web-based human resources system that integrates personnel, pay and talent management functions that will also be accessible on mobile devices. (Integrated Personnel and Pay System-Army)

Army leaders will soon have visibility of all personnel under one system once the

See IPPS on page 3

U.S Army surpasses one million COVID vaccines administered at Medical Treatment Facilities

Army Public Affairs

The U.S. Army surpassed one million COVID-19 vaccines administered at medical treatment facilities yesterday. As of May 11, the Army has administered 1,014,095 COVID-19 vaccination doses at medical treatment facilities in roughly 80 locations around the world to service members, families, civilians, contractors, and other eligible beneficiaries.

Of those, 436,533 recipients are fully vaccinated and 577,562 have received the first dose.

Approximately 358,512 Soldiers have received their first vaccine and 278,336 are fully vaccinated. More than half of all Soldiers and more than three-fourths of active duty Soldiers have received at least one dose.

“I’m incredibly proud and thankful for the effort our medical teams have invested to reach this milestone of one million vaccinations administered. It is a testament to their dedication

to the health and safety of our force,” said Christopher Lowman, senior official performing the duties of the Under Secretary of the Army. “Over three quarters of our active duty Soldiers have received one or both shots and this is helping us improve our readiness and take care of our communities.”

The Army’s efforts are aligned with the Department of Defense’s mission to aggressively and effectively administer vaccinations and is contributing to the protection and readiness of active-duty, Reserve and National Guard Soldiers, as well as all mission-essential civilian employees and other personnel performing mission-essential functions. Vaccination appointments are currently open to all eligible beneficiaries.

For additional information on the vaccination mission at Army medical facilities, contact the U.S. Army Public Affairs Office at usarmy.pentagon.hq-da-ocpa.mbx.mrd-pressdesk@mail.mil.

Fort Wainwright Unidirectional System Flushing, Summer 2021

The fire hydrants on Post will be opened and flushed to scour the pipes and refresh the water distribution systems to ensure quality drinking water for our customers.

We will be flushing daily between 8:30am to 3:00pm Monday through Friday.

Customers may notice some intermittent discoloration in the water which is not harmful and should clear up quickly during the flushing process. Please open your faucets and flush the water until the water is clear again. If the water remains discolored, contact your building maintenance provider.

Questions or issues with the water service that doesn't clear up? Call (907) 455-1533.

Flushing Schedule Timeframe

West Post (Zones 1 - 7): June 1 - 15
North Post (Zones 8 - 10): June 16 - 22
South Post (Zones 11-15): June 23 - July 15
Siku Housing: July 19 - 22

WEEKEND WEATHER

Friday



Mostly cloudy. High: 63F.

Saturday



Rain showers likely. High: 59F.

Sunday



Isolated showers. High: 63F.

IN BRIEF

The Army plans to continue building its Integrated Tactical Network as it finishes testing of its handheld and man-packable system radios with the 82nd Airborne Division’s 1st Brigade Combat Team this month.

Read more on page 4.

Nutrition Corner: Boost your Brainpower

Are you frequently forgetful? Believe it or not, forgetfulness, or difficulty remembering details can be related to several factors, including what you eat. Research indicates that diet has an impact on our ability to remember. The Mediterranean diet has been linked to a variety of health benefits including lowering rates of dementia due to Alzheimer's disease and mild cognitive impairment. The Mediterranean diet focuses on fruits, vegetables, whole grains, olive oil, nuts and seeds. Conversely, diets that are high in saturated fats

such as those found in red meats and dairy, and refined carbohydrates from foods like white bread, white rice, white pasta, are linked to an increased risk of high blood pressure, diabetes and obesity, all of which are believed to contribute to memory loss and cognitive decline. To boost your brainpower try incorporating the following “heart healthy” foods in your daily routine:

- Avocado
- Seeds: Sunflower seeds, Chia Seeds, Ground flaxseed
- Oils: Olive, Walnut, Grape seed, Sesame, Canola, Soybean

- Nuts and Nut Butters: Almonds, Hazelnuts, Walnuts, Pecan
- Fatty Fish: Salmon, Mackerel, Albacore Tuna, Sardines

Additionally, increasing your intake of berries to as few as once per week may slow the rate of developing age related memory problems. Current research has shown that certain compounds found in the berries concentrate in brain centers responsible for memory and learning. Berries are easily added to a variety of dishes like

cereals or salads or, you can just grab a bowl and start snacking on these sweet treats on their own: Blueberries, Acai Berries, Strawberries, Gogi Berries, Blackberries and Raspberries

Recipe Spotlight
Avocado and Tuna
Tapas: ready in 20 minutes.

