



## OUR NEW HOME



Left, Fort Wainwright Child Development Center preschoolers line up behind their banner during the Month of the Military Child Parade.

Photo: Sgt. Robyn Baer



### ARMY COMMUNITY SERVICES

Army Community Services (ACS) is your one stop, multi-purpose information center designed to assist the entire Army family. ACS promotes personal and family readiness within U.S. Army Alaska by developing, coordinating, and delivering services that promote self-reliance, resiliency and stability.

**Family Readiness Coordinators** and staffers strive to promote well-informed, self-sufficient and confident Army families and to reduce their stress and isolation by linking them quickly with their new community. The FRC also serves as a resource center for unit Family Readiness Group (FRG) volunteers with meeting rooms, a resource library and equipment such as computers and a copy machine.

**Mobilization and Deployment Readiness Program.** The Family Readiness Coordinator manages this program and has primary responsibility for Family Readiness Group (FRG) training, coordination, and liaison. The FRG is a primary communications bridge between unit commanders and family members. The Family Readiness Coordinator presents regularly scheduled and special Rear Detachment Operations Training, Operation R.E.A.D.Y., Mobilization and Deployment briefings, and other special programs for soldiers and family members. The Mobilization and Deployment Program also promotes self-reliance by educating family members and service members about preparing families for deployment. ACS provides unit family readiness groups and rear-detachment commanders with information and training on strategies for coping with military separation. ACS also provides assistance to prepare units for deployment such as briefings and information on community resources, financial preparedness, maintaining family relationships, and what to expect when the deployed soldier returns home.

**Army Family Team Building (AFTB) and Army Family Action Plan (AFAP) Programs.** The program manager spearheads these community programs to inform family

members about the Army and to allow soldiers and family members to improve their local community.

AFTB improves overall readiness of the force by teaching and promoting personal and family readiness through progressive and sequential education for everyone from newcomers to seasoned veterans. Topics vary from military customs and courtesies to leadership skills and group conflict management.

The AFAP gives grassroots support to soldiers and family members to raise issues as far as Headquarters, Department of the Army, and the United States Congress to change laws to improve the quality of life and community well-being when circumstances, finances, and/or regulations present making changes that can benefit the local garrison. AFAP issues have often become not just Army but Department of Defense issues that have been resolved through the AFAP process.

The **Relocation Readiness Program** provides a wide range of services to relocating families to include the Standard Installation Topic Exchange Service (SITES), which provides an automated database of military installations worldwide. Other services include welcome packets, relocation adjustment workshops, pre-move and post-move workshops for newcomers, travel maps, and cultural-diversity programs. The Relocation Readiness Program also provides a well-supplied lending closet for soldiers and families in transition; the closet is stocked with a wide range of kitchen and household items for temporary loan usage. The program provides an outstanding, two-day Newcomers Orientation that reaches virtually every soldier and many of the family members who arrive at Fort Richardson and Fort Wainwright. A third day senior tour is mandatory for all first sergeants, sergeants major, majors and above, program managers, GS-14 civilians, and their spouses. The senior tour gives leadership personnel the opportunity to meet facility managers face-to-face and to get their questions answered.

The **Family Employment Readiness** program offers services that maximize opportunities for family members to attain employment. Training on resume writing, interviewing techniques, dressing for success and career planning are among the classes available to ensure family members locate the best possible job with career potential. The program manager is available to assist customers in reviewing current job openings on- and off-post.

The **Financial Readiness Program** provides budget counseling, debt liquidation and credit information, consumer education, checkbook management assistance, and positive, lifetime, financial planning through individual counseling sessions and community education classes. Consumer assistance with handling deceptive, illegal and unethical business practices is also available. The Financial Readiness Training for First-Term Soldiers program is a mandatory, eight-hour, twice-monthly presentation provided to all first-term soldiers; family members are welcome to attend.

The **Exceptional Family Member Program** provides social services support to family members with special needs. EFMP links exceptional family members to proper services and, upon departure, screens them again to ensure proper services will be in place at the next duty station. The EFMP Manager always advocates for and provides direct casework services to EFMP clients and follows up with them and their service providers to ensure that they are receiving appropriate services. The manager maintains up-to-date and accurate information on available resources and assists EFMP clients to prepare for their next duty assignments.

The **Information, Referral, and Follow-up (I&R) Program** in- and out-processes all newcomers, provides individual and family assessment and assistance, provides information about community resources and outreach assistance, and offers help in problem resolution. The staff can help clients find the answers to perplexing problems or find information that is not readily available.

The **Family Advocacy Program's** mission is to prevent child and spouse abuse through prevention, education and intervention activities such as command education, troop education, parent education and support, community education, youth and safety education, and child/spouse abuse prevention training. The New Parent Support Program (NPSP) reaches out to expectant or new families and/or young families to provide ongoing

support services such as educational workshops and ongoing special events. The FAP offers a variety of playgroups, marriage enrichment education, assertiveness and conflict training, and works closely with the post chaplains in support of the Building Strong and Ready Families Program to enhance family life.

Fort Richardson ACS offers soldiers and family members with young children the Kardio 'n' Kids mini-gymnasium with an adjoining childcare area. Adults can exercise during normal work hours on a stair stepper, elliptical training machines, a treadmill, and stationary bicycles while their children play under their supervision in a safe, protected environment.

The **Installation Volunteer Program** is managed by the Installation Volunteer Coordinator who registers all Fort Richardson volunteers and assists in placing them in positions of their choice. The coordinator also assists supervisors with volunteer placement and problem solving. The ACS Volunteer Manager directs the efforts of volunteers in many of the ACS program areas to expand the entire program's service delivery capabilities and provides volunteer job descriptions, training and orientation, recognition, and accounting for time contributed.

**Emergency Food Program.** Emergency food assistance support is also available at ACS. Soldiers or family members can personally walk in to make requests for emergency food to meet short-term needs. Additionally, the soldier's chain of command (supervisor, squad leader, first sergeant or commander), FRG leader, chaplains and others may contact ACS and refer the soldier for assistance.

ACS at Fort Richardson is located in Building 600, across the street from USARAK headquarters in Building 1. Call 384-1517/1518 for more information. Co-located with Fort Richardson ACS are the Armed Services YMCA Military WIC Clinic and the Fort Richardson office of the American Red Cross.

