

Ongoing

Thrift store volunteers

The Armed Services YMCA needs volunteer organizers and cleaners at the ASYMCA Thrift Store.

Call 353-5962 for information.

Living Well in Alaska

Living Well in Alaska is a free six-week workshop for people living with a chronic condition or their caregivers.

Learn ways to manage symptoms, set goals, solve problems, deal with emotions and work with your health care team.

Call Arctic Health Link at 361-4148 to sign up or for more information.

Quit tobacco

Sign up for the Arctic Health Link tobacco use cessation class. This class is designed to educate and support those who want to quit tobacco.

Call 361-4148 for more information.

Arctic Health Link

Arctic Health Link offers a wide variety of classes designed to educate patients, including allergy and asthma awareness, cholesterol reduction, diabetes education, hypertension management, living with lower back pain and tobacco use cessation class.

Call 361-4148 for more information or to sign up for one of these free classes.



photo by Mark C. Biron/Fort Wainwright PAO

Parent to parent

Dawn Daley, wife of U.S. Army Alaska Deputy Commander Col. Edward B. Daly, acts as the guest facilitator for the Chart Your Course for Success in High School and Beyond breakout group during a "School Transitions: What every Parent Should Know" seminar Feb. 23 at the Last Frontier Community Center. The seminar was presented by the Military Child Education Coalition and the Fort Wainwright Family and Morale, Welfare and Recreation office. According to School Liaison Officer Staci Biggs, the seminar examined the social and academic impact of multiple school transitions on children of all ages. Participants reviewed common pitfalls resulting from varied school policies and curriculums military families encounter when moving from state to state. They also explored strategies and were given a variety of resources to obtain the information necessary to make plans to assure smooth transitions for their students.

This Week

SATURDAY

Women's retreat

The Protestant Women of the Chapel groups of Fort Wainwright and Eielson Air Force Base will present "Seasons of a Woman's Heart," a one-day retreat with national speaker and author Cindi McMenamin, today from 9 a.m. to 4 p.m. at Friends Church at 1485 30th Ave. in Fairbanks.

There is a \$30 fee for this event.

For more information or to register, e-mail Sherilin Anderson at sherilin.m.andersen@us.army.mil or Margaret Smith at margasmith@aol.com or call 590-8053 or 356-9734.

This Week

MONDAY

Ticket drawing

The Armed Services YMCA is having a ticket drawing today for "Cuarteto LatinoAmericano," which will be showing March 7.

Call 353-5962 for information.

TUESDAY - THURSDAY

EEO office closing

The Equal Employment Opportunity office is closed today through Thursday for training.

For more information call 353-9012.

THURSDAY

Military retiree council

The Military Retiree Council will meet today at 7 p.m. at the Last Frontier Community Center. Agenda items include a final vote on the council name change, discussion on the upcoming Retiree Appreciation Day and legislative updates.

Council membership is open to all military retirees and their spouses, regardless of branch of service.

For more information, call Carlos Garcia at 353-2102.

Upcoming

MARCH 9 TO 11

ACAP briefing

A Transition Assistance Program employment workshop briefing is March 9 to 11 from 8:30 a.m. to 4:30 p.m. at the Education Center Annex in Room 106.

Call 353-2113 to sign up or for more information.

MARCH 18

Ticket drawing

The Armed Services YMCA is having a ticket drawing March 18 for "Lazer Vaudeville," which will be showing March 28,

For more information, call 353-5962.

ACAP briefing

A Veterans Affairs Disability Transition Assistance Program briefing will be featured March 18 from 10 a.m. to noon at the Education Center Annex in Room 106.

A VA Benefits briefing will be March 18 from 12:30 to 4:30 p.m. at the Education Center Annex in Room 106.

MARCH 19

ACAP briefing

An Advance Resume Writing briefing will be offered March 19 from 1 to 3 p.m. at the ACAP Center in Room 248.

Call 353-2113 to sign up or for more information.

MARCH 20

ACAP briefing

A Starting a Small Business briefing will be featured March 20 from 9 to 11 a.m. at the Army Career and Alumni Program Center in Room 248.

Call 353-2113 to sign up or for

more information.

MARCH 23 - 25

ACAP briefing

A Transition Assistance Program Employment Workshop briefing will be featured March 23 through 25 from 8:30 a.m. to 4:30 p.m. at the Army Career and Alumni Program Center in Room 248.

Call 353-2113 to sign up or for more information.

Births

JAN. 29

A son, Jayden Chul, was born to Vanny and Capt. Byung Kim, U.S. Army Corps of Engineers.

FEB. 9

A son, Joseph Blair, was born to Sarah and Warrant Officer 2 Aron Cunningham, B Company, 1st Battalion, 52nd Aviation Regiment.

FEB. 12

A daughter, Talitha Ann Marie, was born to Christina and Sgt. 1st Class L.C. Tolver Jr., 9th Army Band.

FEB. 14

A son, Aiden Zander, was born to Lisa and Sgt. James Beebe, 73rd Engineer Company.

A son, Ayden Conner, was born to Capt. Megan Bates, Medical Department Activity Alaska and Capt. Joseph Lemay, of Rear Detachment, 1st Stryker Brigade Combat Team, 25th Infantry Division.

A daughter, Alyssa Lynn, was born to Karen and Sgt. 1st Class Shawn Sikkenga, HHC, 3rd Battalion, 21st Infantry Regiment.

FEB. 15

A daughter, Milla Denise, was born to Bayleen and Staff Sgt. Justin Shaffer, B Company, 1st Battalion,

5th Infantry Regiment.

A son, Carson Milo, was born to 1st Lt. Kelsey Kyle, Medical Department Activity-Alaska and Kevin Kyle.

A son, Grant Christopher, was born to Stephanie and Staff Sgt. Garrett Castle, HHC, 1st Stryker Brigade Combat Team, 25th Infantry Division.

Chapels

Northern Lights Religious Education Center, Bldg. 3430

Sunday services
11 a.m. - Protestant Worship
5 p.m. - Protestant Youth of the Chapel

Monday

6:30 p.m. - Protestant Choir practice

Saturday

8 a.m. - Protestant Men of the Chapel meets the second and fourth Saturday of the month

Southern Lights Chapel, Bldg. 4107

Sunday services
10 a.m. - Roman Catholic Mass
11 a.m. - Roman Catholic Confraternity of Christian Doctrine

Wednesday and Friday
7 p.m. - Catholic Choir practice
Noon - Roman Catholic Mass

Saturday

11:30 a.m. - Daughters of Saint Anne at (first Saturday of each month).

Basset Army Community Hospital Chapel

Tuesday and Thursday
Noon - Roman Catholic Mass

Wednesday

Noon - Protestant Service

For more information, call 353-9825.