Ingredients:
1 (12 ounce) can solid white tuna packed in water, drained
1 tablespoon mayonnaise
3 green onions, thinly sliced, plus additional for

garnish
½ red bell pepper, chopped
1 dash balsamic vinegar
Black pepper to taste
1 pinch garlic salt, or to taste
2 ripe avocados, halved and pitted

Preparations:
Stir together tuna, mayonnaise, green onions, red pepper, and balsamic vinegar in a bowl. Season with pepper and garlic salt, then pack the avocado halves with the tuna mixture. Garnish with reserved green onions and a dash of black pepper before serving

Army continues greatest transformation in the past 40 years, CSA says

By Devon Suits
Army News Service

The Army is in the middle of the most significant transformation in the past four decades, as the service continues to advance initiatives to support personnel under the Army People Strategy, all while maintaining critical modernization priorities to bolster joint multi-domain operations.

In the coming weeks, an update will be released to expand on the Army’s multi-domain operations in 2028 pamphlet that was published in 2018, Army Chief of Staff Gen. James C. McConville said Tuesday.

The new pamphlet will further describe how the Army plans to enhance capabilities across all domains -- land, maritime, air, space, and cyberspace — to achieve overmatch against a near-peer competitor like China or Russia, he said during the Association of the U.S. Army’s Global Force Next virtual conference.

"Overmatch will belong to the side that can make better decisions faster," McConville said. "To meet emerging challenges, the Army is boldly transforming to provide the joint force with speed, range and convergence [with] cutting-edge technologies that will be needed to provide decision dominance."

The Army is slated to deliver a series of long-range precision fires by



Army Chief of Staff Gen. James C. McConville, right, discusses the Army's push to advance initiatives in support of personnel under the Army People Strategy, all while maintaining critical modernization priorities to bolster joint multi-domain operations during the Association of the U.S. Army’s Global Force Next virtual conference March 16, 2021. (Screenshot image)

fiscal year 2023, including the first hypersonic weapon, precision strike missile systems and a prototype mid-range missile capability, he said.

These advancements will provide the joint warfighter land-based weapon systems capable of penetrating an adversary's anti-access/area denial environment at strategic ranges.

The Army chief also discussed the need for additional multi-domain task forces -- two in the Indo-Pacific region and a third in Europe. Each task force provides intelligence, information operations, cyber, electronic warfare and space effects, or I2CEWS, with the option to deter a competitor with an equipped LRPF

capability.

"The Army will provide multiple options to the combatant commanders, [and provide] multiple dilemmas to our adversaries," McConville said.

Further consideration of the service's role in the Arctic region is also under review, he said, as the Army recently completed a new Arctic strategy to protect regional assets primarily throughout Alaska.

"We can envision a multi-domain task force maybe operating in that area to ... provide an anti-access/area denial capability," McConville said.

Part of the strategy will consider ways to prepare Soldiers to operate in a harsh arctic environment through

proper training in a similar setting.

"Many of our competitors are focused on the Arctic, [while] our allies and partners have concerns," he said. "I think working together is very important. We need to protect our interests."

People first

Despite the many cancelations, postponements, and quarantines that impacted the Army's mission in the past year, McConville said the force kept pushing forward.

"I could not be prouder of our people. If anything, the challenges of this past year made it clear that we have our priorities right -- take care of people first, remain ready, and modernize the Army," he

added.

Readiness is acquired through the proper care of all active-duty, Guard and Reserve personnel, families, Army civilians, veterans and retirees, he said.

A ready force also requires the Army to put systems in place to prevent harmful behaviors that impact readiness, such as sexual harassment/assault, discrimination, and extremism. Soldiers who are willing to build a cohesive team and strengthen the relationships with others can also help prevent suicide or bouts of mental illness.

"When our people feel safe and when they feel valued, they will give you their best," he said. "Cohesive teams that are highly trained,

disciplined, and fit are the most effective forces in combat."