ACS at Fort Wainwright is located in Building 3722 on Neely Road. The reception area has a comfortable customer-seating area equipped with a children's play corner and also a catalog corner offering a diverse assortment of mail order catalogs for browsing and checkout purposes. Easy access is available for Lending Closet checkout service, with a drive-up loading dock immediately adjacent to the Lending Closet. Call 353-7907 for more information.

## ARMY EMERGENCY RELIEF (AER)

Army Emergency Relief provides emergency financial assistance to eligible Army personnel, their families, retirees, widows and orphans. Categories of authorized assistance include, but are not limited to, non-receipt of pay, emergency travel expenses, rent, food, utilities, medical/dental expenses and essential vehicle repairs. AER exists solely for "helping the Army take care of its own."

Service is provided after duty hours by contacting the Command Operations Center at (800) 478-7588. Fort Richardson's AER can be reached at 384-7478, while Fort Wainwright's AER is at 353-7453.

## ARMY SUBSTANCE ABUSE PROGRAM (ASAP)

The ASAP is a command program providing alcohol and other drug abuse prevention, education, identification, referral and treatment services to soldiers, civilian employees, military retirees and all eligible family members. All ASAP services are free of charge and appropriate confidentiality is maintained.

ASAP programs include prevention and education services, biochemical testing services, risk reduction programs, Employee Assistance Program (EAP), and the Adolescent Substance Abuse Counseling Service (ASACS). ASAP supports the ASAP Counseling Center and the Drug Abuse Resistance Education (D.A.R.E.) program provided by the Provost Marshal.

The emphasis of all services is providing prevention and awareness education regarding alcohol and other drugs, reducing the risks associated with alcohol use, deterring and detecting illicit drug use, and providing referral and treatment as necessary.

**Prevention and Education Services** provides training, material resources, consultation, special alcohol and other drug abuse awareness/prevention campaigns, and other assistance to units, agencies and post programs. The goal of the Prevention and Education Program is to promote a comprehensive community-wide prevention program to enhance the quality of life of all installation members.

The **Employee Assistance Program (EAP)** is available to all civilian employees, military retirees and their family members. Personal problems can and do negatively impact job performance and safety on the job. The EAP works with the supervisor, clients, civilian personnel office, and the bargaining unit to restore the employee to effective, satisfactory job performance.

The **Installation Biochemical Testing Services** performs drug use and alcohol abuse deterrence and detection functions. It provides the commander or supervisor with resources to perform urine collection for urinalysis and breath testing for alcohol. All soldiers and selected categories and classes of civilian positions are tested on a regular random basis.

The **Adolescent Substance Abuse Counseling Service (ASACS)** provides prevention, early intervention and counseling services to military family members ages 12 to 18. ASACS is a proactive program that works with schools, communities and other agencies to identify problems early to reduce the impact on military families. Our services include awareness presentations, assessment, and individual, family and group counseling. If interested, we recommend further consultation with ASACS counselors. Services are confidential.

The **Soldier Risk Reduction Program** assists commanders in identifying and reducing high-risk behaviors in soldiers. We provide leaders training in identifying and targeting high-risk behaviors for prevention.

**Drug Abuse Resistance Education (D.A.R.E.)** works



Photo: Brian Lepley

directly in the schools, teaching students in fifth and sixth grade about the hazards of alcohol and other drug use and how to resist peer pressure. We provide D.A.R.E. training to other grades based on need and resource availability. The goal is to intervene early and help students formulate healthy attitudes about alcohol and other drugs.

The **ASAP Counseling Center** is an outpatient clinic provided by the Medical Command and directed by Bassett Army Community Hospital. Services to soldiers and their families include assessment, evaluation, diagnosis, referral and outpatient treatment for problems with alcohol and other drugs. For those individuals needing in-patient treatment, referrals are made and follow-up service is provided upon completion of treatment.

The Fort Richardson ASAP office is located in the basement of Building 1113. The only point of entry into Building 1113 is on the north end of the building. The Fort Richardson ASAP phone numbers are: Alcohol and Drug Control Officer, 384-1418; Prevention/Employee Assistance Program Coordinator, 384-1411; Risk Reduction Program Coordinator, 384-7366; Installation Biochemical Test Coordinator, 384-1412/1417; Alternate Installation Biochemical Test Coordinator and Prevention Specialist, 384-1416; ASACS Counselor, 384-0134; and Civilian Drug Testing Coordinator, 384-1412/1417/1416. The Fort Richardson ASAP Counseling Center (substance abuse outpatient treatment program) is co-located with Community Mental Health in Building 602, 2nd floor. The Fort Richardson ASAP Counseling Center provides services to active duty soldiers and their adult family members. The contact phone number for the ASAP Clinical Director is 384-7368.

The Fort Wainwright ASAP is on the second floor of Building 1064. The ASAP phone numbers are: Administrative Office, 353-1370; Alcohol and Drug Control Officer, 353-1377; Prevention/Employee Assistance Program Coordinator, 353-1373; Risk Reduction Program Coordinator, 353-1378; Installation Biochemical Test Coordinator, 353-1375; and ASACS Counselor, 353-1382. The Fort Wainwright ASAP Counseling Center (Substance Abuse Treatment Outpatient Clinic—For Soldiers) is on the first floor of Building 1064, 353-9872.

## ARMY CONTINUING EDUCATION CENTER

Active duty and reserve component soldiers, their spouses and civilian employees of the Army can use the services of the Army Education Center on their post to advance their education in numerous ways. Examples of specific services include:

**Education counseling** can help focus vague goals into achievable plans, help identify career interests, point out academic weaknesses needing improvement, provide information on Veterans Administration (VA) education benefits and other financial aid programs, explain how colleges work and how degrees are earned, and give other general education advice.

**Credit for experiential learning** is a procedure for documenting military training and MOSs awarded so that a college or university can grant partial credit towards a degree.

**Learning Center programs** include a wide variety of videos, books, audiotapes and computer-based programs in all areas of self-development from basic academic skills to the most technical computer skills, as well as an MOS Library and enrollment in Army Correspondence Courses. A computer lab with Internet access is available for all customers. Learning Centers are generally open from 7:30 a.m.-10:30 p.m. weekdays and 9 a.m.-4 p.m. Saturdays.

**Testing programs** include tests used as counseling tools to help identify academic weakness as well as career interests and aptitudes. Other tests lead to a state-issued high school equivalency diploma (GED) or earn credit towards a college degree. Army personnel tests include all those required for reenlistment, retention, and reclassification or for application to various programs such as Warrant Officer Flight Training, Physician's Assistant program, nursing and others.