Proper talent management is also a core requirement to readiness, such as the commander assessment program that will soon include a sergeants major selection process for key leadership positions.

The Army "all begins with people, [by] recruiting the best talent and valuing a person's knowledge, skills, behaviors, and preferences to get them into the right place at the right time," he added.

Senior leaders must also finalize the Regionally Aligned Readiness and Modernization Model, or ReARMM, by Oct. 1 to ensure the Army can meet its readiness, modernization, and people requirements.

Units will be regionally aligned under the new model to meet current joint force demand, all while providing Soldiers and families a predictable and sustainable cycle of training, modernization, and mission windows.

"The Army remains ready -- today," McConville said. "Great power competition doesn't have to mean great power conflict. Quite frankly, it can't mean great power conflict."

"What we want is great power coexistence. That's why we need peace through strength and a whole-of-government approach that includes a strong military and strong allies and partners."

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: 361-6829
Immunizations: 361-5456
Information Desk: 361-5172
Patient Advocate: 361-5291
Pharmacy Refills: 361-5803
MEDDAC-AK Website: www.bassett-wainwright.tricare.mil
MHS Patient Portal: https://myaccess.dmdc.osd.mil/
Health Net: www.tricare-west.com, 1-844-8676-9378

continuing to follow CDC guidance regarding the wearing of masks in hospital or medical settings. Both patients and staff are required to wear masks in all public areas within MEDDAC-AK buildings.

Doctor on demand

Virtual appointments are even easier now with the addition of dr+ on demand! Family members and retirees enrolled in TRICARE may use the 24/7 virtual urgent care without a referral. Register at www.doctorondemand.com/hnfs and then download the app for instant access to board-certified doctors throughout the country.

Have you checked out our website? <https://bassett-wainwright.tricare.mil/> offers up-to-date information on the services offered through Medical Department Activity – Alaska.

Health coaching

The Fort Wainwright Army Wellness Center offers health coaching sessions for TRICARE beneficiaries and DoD civilians. Work on health and wellness goals during over the phone appointments by calling 907-361-2234.

Appointments from home

In partnership with TRICARE, PM Pediatrics is offering virtual appointments for TRICARE beneficiaries from birth through 26 years old.

Visit with a pediatrician using your smart phone, table or computer from anywhere. Common illnesses that

can be treated are sprains and strains, respiratory infections, coughs, skin rashes, sinus infections and

pink eye. Get started by downloading the PMP Anywhere app or by visiting pmpediatriciansanywhere.com.

ALASKA POST

The Interior Military News Connection

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Masks or no masks?
At this time we are

Information available

The Chaplain’s Corner

Maximizing Your Life’s Potential

Chaplain (CPT) David Wright
Fort Wainwright, Alaska

Opening Scripture: “And he who had received the five talents came forward, bringing five talents more, saying, ‘Master, you delivered to me five talents; here, I have made five talents more.’ His master said to him, ‘Well done, good and faithful servant. You have been faithful over a little; I will set you over much. Enter into the joy of your master.’” Matthew 25:20-21 (ESV)

An insightful story has circulated about a day long ago when a man’s car broke down on a country road. Doing his best with a few tools, the driver spent quite some time trying to fix the problem

himself, but with no success. Finally, another car pulled over to render assistance. This man politely asked if he could take a look inside the engine. After tinkering for just a few minutes, the car was up and running. The first man remarked, “Sir, I am amazed how quickly you were able to fix this!” Unknown to the driver of the now-repaired car, this man was Henry Ford. Mr. Ford replied, “I ought to know how to fix this car. I designed it.”

Henry Ford dedicated himself to designing the Model T which paved the way for auto advancement that continues to this day. If you have ever driven in a car, Henry Ford affected you. It no doubt took him enormous

work and dedication to stay focused and lead the industry during that time. He certainly proved faithful and increased his “talents” in the automotive field.

Some people, perhaps a relatively small number, truly maximize their life’s potential. Most everyone stays “busy”, but to what end? I suggest that with life’s fast-paced demands, it proves a difficult task to stay focused on accomplishing our life’s God-given purpose. If you read the entire parable in Matthew 25 you will notice the master did not compare each servant to anyone else. He only judged them based on what he had given them individually.