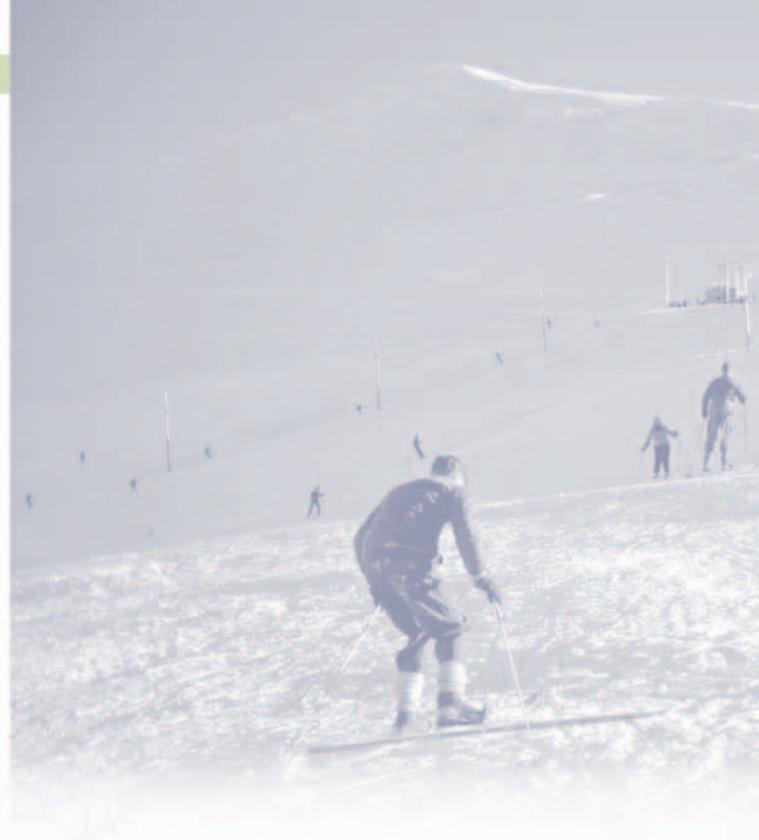
**Functional Academic Skills Training (FAST)** classes help soldiers and spouses improve basic reading, language and mathematical skills. The on-duty, no-cost courses help those who need to raise their Armed Forces Classification Test (AFCT) scores, prepare for the GED tests, and needing some "brushing up" before embarking on college-level study.

**Army Tuition Assistance (TA)** pays 100 per cent of tuition costs for postsecondary courses for eligible soldiers working towards a degree, certificate or licensure program. There is an annual cap of \$4,500 and a semester hour limit of \$250 per credit hour.

A number of colleges and universities provide courses on post during the lunch hour, evenings and weekends. Programs include various degrees at the associate, bachelors, and masters degree levels. At forts Wainwright and Richardson these include the University of Alaska Anchorage, Central Texas College, Wayland Baptist University, and Embry-Riddle Aeronautical University. All on-post institutions are fully accredited and belong to the Service Members Opportunity Colleges (SOC) association. At both posts there are a multitude of "distance learning" opportunities available as well.

The Fort Richardson Army Continuing Education Center is in Building 658 and the number there is 384-0970.

Fort Wainwright's Education Center is in Buildings 2110 and 2107 and the telephone number is 353-7486.



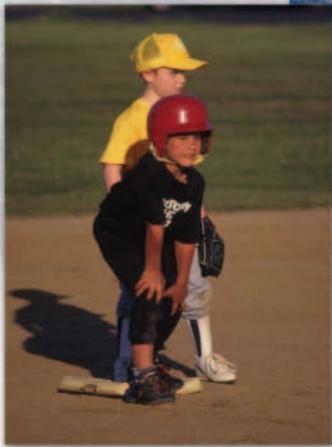
## FAMILY AND YOUTH SERVICES IN U.S. ARMY ALASKA

**Child And Youth Services (CYS)** includes all programs serving children (Youth Services, School Age Services, Child Development Centers, Family Child Care and Outreach Service). All CYS programs are developmental, of very high quality, and are fully accredited through the Department of Defense, the National Association for the Education of Young Children and the National School Age Care Alliance, the latter two being civilian agencies.

For information and referral, contact 384-7483 at Fort Richardson, 353-7713 at Fort Wainwright Central Registration or 353-9545, CYS. Any child using CYS programs must pay an annual registration fee of \$15 per child not to exceed \$35 per family. CYS programs are led by parent advisory councils that meet monthly. All parents are invited to attend and provide input. We also invite parents to visit CYS programs at any time and to extend their volunteer time and talents to the community children.

**Child Development Services (CDS)** offers care for children ranging in ages from four weeks through 12 years of age in three major systems: Child Development Centers (CDCs), Family Child Care (FCC) homes and Outreach Services (OS).

CDC facilities offer full day, hourly preschool, and before and after school care for kindergartners. FCC offers the same services in certified homes where there are well trained, carefully screened providers. SPS includes a central registration desk, information about on- and off-post child care programs, family care plan screening, training for babysitters, and arrangement of special child care needs, such as for special unit functions wishing to



have child care available onsite. Families needing care or having questions about child or youth programs should start by calling the Central Registration Office at 384-7483.

Relocating families should call ahead and make a reservation for care. All CDS programs offer a wide variety of developmental activities of very high quality, which promote the intellectual, social, emotional and physical growth of children.

A typical day in CDS programs includes water play, science and sensory play, outdoor time, dramatic play, creative art, active play with climbing and balancing, music, and opportunities for story telling and looking at books. Growth in language and socialization is particularly encouraged through family-style dining where nutritious meals and snacks are served. The CDS philosophy is that young children learn best through play and exploration. CDS staffs provide the time and encouragement to ensure children come to the program each day happy to be there.

Alaska has a Day Care Assistance Program (DCAP) for families with limited incomes. The Central Registration Office can answer questions about this program or any childcare needs. Families needing care or having questions about child or youth programs should start by calling the Central Registration Office at Fort Richardson, 384-7483, or 353-7713 at Fort Wainwright.

**Full-Day Care:** The hours of operation for full-day care are 6 a.m. – 5:30 p.m. Services are offered Monday through Friday except on federal holidays and some training holidays. At Fort Richardson, the full-day center is in Building 6 across from the Shoppette and can be reached at 384-0686. At Fort Wainwright, the full-day care facility is in Building 4024 near the main gate at 600th and Gaffney

streets, 356-1550.

**Preschool, Toddler Time and Kindergarten Care:** Fort Richardson Preschool, Toddler Time and Kindergarten cares are offered in Building 337 and can be reached at 384-1510. Preschool operates from September through May. On Fort Richardson five-, three-, and two-day morning and afternoon sessions are available. An extended preschool class is also available five, three, and two days a week for five hours each day. Fort Richardson also offers Toddler Time; an enrichment program for toddlers aged 2 to 3. Toddler Time operates two days a week for three hours each day. A nutritious snack is served in all preschool and toddler-time classes. Activities center around monthly themes that allow each child to create a love for learning, promote self-esteem, make new friends, and develop to his/her fullest potential.

Kindergarten Care provides before- and after- school care programs when school is not in session. Care is offered from 6 a.m. – 8:30 a.m. and 3 p.m. – 5:30 p.m. when school is in session and 6 a.m. – 5:30 p.m. for teacher in-service days, school closure days and school vacations. Escort to and from school is provided with transportation on bad-weather days.

Drop-in and daily care is also available in all programs for families who do not need monthly care. Breakfast and an afternoon snack are served during the school year with lunch served during full-day sessions.

On Fort Wainwright, Preschool and Kindergarten Care are in Building 4024 near the main gate at 600th and Gaffney Streets. Preschool is offered in morning and afternoon sessions for two or three days a week. Kindergarten care is provided for before and after school along with transportation. The times vary according to the school the child attends.

**Hourly Care** provides drop-in care with reservations accepted two weeks in advance. We accept children for same-day care if space is available or for a family emergency. Identical developmental care and nutrition are provided in Hourly Care as in the rest of CYS. The fee is \$3.50 per hour. On Fort Richardson the facility is in Building 337 and can be reached at 384-1510. At Fort Wainwright, Hourly Care is in Building 4024 near the main gate at 600th and Gaffney Streets.

**School-Age Services (SAS)** provides before- and after-school care programs for school-age children when school is not in session. Care is offered from 6:00 – 8:30 a.m. and 3 – 5:30 p.m. when school is in session and 6 a.m.-5:30 p.m. for teacher in-service days, school closure days and school vacations. All SAS programs are developmental and recreational in nature with activities ranging from field trips to homework assistance, as well as the opportunity to develop new friends. Drop-in and daily care is also available in all programs for families who do not need monthly care. Breakfast and an afternoon snack are served during the school year with lunch served during full-day sessions. Parents and youth are welcome to visit the program at any time. Fees are based on family income. Registration for the program is through Central Registration.

Fort Richardson SAS is located in Building 337. SAS provides escort to and from school with transportation provided on bad-weather days. SAS offers a wonderful camp program in the summer known as Camp Hoowah.

Fort Wainwright school-age care is located in Birch School and transportation is provided. The phone number is 353-7394.

**Youth Services (YS)** offers a wide variety of programs to meet the social, recreational, physical and cognitive development needs of youth and teens. Programs vary slightly at each post but strive to cover all program areas. Youth Services is a member of the Boys and Girls Club of America (BGCA) and has national affiliations with BGCAs all across the country and overseas. Contact YS for more detailed program information by calling 384-1508 at Fort Richardson and 353-5437 at Fort Wainwright.

The sports program offers health and nutrition workshops, sports clinics, and intramural and group sport activities. These include t-ball, baseball, softball, indoor and outdoor soccer, basketball, and tackle/flag football, along with a wide variety of adventure activities such as rock climbing and white-water rafting.

The arts, leisure and recreation program includes arts and crafts, classes on ballet, gymnastics, taekwon do, piano, and a snack bar. The schedule also includes field trips, talent shows, games, pool, videos, carnivals and dances.

Youth Development staff make sure all inbound and outbound youth feel welcome and manage the college scholarship search program. They also work with teens in special programs such as Teen Discovery and job fairs, as well as assisting the Torch and Teen Supreme Clubs as they plan future programs and community events. Additional activities include Rent-a-Youth, Promise Passport (a youth volunteer initiative), arts and crafts, dances, cookouts, field trips, workforce preparation, and sports and game competitions.



The Fort Richardson YS is famous Army-wide for its excellent Outdoor Adventure Program, which offers two ski and snowboard weeklong camps during Christmas and spring break, and weekly off-post adventure camps during the summer to fishing sites, kayaking and rafting areas, as well as rock climbing and backpacking locations.

Youth Services has programs in three centers at Fort Richardson. The main center on the corner of 6th and Dyea streets houses a large gymnasium, computer lab, teen room, snack bar and three activity rooms for arts and crafts and other programs. The outside features areas for picnics, soccer, basketball, and many other activities on the lawn or in the gazebo. Another outside attraction is the Challenge (Ropes) Course with both high and low elements located across the street from the YS Center. YS also offers a state-of-the-art computer lab and homework center that offers tutoring for all age groups.

Youth Services has programs serving Fort Wainwright in two locations. The main center with a primary population of teens is Building 4109 on Neely Road across from the hospital. This facility includes a racquetball court, a teen weight room, a large gymnasium, snack bar, game room, lounges, computer lab, and in winter an outdoor ice rink. A second center, the Youth Activity Center, with a primary target of pre-teens, has a game room, homework and study room, and a computer lab. It is also in this building where instructional classes in gymnastics, dance, martial arts and music are offered.

**Outreach Service (OS)** offers a variety of childcare support services for families and agencies of the Fort Richardson community. This is a one-stop center where parents can enroll all their children, 6 weeks through 18 years of age, for programs offered by Child and Youth Services (CYS). Children and youth of all ages must enroll before use of service for safety and health purposes. Staff members are available to help parents determine which programs can best meet their family's needs. For those parents needing off-post childcare, the Central Enrollment



staff can offer information and referral services.

For information regarding enrollment procedures or any other OS information on Fort Richardson, please call 384-7483. The Central Enrollment Office in Building 600 is open from 7:30 a.m. – 5:30 p.m., Monday through Friday. On Fort Wainwright, please call 353-7713.

Children with special medical or educational concerns are referred to the Special Care Team prior to being allowed to attend CYS programs. The primary function of this team is to ensure each child is placed in the environment that most appropriately meets all of his/her needs. Special emphasis is placed on providing consistency of care for each child in a safe, healthy, non-restrictive environment. Parents are invited to attend and participate in the team meeting scheduled to review the child's needs. Address questions and concerns to the OS Director.