It’s important

that the only one we compare ourselves to is that person in the mirror. Any other comparison usually leads to feeling arrogant pride or self-condemnation. For example, in the parable above, another servant only multiplied his two talents but received the same favorable response from the master. Interestingly, as the parable seems to indicate, it is possible for one person to fully maximize their potential in God’s eyes, and yet not produce nearly as much as someone else. God will evaluate our life’s impact not in the light of other people’s achievements, but on our own gifts and potential which He gave us.

Time is one commodity we don’t get



back. Many things, such as entertainment absorption or materialistic pursuits, may try to rob people of attaining their full potential. Focused individuals do not waste the limited time they have been given. We only get one life. We only get one today. Life is a vapor that quickly fades away, (James 4:14). Let us remain mindful of so many distractions that can easily distract us from staying focused.

I am not accountable for your life, nor

are you for mine. God gave each of us gifts and abilities which we must steward well. What are they? Most likely they are closely related to what your heart longs to do. But perhaps you need to pray and ask God what He desires for your life. For one day we will answer a divine question: What did you do with your life? Although no one lives life perfectly, we will want to hear those eternally rewarding words, “Well done, good and faithful servant.”

New Infantry Squad Vehicle tested at U.S. Army Yuma Proving Ground

Mark Schauer

There’s a new vehicle turning heads on the range at U.S. Army Yuma Proving Ground (YPG), and it will likely begin arriving in Army brigades in a matter of months.

It’s the Infantry Squad Vehicle, and it promises to give Soldiers an opportunity to arrive to a fight faster, rested, and ready.

Powered by a 2.8 liter turbo diesel engine with a six speed automatic transmission, the four-wheel drive vehicle carries up to a nine Soldier infantry unit and their heavy gear. If it looks familiar, it is because the platform is based on a commercially-available vehicle.

“About 70 percent is common with the Chevy Colorado ZR2, and the rest is a mixture of commercial parts that you can modify and put onto the Chevy Colorado,” said Steve Herrick, product lead for Ground Mobility Vehicles. “About 90 percent of this can be bought on the commercial market.”



The Infantry Squad Vehicle currently under test at U.S. Army Yuma Proving Ground promises to give Soldiers an opportunity to arrive to a fight faster, rested, and ready. Powered by a 2.8 liter turbo diesel engine with a six speed automatic transmission, the four-wheel drive vehicle carries up to a nine Soldier infantry unit and their heavy gear. (Photo by Mark Schauer)

The ISV is meant to reduce the burden on infantry Soldiers weighed down by heavy gear and faced with rugged terrain. The fast and lean ISV can be air transported into locales within theater rapidly and efficiently.

“It provides an operationally relevant vehicle for a small tactical unit to be

added Herrick. “It’s made to be ‘a better boot,’ a capability that allows you to effectively change how you operate.”

Right now it’s being put through its paces across the more than 200 miles of rugged road courses at YPG to ensure it functions as it should wherever in the world it could be called on to serve.

“We’re performing reliability and maintainability testing to support the evaluation in a desert environment,” said Lamorena. “We’re also doing two performance tests at the conclusion of RAM testing.”

Over the next few months, the ISV will traverse 5,000 miles across Yuma Test Center’s rugged ranges, including sand slope mobility tests that will see it tackle a sandy 30 percent grade—for perspective, the steepest grade on an interstate highway in the contiguous United States is six percent. Through much of the testing, the vehicle and its driver will be joined by plastic dummies weighted with sand in the vehicle’s remaining seats.

IPPS

Continued from page 1

remaining force transitions under "release 3" of the IPPS-A transition, he added. Therefore, it is essential that all active and Reserve Soldiers review, verify, and monitor their military records to ensure a seamless transition.

Soldiers will need to reach out to their unit S-1 to verify their basic pay and assignment information, active-duty service and promotion dates, military education and training records, and other applicable military record information, Johnson said.

Conducting a proper review will ensure a Soldier's data is correct before it populates under IPPS-A at the end of the year.

The shift to IPPS-A is slated to eliminate close to 40 HR and pay related systems by 2025, as program leads continue to merge all of the Army's payroll applications under "release 4" of the program.

"One of the biggest problems that IPPS-A is solving is that there are [close to 200] HR and pay systems throughout the Army," Johnson said. "We are consolidating these systems down into one focal point."

Providing Soldiers access to their records under one centralized system will help increase transparency, he added. Personnel actions generated in IPPS-A will automatically generate a notification and send it to the Soldier and appropriate personnel.

If a Soldier submits a leave form, they can track it through the chain of command's approval process, he said.

IPPS-A will also serve as a foundation to facilitate the Army Talent Alignment Process. ATAP is a decentralized, regulated, market-style hiring system that aligns officers with jobs based on their preferences.

Personnel currently use the Assignment Interactive Module 2.0 until it transitions to IPPS-A, program officials said. Through the new system, commanders will have access to enhanced decision-making and search-and-match capabilities, giving them the ability to match a Soldier's knowledge, skills and behaviors, or KSBs, to critical positions.

Worship Services on Fort Wainwright

Good Shepherd Catholic Community
Mass: Sundays, 9 a.m., SLC

Holy Hour Adoration: Thursdays, 6 p.m., SLC
Catholic Women of the Chapel: Wednesdays, 9 a.m., SLC

St. George Anglican Parish
Holy Communion: Sundays, 11 a.m., SLC
Mid-Week Holy Communion: Wednesdays, noon, BACH

Cornerstone Protestant Community
Worship Service: Sundays, 11 a.m., NLC
Protestant Women of the Chapel, Wednesdays, 6 p.m., NLC
Cornerstone Youth, Sundays, 1 p.m., NLC

Congregación Protestante Piedra Angular
Servicio de adoración: Domingos, 1 p.m., SLC
Northern Lights Chapel Nov. 22, 2020

Fort Wainwright Religious Support Office, 353-6112
1051 Gaffney, Unit 10
Southern Lights Chapel (SLC), 8th St & Neely Rd.
Northern Lights Chapel (NLC), Luzon & Rhineland Avenues

Army to strengthen tactical network for Project Convergence 2021

Joseph Lacdan
Army News Service

The Army plans to continue building its Integrated Tactical Network as it finishes testing of its handheld and man-packable system radios with the 82nd Airborne Division’s 1st Brigade Combat Team this month.

The ITN is a critical element of Capability Set 21 that incorporates commercial components and transport capabilities into the Army’s tactical network to create a simplified, independent network solution that provides enhanced, flexible network availability at the brigade level and below.

The Army is delivering the radios, satellite terminals, servers, applications and other devices associated with ITN to four brigade combat teams as part of CS21. The second iteration of Project Convergence, a series of joint, multi-domain exercises, will inform future capability set design.

This month, the 173rd Airborne Brigade from Vicenza, Italy, is scheduled to be the next brigade to receive the fielding kit.

An additional five brigades will receive kits in fiscal 2022, said Brig. Gen. Robert Collins, who leads the Program Executive Office for Command, Control, and Communications-Tactical, or PEO C3T.

The Army is also looking to partially field Stryker brigades, starting with 2nd Cavalry Regiment at Rose Barracks, Germany, in fiscal 2022.

Collins spoke Thursday at the Northern Virginia Chapter of the Armed Forces Communications



Maj. Gen. Pete Gallagher, director of the Network Cross-Functional Team, and Brig. Gen. Rob Collins, who leads the Program Executive Office for Command, Control, and Communications-Tactical, or PEO C3T, discuss the Army's plans to continue testing its Integrated Tactical Network on Jan. 21, 2021. The ITN is a critical component of the Army's Capability Set 21, which is a network design of the Army Network's modernized capabilities. (Screenshot image)

and Electronics Association virtual conference, while attending the radio test at Fort Bragg, North Carolina.

A full scale, ITN operational testing had originally been slated for August, but had to be bumped due to mission requirements and unexpected impacts from the pandemic.

The 1st BCT had a no-notice deployment from January to February last year and COVID-19 delayed some of its planned tests including the cancellation of an exercise planned for Defender Europe. Smaller scale tests were performed instead to inform the ITN production decision that took place in 2020. The Army intends to use upcoming combat training

center rotations to continue to assess and inform Capability Set design.

Additionally, Collins said that expeditionary signal battalions will be “enhanced” with CS21 systems at a rate of three battalions per year, starting with the 50th ESB at Fort Bragg and the 57th ESB at Fort Hood, Texas.