Short Term Alternate Child Care (STACC) programs and Special Child Care Openings can be made available to meet the surge child-care needs of the community. Surge care is provided when an excessive number of children need care during a specific time period, such as during a community meeting like the Army Family Action Plan conference or during a special unit function. The OS Director will also work with the unit or agency to meet special unit childcare needs during any functions, such as a unit ball or field day. For information, please call the SPS Director.

Volunteer Child Care in the Unit Setting (VCCUS) provides training for unit members who volunteer to provide childcare during Family Support Group meetings, fundraisers and other unit functions. Training should be requested at least four weeks prior to the anticipated need date unless it is an emergency.

The Central Enrollment Office also maintains a teenage babysitter referral list. Teens must be at least 13 years of age and must complete babysitter training prior to being placed on the referral list. SPS provides teenage babysitter training classes at least four times each year. If space is available, teens as young as 11 years of age may participate in the training. However, they will not be included on the referral list until after their 13th birthday.

**Family Child Care (FCC)** provides an excellent option for parents who find that family housing is a more comfortable setting for their child. FCC providers are an important part of



the CDS team and offer equivalent developmental care to that found in child development centers. FCC providers are always needed for families wishing care for their children in a smaller setting and prove to be a wonderful opportunity for spouses who wish to remain at home and begin a professional career as a provider.

Special home categories include infant-toddler homes, school-age homes, special-needs homes, long-term evening and second-shift homes, and hourly care (drop-in) homes. Some homes have achieved an extra mark of excellence by receiving Military Home Accreditation or Child Development Associate credentials.

FCC outreach staffers are readily available with assistance and can provide immediate resources to get an FCC home started through their extensive Toybrary. The Toybrary includes cribs, art supplies, toys, games and many other resources available for loan to FCC providers at no charge.

Specialized training is offered on a variety of topics, including small business practices. FCC provider training includes an in-home family interview, a 40-hour orientation, first aid and cardiopulmonary (CPR) classes, and nutrition and health information. Fire, safety and health inspectors ensure all homes are safe before they begin operation, and a background screening is completed on all family members 12 years and older. Army regulations require that anyone providing regular care in Army quarters must be certified through the FCC office.

Persons interested in joining the FCC team should call or stop by the FCC office at Fort Richardson, 384-1500 (Building 337) or Fort Wainwright, 353-6266 (Building 4176).



## SCHOOLS

Schools on Fort Richardson are part of the Anchorage School District. On-post students in grades K–6 attend either Ursa Major or Ursa Minor elementary schools, depending on housing-area residence. On-post students in grades 7–8 attend Central School of Science and those in grades 9–12 attend Bartlett High School. Families residing off-post should contact the school district to determine which schools service their area. You may contact the school district at 4600 DeBarr Road, Anchorage, Alaska 99504, or call (907) 333-9561.

Schools on Fort Wainwright are part of the Fairbanks North Star Borough School District. On-post students in grades K–6 will attend either Ladd or Arctic Light elementary schools, depending on housing area residence. On-post students in grades 7 and 8 attend Tanana Junior High School and those in grades 9–12 attend Lathrop High School. Families residing off-post should contact the school district to determine which schools service their area. You may contact the school district at 520 Fifth Avenue, Fairbanks, Alaska 99701, or call (907) 452-2000.

To enroll in any Alaska public school, students must present immunization records showing vaccination for DT, DPT, or TD, polio, measles (series of two shots), rubella, Hepatitis A (series of three shots), Hepatitis B (series of three shots), and Varicella (chicken pox). A signed physician's statement is required if there are medical reasons that a child cannot be vaccinated. In addition, kindergarten students must present birth certificates indicating that they will be at least 5 years old before August 15 of the school year. Physical exams are required for kindergartners. First graders must present their birth certificates to show that they will be 6 years old before August 15 of the school year.



## SCOUTING

Boy Scout and Girl Scout troops are available on both posts. Contact Army Community Services (Fort Richardson, 384-1517; Fort Wainwright, 353-7907) for more information.

Ursa Minor Elementary School, Fort Richardson.  
Photo: Sgt 1st Class David Abrams



## LIBRARIES

Want to pan for gold? Fish the Kenai Peninsula? Make sourdough bread? You can find information on these and many other subjects at your post library. The libraries also have magazines, newspapers, cassettes, compact discs and VHS videos that may be used in the library or checked out. Fort Wainwright also has Nintendo and Sega Genesis games.

Active duty, retired military, civilian employees and their family members may use library programs. Hours vary. Call each library for more information.

If you need information or a specific book not in our collection, let the staff know. Books may be borrowed for you on Interlibrary Loan via the Online Computer Library Center (OCLC) network.

The Fort Richardson Post Library is in Bldg 5; the telephone number is 384-1648/1640. This extensive library has more than 50,000 items for checkout to include books, books on tape, compact discs, and videotapes.

The library's special services include a paperback book swap, books on tape, a copy machine, typewriters, computers with research databases and Internet connections, and stereos and compact disc players for use in the library. Call 384-BOOK for the children's Dial-A-Story.

The Fort Wainwright Post Library is on South Post in Building 3700. The phone number is 353-2642. Special services include a paperback book swap, books on tape, copy machine, in-house use of computers with software and a laser printer, electric typewriters, a micro-fiche reader/printer for library fiche, a record/compact disc/audio cassette player, video player and a multi-purpose room. There is a limited amount of audiovisual equipment for checkout to include slide and 16mm film projectors and Polaroid cameras. Please call 353-2462 for telephone reference and 353-2643 for the children's Dial-A-Story.

## CHAPELS

Protestant and Catholic worship services, as well as denominational services, are available on both posts.

At Fort Richardson, services are in the Main Post Chapel (Richardson Drive and Headquarters Loop). At Fort Wainwright they are held at Southern Lights Chapel (8th and Neely) and the Northern Lights Chapel (next to Monterey Lake).

The Religious Education Program involves a variety of activities, which include weekly CCD classes for Catholics and Sunday school classes for Protestants with ages ranging from nursery school through adult groups. Weekly Bible study groups and other adult religious education are also a vital part of the post's Religious Education Program. Vacation Bible Schools are an annual event at each post.

The Protestant and Catholic congregations offer a wide variety of activities through the innovative leadership of Chapel Councils. These include adult and children's choirs, bell choir, Catholic and Protestant Women of the Chapel, Christian men's organizations, and many special family and social events.

The chaplains conduct off-post religious retreats for single soldiers, engaged couples, families, youth and married couples. These range from one-day retreats to weekend activities for couples and families, to a week of camp for children and youth during the summer.