“As we are getting ready to pivot to multi-domain operations, we realize the importance of not only having a tactical, capable force, but also having our expeditionary signal battalion enhanced and [continuing] to refresh our ESBs,” Collins said.

As the service progresses into the testing and fielding phase of CS21, it will con-

tinue to develop Capability Set 23, which remains at the prototype stage. CS23 aims to increase capacity, resiliency and convergence of the service’s network while targeting initial high-capacity communications with low- and medium-Earth orbit satellites, and data and cloud strategies. CS23 will also include multiple classification networks to give greater coalition interoperability.

CS23 will build upon CS21 to eventually help create a multi-domain capable force by 2028, said Maj. Gen. Pete Gallagher, director of the Network Cross-Functional Team.

Gallagher added that Project Convergence 2020 did not test the full scope

of the Army’s multi-domain capabilities, nor did it involve partner nations.

This fall, emphasizing interoperability as a theme, the service will include more operational units such as the Multi-Domain Task Force from Joint Base Lewis-McChord, Washington, and a division tactical command post from the 82nd Airborne Division.

Gallagher said there will be a greater emphasis on joint service and allied nation involvement.

“[Project Convergence] is an iterative campaign of learning to get after all of the modernization priorities for the Army,” Gallagher said. “But the network is absolutely critical to all of that.”

SPACE

Continued from page 1

Out of this world adventure

Morgan became eligible for the device following a historic 272-day mission onboard the International Space Station, where he completed seven spacewalks that totaled over 45 hours as part of Expeditions 60, 61, and 62. He returned April 17, 2020.

During his time on the ISS, the crew made 4,352 orbits around Earth, which totaled over 115 million miles.

Morgan, who served

as a flight engineer, was a jack-of-all-trades. He worked with robotics, carried out experiments, and made repairs to the ISS as it whirled around the globe at over 17,500 mph. At that speed, night and day pass every 45 minutes and even the most menial tasks, like changing batteries, become a difficult process.

Solar arrays on the ISS, which are the size of basketball courts, provide stored power

for the batteries of the station’s truss structure. When the station enters night, it routes the stored power through the station and powers everything from life support systems to the vacuums the crew uses to clean. To keep the station going, upgraded batteries often need to be changed, according to NASA’s website.

But swapping batteries in space isn’t as easy as popping them in and out like on Earth. On spacewalks, Morgan was tethered to the ISS as he replaced older hydrogen-nickel batteries with modernized lithium-ion batteries used to store and distribute power gained from the solar arrays.

At 250 miles above the planet, conducting spacewalks was unlike anything Morgan had ever experienced. Whether it’s 250 miles or 25,000 feet, “it’s all

high up,” the airborne doctor said. “It felt like I was on the edge of a cliff.”

During on spacewalk, Morgan recalled looking down and between his feet, he noticed the boot of Italy. The country fit in between where his space boots were, he said.

Morgan also had a hand in hundreds of experiments in Earth science, human research, biology, physical sciences, and technology development. The astronaut assessed ways to go beyond the Earth’s orbit and how humans can adapt to microgravity environments.

The mission ranked as the busiest in NASA history for spacewalks and cargo as well as robotics operations, he said.

For the former 3rd Special Forces Group (Airborne) flight surgeon, defying

gravity in the vastness of space had very few surprises, something he credited to his six years of astronaut training, said Morgan, who joined NASA as part of the class of 2013.

Morgan said he also drew from his Army training and field experiences to prepare for the expeditions. In the Army, he has completed Ranger School, airborne training, and is a certified Army combat diver.

“Exiting through the hatch into space for the first time reminded me of jumping out of the back of a C-130 during a military freefall jump,” said Morgan, a former member of the U.S. Military Academy’s “Black Knights” parachute demonstration team.

Historical significance

Although the NASA astronaut is the first person in his family to orbit Earth, he is not the first to parachute onto it.

Morgan’s great-uncle, who he knew simply as Uncle Clink, was an inspiration to him. During the Second World War, Uncle Clink was an airborne Army infantryman, and among the thousands of Allied forces who battled to secure beachheads during the invasion of Normandy.

Both of Morgan’s grandfathers also fought in WWII, and like Uncle Clink, they served during multiple historic missions, like Operations Overlord

and Garden Market, he said.

To honor his relatives, as well as all service members, Morgan brought an historical piece to represent them into space with a little help from the curators at the national museum.