Chaplain Family Life Centers are located at both forts Wainwright and Richardson. Family Life chaplains have advanced degrees in marriage and family counseling and provide individual, couples and family counseling. Soldiers, couples and their families may contact their unit chaplain, the Family Life chaplain, or the chaplain from their respective faith group.

A chaplain is on duty at night and weekends to meet emergency needs of anyone seeking assistance. You may reach the Duty Chaplain on both posts by calling the COC (384-6666) for Fort Richardson or EOC (353-6666) for Fort

Wainwright and asking to speak to the Chaplain.

The Alaska Post and the commander's channels (Ch. 10 at Fort Richardson; Ch. 5 on Fort Wainwright) list a complete schedule of all religious activities. Schedules are also available from the Post Chapels. Call the Main Post Chapel at 384-1461 for information concerning the Fort Richardson Religious Program. For additional information concerning the Fort Wainwright Religious Program, call the Post Chaplain at 353-9825.

Fort Richardson's post chapel.  
Photo: Spc. Nathan Silvers



## COMMISSARIES

Despite its distance from the Lower 48, Defense Commissary Agency (DeCA) commissaries in Alaska stock all the produce, fresh meat, dairy products and other food items you are used to, and they're here with the express purpose of helping to improve your quality of life and help stretch your paycheck. The Anchorage area commissary stocks over 12,000 line items in a nearly new 49,000 square foot supermarket. You'll find a complete deli, bakery and hot foods operation along with a "Grab 'n Go" section to make those quick trips a pleasure.

Surveys conducted on a regular basis show customers shopping the commissary can save in excess of 30 per cent on their grocery bills. These savings can be supplemented by taking advantage of the blue and yellow "Best Value" shelf -talkers identifying the best value for a particular item in the commissary and the best value for a like item compared to prices in the local community. In addition you'll find substantial savings during periodic "case lot" sales

Shoppers may bring guests into the commissary, but you must show a valid ID card at checkout to purchase groceries. We're confident you'll enjoy your shopping experience and find friendly, knowledgeable and helpful employees to make each and every trip to the commissary an enjoyable experience.

The Anchorage Area Commissary, which serves Fort Richardson and Elmendorf AFB, is co-located with the AAFES PX/BX in the Joint Military Mall on Elmendorf AFB. The commissary hours of operation are Monday through Saturday from 10 a.m. to 8 p.m., and Sunday 10 a.m. to 7 p.m..

The Fort Wainwright Commissary is in Building 3703A and is open from 10 a.m. to 7 p.m. Tuesday through Saturday, except for staying open until 10:30 p.m. for late shoppers on Thursday; from 10 a.m. to 6 p.m. on Monday; and from 11 a.m. to 6 p.m. on Sunday. Call 353-7452 for information.

The commissary at Fort Greely, Bldg. 601, is open from 10 a.m. to 6 p.m. Tuesday through Friday, and from 10 a.m. to 4 p.m. on Saturday. Call 873-4404 for information.

For more information on features and special events at your local commissary check out [www.commissaries.com](http://www.commissaries.com), and click on the locations link and choose the commissary nearest you.



The Joint Military Mall,  
Elmendorf AFB,  
Anchorage.  
Photo: Brian Lepley

Fort Wainwright's Commissary.



## ARMY AND AIR FORCE EXCHANGE SERVICE

The Army and Air Force Exchange Service (AAFES) brings a tradition of value, service and support to its 48,000 customers in Alaska. The AAFES mission is to provide quality merchandise and services at uniformly low prices to active-duty military, Guard and Reserve members, military retirees and family members, regardless of where they are stationed, and to donate 100 percent of profits back to our customers for quality-of-life programs and modern places to shop.

AAFES is a non-appropriated fund activity (NAF) of the Department of Defense. AAFES funds 98 percent of its operating budget from the sale of merchandise, food and services to customers. In addition to the local facilities, AAFES offers shopping via the Exchange Catalog and at [www.aafes.com](http://www.aafes.com).

Fort Wainwright's PX.  
Photo: Sgt. Cecile Cromarte



## FORT WAINWRIGHT

Post Exchange  
356-1345  
Sat.–Fri. 10 a.m.–8 p.m.  
Sun. 10 a.m.–7 p.m.

PX Barber Shop  
356-1070  
Mon.–Sat. 9 a.m.–7 p.m.  
Sun. noon–5 p.m.

Bldg 1021 Barber Shop  
356-1755  
Mon.–Wed. 9 a.m.–5 p.m.

### Food Court

356-1973

Anthony's Pizza  
Mon.–Fri. 10:30 a.m.–8 p.m.  
Sat. 11 a.m.–8 p.m.  
Sun. noon–6 p.m.

Robin Hood Deli  
Mon.–Fri. 10:30 a.m.–7 p.m.  
Sat. 11 a.m.–7 p.m.  
Sun. noon–6 p.m.

Clothing Sales  
353-6006  
Mon.–Fri. 10 a.m.–6 p.m.  
Sat. 11 a.m.–5 p.m.  
Sun. closed

Shoppette  
353-7259  
Mon.–Fri. 7 a.m.–midnight  
Sat.–Sun. 9 a.m.–midnight

Gas Station  
356-1263  
Mon.–Fri. 7 a.m.–8 p.m.  
Sat.–Sun. 9 a.m.–5 p.m.

Sports Store  
356-1215  
Mon.–Fri. 10 a.m.–8 p.m.  
Sat.–10 a.m.–5 p.m.  
Sun.–11 a.m.–5 p.m.

Furniture Store  
353-2653  
Mon.–Fri. 11 a.m.–7 p.m.  
Sat.–Sun. 11 a.m.–6 p.m.

Class VI  
356-1044  
Mon.–Thurs. 11 a.m.–8 p.m.  
Fri.–Sat. 10 a.m.–9 p.m.  
Sun. 11 a.m.–6 p.m.

Burger King  
356-3130  
Mon.–Fri. 6:30 a.m.–8 p.m.  
Sat. 6:30 a.m.–8 p.m.  
Sun. 11 a.m.–7 p.m.

## FORT RICHARDSON

**Joint Military Mall Exchange at Elmendorf**  
753-4420  
Mon.–Sat. 9 a.m.–9 p.m.  
Sun. 10 a.m.–7 p.m.

Clothing Sales  
753-4420 ext. 288  
Mon.–Sat. 9 a.m.–9 p.m.  
Sun. 10 a.m.–7 p.m.