“It needed to be small because I needed to carry it with me up to the space station and bring it back,” he said. “I wanted it to be significant, potentially tied in my career as a medical officer and as an Army physician.”

Morgan received the medical brassard from Paul Morando, chief of the museum’s exhibits division, on May 30, 2019, at the Johnson Space Center.

The brassard “was a good way to symbolize the Army,” Morgan said. “[Now I’m] bringing it back so the entire Army and the public can appreciate this artifact that made the trip to and from the International Space Station.

“It was a great honor to carry this little piece of Army history with me up to the ISS, bring it home, and [now return] it to the museum for display,” he added. “It was rewarding to be part of the full lifecycle of [this artifact’s story] and adding to its value in Army history.”

(Editor’s note: The National Army Museum is temporarily closed as a public health precaution. Visit the museum’s website, www.theNMUSA.org, for visitor updates and more information.)

COMMUNITY CALENDAR

Fort Wainwright Family & MWR

Weekly Events

May 22 - 29

22

Summer Reading Program
May 22 - August 31
Normal Business Hours

Reading colors your world! Excitement and fun await those who journey to the Fort Wainwright Post Library and participate in the Summer Reading Program.

Post Library, Bldg 3700
Call 353-2642, reservations required

24

YSF: Rock Climbing Camp
May 24 - 25
Noon - 3 p.m. & 11 a.m. - 3 p.m.

Youth ages 7 - 18 years old are invited to join Youth Sports & Fitness for Indoor Rock Climbing! Must be registered with CYS. Cost per Youth: \$55.

Youth Sports & Fitness, Bldg 3414
Call 353-7719, registration required

25

YSF: Mini Adventure Camp
May 24 - 26
10 - 11 a.m.

Youth ages 3 - 6 years old are invited to join Youth Sports & Fitness for a variety of adventures! Must be registered with CYS. Cost per Youth: \$30.

Youth Sports & Fitness, Bldg 3414
Call 353-7719, registration required

26

Grow & Giggle
May 26
9:30 - 11:30 a.m.

We are back in person for Grow and Giggle! Join us for crafts and activities. This event is geared towards children ages 0 - 5. Spots are limited.

Last Frontier Community Activity Center, Bldg 1044
Call 353-7755

26

Poppy Buttons
May 26
2 - 3 p.m.

In observance of Memorial Day, join us at the Post Library for a Poppy Button craft! If you are unable to attend the in person event, you may print out the template and bring in your decorated design to be pressed into a button.

Post Library, Bldg 3700
Call 353-2642, reservations required

**FORT WAINWRIGHT YOUTH CENTER PRESENTS**



END OF YEAR CELEBRATION

MAY 21 AT 4:30 PM - COOKOUT & WATER FUN
MAY 24 AT 4:30 PM - TIE-DYE ACTIVITIES
MAY 25 AT 4:30 PM - ICE CREAM PARTY
MAY 26 AT 4:30 PM - DOGEBALL TOURNAMENT
MAY 27 AT 4:30 PM - GAMES & PRIZES

Event open to Youth in grades 6 - 12

Not registered for CYS? No problem!
Register at the event.

YOUTH CENTER
BLDG 4109 NEELY RD
(907) 361-5437
WAINWRIGHT.ARMYMWR.COM
@WAINWRIGHTMWR #WAINWRIGHTMWR



FITNESS BINGO

May 1 - May 31

- 1) Pick up your card
- 2) Work up a sweat
- 3) Turn in & win

Find more details at wainwright.armymwr.com.





Take on the Strong B.A.N.D.S. Fitness Bingo Challenge! We have challenges for beginners, intermediate, and expert. Stop by PFC, Wolf's Lair, or Last Frontier to pick up your Bingo Card. Find more info at wainwright.armymwr.com.

@WainwrightMWR #WainwrightMWR

A graphic celebrating Asian American Pacific Islander Heritage Month. It features a large, stylized rainbow arching over three white silhouettes of people standing together. The text "ADVANCING LEADERS THROUGH PURPOSE-DRIVEN SERVICE" is written diagonally across the rainbow. In the bottom right corner, it says "ASIAN AMERICAN PACIFIC ISLANDER HERITAGE MONTH MAY". There are small circular logos in the bottom left corner.