Barber Shop  
753-1344  
Mon.–Sat. 9 a.m.–9 p.m.  
Sun. 10 a.m.–7 p.m.

### Food Court

Frank's Franks  
Mon.–Sat. 10:30 a.m.–3 p.m.  
Closed Sunday

Anthony's Pizza  
Mon.–Sat. 10:30 a.m.–9 p.m.  
Sun. 10:30 a.m.–7 p.m.

Church's Chicken  
Mon.–Sat. 10:30 a.m.–9 p.m.  
Sun. 10:30 a.m.–7 p.m.

Robin Hood Deli  
Mon.–Sat. 10:30 a.m.–9 p.m.  
Sun. 10:30 a.m.–7 p.m.

Charlie's Steakery  
Mon.–Sat. 6:30 a.m.–9 p.m.  
Sun. 10:30 a.m.–7 p.m.

Seattle's Best Coffee  
Mon.–Sat. 6:30 a.m.–9 p.m.  
Sun. 10:30 a.m.–7 p.m.

Cinnabon  
Mon.–Sat. 8 a.m.–7 p.m.  
Sun. 9 a.m.–5 p.m.

### On-Post Facilities

Shoppette  
428-3190  
Mon.–Fri. 7 a.m.–midnight  
Sat. 8 a.m.–midnight  
Sun. 9 a.m.–midnight

Bldg. 5 Barber Shop  
428-1221  
Mon.–Fri. 8 a.m.–6 p.m.  
Sat. 9 a.m.–5 p.m.

Bldg. 600 Barber Shop  
428-1229  
Mon.–Fri. 9 a.m.–5 p.m.

Car Care Center  
428-1249  
Mon.–Fri. 5 a.m.–8 p.m.  
Sat. 7 a.m.–7 p.m.  
Sun. 10 a.m.–5 p.m.

Burger King  
428-2650  
Mon.–Fri. 6:30 a.m.–9 p.m.  
Sat. 8 a.m.–6 p.m.  
Sun. 10 a.m.–5 p.m.

## EMPLOYMENT

Some Alaska soldiers and many family members have part- and full-time jobs. Information concerning the availability of specific federal jobs both on and off post, for several agencies, can be found on the Internet.

A variety of Army positions are filled through the Civilian Personnel Advisory Center (CPAC) and competition for positions is keen. The higher wage rates paid in the local area coupled with the smaller number of jobs available leads to a very competitive labor market.

Information about all Army "civil service jobs" (i.e. appropriated fund jobs) is available on the Internet at <http://www.cpol.army.mil>. Once at this site put your cursor on "Links" (on left hand side of page), and you will get a drop-down menu. Move your cursor to "Regional Homepages" and another drop-down menu will appear. Click "Pacific." Once you are at this page click "Employment Information" then "Vacancies." For Army-appropriated fund jobs currently being recruited through the CPAC scroll down to the map and click on the state of Alaska. Then click on "Search Now." This will take you to a page containing a listing of all current appropriated fund ("civil service") Army vacancies being recruited for in the CPAC serviced area.

At Fort Wainwright, contact the CPAC Satellite Office, Building 3401, at (907) 353-7203 for information about Non-Appropriated Fund (NAF) jobs, or the Army Community Service Family Member Program coordinator

at 353-6267 for assistance in securing employment information and assistance. You can also contact 353-7208 for general information about appropriated fund jobs. Information is also available through a state job service. Please write: Alaska Department of Labor, Alaska State Employment Service, P.O. Box 10-10, Fairbanks, AK 99701. The office is in the state building on 7th Avenue in Fairbanks.

At Fort Richardson, the Civilian Personnel Advisory Center (CPAC) is located in Building 602, on the first floor. You can call 384-1374 for general information about appropriated fund jobs. It also provides information about NAF job opportunities. The telephone number is 384-1379 for NAF positions. The CPAC also maintains a satellite office on Elmendorf Air Force Base (EAFB), which provides CPAC services to the Alaska District, U. S. Army Corps of Engineers. The CPAC Satellite Office is located in Building 700-21, EAFB. You can call 753-2824 for general information about appropriated fund jobs on the base.

Military family members may be eligible for spouse preference and should contact the nearest CPAC office upon arrival.

In Anchorage, Job Service, located at 3301 Eagle Street, places workers in the private sector. The recorded job-information number is 269-4770. The Anchorage Chamber of Commerce is located at 437 E Street, Suite 300, Anchorage, AK 99501-2365.

### Equal Employment Opportunity

A workplace providing full and fair employment opportunities for the federal government's civilian workforce became law with the Civil Rights Act of 1964. Executive Order 11478, followed by the passage of laws, statutes and amendments, made it unlawful to discriminate in making decisions or treating people differently based on improper reasons of race, color, age, sex, religion, national origin or disability.

U.S. Army Alaska uses a variety of tools to provide full and fair employment opportunities to its military and civilian work forces. Civil rights information for the civilian work force is provided through the Equal Employment Opportunity (EEO) Office at the following locations: Fort Richardson, Building 1, Room 217, telephone number, 384-2034/2080; Fort Wainwright, Building 1555, Room 116B, telephone number, 353-9063.

The objectives are straightforward. The first is to provide a full and fair opportunity for all employees and applicants for employment, to the

extent of their abilities, to pursue a career. The second is to provide for the nondiscriminatory treatment of all employees in the course of carrying out their duties in the work place.

The EEO Office has four programs: Affirmative Employment, Complaints of Discrimination, Training, and Special Emphasis, with a cadre of paid and collateral-duty staff to service the civilian work force.

The staff solicits comments and welcomes callers requesting service or advice, as well as employees interested in cross-training in the career field of EEO.

Pamphlets, brochures and other publications explaining the implementation of civil rights in U.S. Army Alaska are available in the EEO offices.

For soldiers, the Equal Opportunity (EO) Program is an integral part of the Army mission. EO Program information can be obtained from the USARAK EO Advisor, located at Fort Richardson, Building 1, Room 229, 384-0336.

## ARMED SERVICES YMCA

The Armed Services YMCA of Alaska is located on Fort Richardson in Building 5 and on Fort Wainwright in Building 3401, room 236, and has been serving the Alaskan military community since 1941. Its mission is to focus on the needs of military personnel and their families, with an emphasis on the junior enlisted grades, particularly junior single enlisted and single parents.

Working in partnership with the military and civilian communities, the ASYMCA provides over 30 programs and services on a year-round basis. Programs and services differ between the two installations, largely in response to local needs and conditions. Both operate military courtesy lounges, one at Ted Stevens Anchorage International Airport and the other at Fairbanks International Airport, for military travelers transiting in and out of Alaska. Military welcome centers on both

posts offer numerous visitors guides and informational brochures about the posts, the local communities and Alaska in general.

In the Anchorage area, the ASYMCA operates a full-service Women, Infants and Children (WIC) program clinic in Building 600 and at the 3rd Medical Group Hospital on Elmendorf AFB.

Known as the “go-to” organization, the Armed Services YMCA of Alaska provides support to organizational clubs (i.e., booster clubs) and individuals in need. “Filling the gap” is a trademark of the “Y”.

For more information on the ASYMCA, call (907) 384-9622 on Fort Richardson or (907) 353-5962 on Fort Wainwright. Hours of operation at both posts vary.

The ASYMCA central office is located on Elmendorf AFB in Anchorage, and can be reached at (907) 552-9622.

## AMERICAN RED CROSS

The American Red Cross is mandated by Congress (36 U.S.C.) to provide service to the Armed Forces of the United States. At the same time, Federal law prohibits the Red Cross from using tax moneys to meet its costs in providing these services. Therefore, funds generously donated by the American public directly to the organization and through the Combined Federal Campaign pay for all operating costs. Services provided for military personnel and their families include:

- Emergency communications concerning the death or critical illness of family members. These emergency messages provide the service member and his family with information about the emergency, and provide military authorities with details necessary to make informed leave decisions in accordance with Army Regulations.
- Communications to meet other emergency needs in selected situations such as breakdown in childcare plans,

Aid Society, loan concurrence, etc.

- Communications of a non-emergency but essential nature that cannot be handled effectively except by the use of Red Cross resources.
- Financial assistance on behalf of the Aid Societies to meet travel expenses in connection with emergency leave and to meet other emergency needs in selected situations.
- Referral or information about other appropriate offices, agencies or organizations that provide service to military personnel and their families.
- An opportunity for military family members to provide service to the military community as a Red Cross volunteer serving in the hospital, clinic or at other post activities.
- The Red Cross also offers First Aid, Cardiopulmonary Resuscitation (CPR) and Water Safety courses as well as Disaster Services and training. Contact the local Red Cross station manager or office serving the military community.

The 24-hour number for emergency communications is (877) 272-7337.

At Fort Wainwright, the Red Cross office is in Building 1024. For more information, call 353-7234.

The Elmendorf Air Force Base Red Cross office serves Fort Richardson. It is located in Denali Hall at 7179 Fighter Drive. For more information, call 552-5253.

There is also a Red Cross office on Fort Richardson in Building 600, the Welcome Center. For more information, call 384-0261.





Photo: Spc. Nicole Jackson



## VETERINARY SERVICES

The U.S. Army Veterinary Services-Alaska provides veterinary medical care for all DOD installations throughout the state. Direct your questions about policies regarding pets in Alaska to commander, Alaska District Veterinary Command at DSN 317 353-5452 or commercial (907) 353-5452.

Animal companionship can be especially beneficial to a service family stationed in Alaska, but it should be emphasized that pets are a privilege and keeping them on post entails many responsibilities. Each family is authorized two pets. Pet owners are responsible for the well-being of their animals, as well as the sanitation of the environment. Owners who cannot adequately care and maintain their pets will be asked to remove them from the installation. Indoor pets are the easiest to maintain because of the restrictive climate and compactness of the family housing area. Owners of parrots and other birds should contact their local USDA or state agriculture department prior to coming to Alaska to learn the most recent regulations governing movement of these birds through Canada to Alaska.

Veterinary services available include immunizations for rabies and other animal diseases, post registration, health certificate examinations, and sick call with diagnostic and therapeutic procedures for infectious diseases. Boarding, hospitalization, and major surgery are not available. Due to availability of civilian veterinarians in the local communities, and limitations of the military veterinary services, emergency care should be sought off post.

Fort Wainwright's Veterinary Treatment Facility is Building 3597. Personnel may schedule appointments by calling 353-2910, Monday through Friday.

At Fort Richardson, the Veterinary Treatment Facility is in Building 47-811, on the Davis Highway between Fifth and Sixth streets. Personnel may schedule appointments by calling 384-2865, Monday through Wednesday and Friday.

Sgt. Damien Butler, Alaska District Veterinary Command, candling an egg at the commissary.  
Photo: Sgt. Robyn Baer





Photo: Staff Sgt. Sharon McBride

## OFFICERS' SPOUSES' CLUBS

### Fort Richardson

The Fort Richardson Officers' Spouses' Club (OSC) offers a variety of activities for the spouses of active duty and retired officers. The club is also open to active duty female officers and current or retired civilians grade GS7 and above or their spouses.

During the club's year (September-May) there are monthly functions planned as well as an opportunity to become involved in a wide variety of classes and activities. Joining OSC provides a chance to make lasting friendships, get involved with the community and create wonderful memories.

The OSC hosts an annual fund-raiser, The Country Fair, every November. The money brought in from this event is given back to the community through scholarships, awards and donations. Military family members who are high school seniors and current college students may apply for the scholarships. Donations are given to the Fort Richardson community, the Anchorage area and national military support organizations. The OSC also acts as a sponsor for the Soldier of the Month and NCO of the Quarter awards.

For more information, please contact the Fort Richardson Officers' Spouses' Club, P.O. Box 5524, Fort Richardson, AK 99505.

### Fort Wainwright

Eligibility for membership in the Fort Wainwright Officers' Spouses' Club mirrors those at the Fort Richardson club. Throughout the year there are monthly opportunities to engage in social activities and service to our local and national communities. All members have the opportunity to attend the lunch bunch, the playgroup, the monthly event or the monthly board meetings. The club stages an annual fundraiser, the Holly Days Bazaar. A beautiful afghan with all the memories of Fort Wainwright is available through the OSC. The OSC profits provide donations to the community in scholarships, and donations to national organizations, to include local military.

For more information, please contact the Fort Wainwright Officers' Spouses' Club  
P.O. Box 35054, Fort Wainwright, AK 99703  
E-mail [frozenkoger@gci.net](mailto:frozenkoger@gci.net).

At Fort Wainwright, Enlisted Spouses can write to the following addresses:

Fort Wainwright Enlisted Spouses' Club  
PO Box 35298  
Ft. Wainwright, AK 99703