Voice of the Arctic Newsletter 59th Signal Bn

From the BN Commander LTC Schilling

First Year in Command Review

Team,

People who have never traveled to Alaska have a tendency to look at me with amazement when I tell them that my first choice for command was the 59th Signal Battalion in Alaska. I think most folks have a vision of Alaska as a year round snow covered wind-blown tundra with very little daylight. Well, they are partially right, but for only a few months out of the year. I fell in love with this place as I stood on the podium, making my incoming commander speech and looking out over the Chugiak Mountain range that dominates the surrounding view of Fort Richardson. There could not be a more stunning backdrop or a more exciting place to live and command. To quote MG Jacoby, Commanding General, US Army Alaska, "if it's important and happening in the Army, it's happening in Alaska." When I look back over the last year, 14 July 2005 seems like it was yesterday.

Within 2 weeks of taking command of the Battalion, 172d Stryker Brigade deployed in support of OIF. Later in the year 4-25th Infantry Brigade Combat Team (Airborne) activated as a new unit to the Army and started the long road to training for a deployment in late FY 06 to OIF. An Aviation Task Force was stood up from scratch with the relocation of 1-52 Aviation Battalion from the Republic of Korea and the restationing of 6-17 Calvary Squadron from Hawaii. The Artic Finance Battalion was deactivated and every separate company stationed in Alaska (164th MP CO, 864th ENG CO, 98th Maint CO) deployed or redeployed from OIF or OEF. The US Army Alaska Headquarters transformed from a Training, Readiness and Oversight staff to a Warfighting Staff with the Army Campaign Plan approved designation of the US Army Pacific Early Entry Command Post.

The 59th Signal Battalion has had a major role in every one of these major muscle movements in Alaska. I have never served in a finer organization, doing more with less, doing it smarter and doing it well, all at the same time. The accomplishments of the unit that make me most proud are: Brigade Soldier of the Year, SPC Kelly Toney, HHD; Brigade NCO of the year, SSG James Fawvor, 507th Sig Co; Brigade Federal Employee of the Year (clerk), Susan Allmeroth, 507th Signal Company; DISA PAC facilities of the year in two categories, Defense Red Switch and DCSC SATCOM, FT Greely; providing tactical IT services to 4-25th IBCT(ABN) in garrison and during their FTX; and the Family Readiness Group support to 172d SBCT, processing over 40,000

Health Morale Welfare calls and countless VTCs between family members and deployed soldiers. The Garrison at Fort Greely continues to grow by leaps and bounds as the missile defense mission expands and US Army Alaska expands use of Donnelly Training Area. No matter what I've asked of the team here in the Artic, they have dug down deep and produced.

I will never forget the day I got off the plane at Fort Wainwright, Alaska and the digital thermometer read -64 degrees Fahrenheit. Or the time I spent visiting Fort Greely at -20 degrees Fahrenheit with a sustained wind of about 30 MPH. The Artic environment is harsh and unforgiving but produces folks with a spirit and mindset that "it can be done" and that is truly what makes this battalion great. You never get used to having to alter your PT running route because there is a moose on the trail (like what happened to me this week) or having that uneasy feeling as you run through the training area that you might happen upon a hungry grizzly bear at any time. It's a hard adjustment to think of yourself as prey instead of predator. You have to ask CPT Hurlburt about that as he almost became prey had it not been for the MPs who saved him from a Bear attack.

As I look out over the next year in command, I don't see the pace slowing down. I'm sure the second year will go as fast as this year has gone. In the Fall we will welcome the 172nd SBCT back from OIF and pay tribute to the fallen heroes who did not return with them. We will farewell the 4-25th IBCT(ABN) as they deploy to OIF and pray that they all return safely. We will complete the major, multi-million dollar cabling projects at Fort Richardson and Fort Greely, replacing infrastructure that has been around since the mid 20th century. The US Army Pacific's Early Entry Command Post will get its initial operational capability and we will welcome A Company, 307th Signal Battalion to the Artic Warrior family to support the headquarters' transformation. I look forward to next year with great anticipation of continued challenges met with outstanding accomplishments by the fine Arctic Warriors and civilians of this Battalion. Voice of the Artic, Out!!!!

VR
JRS

CSM Curry

The 59th Signal Battalion Welcomes our new CSM…

Command Sergeant Major Darris Curry hails from Columbia, South Carolina where he graduated from Eau Claire High School in May, 1984. He joined the Army in June 1984 and completed Basic Training at Fort Jackson, South Carolina and AIT at Fort Gordon, Georgia.

CSM Curry has held numerous leadership positions including Squad Leader, Platoon Sergeant, First Sergeant, Telecommunications Center (TCC) Shift Supervisor, TCC NCOIC, COMSEC Custodian, Unit Training NCO, Computer Help Desk NCOIC, Computer Facility NCOIC, Division NCOIC, Directorate NCOIC, Senior Logistics Analyst, Presidential Communications Center Team Leader and Vice Presidential Communications Officer. His assignments include the Automated Multi Media Exchange (AMME), 228th Signal Company, Frankfurt, Germany; Camp Howze TCC, 552nd Signal Company,

Munson, Korea; White House Communications Agency, Washington, DC; White House Communications Agency, Luke AFB, AZ; Yongsan Support Facility, 169th Signal Company, Seoul, Korea; United States Army Recruiting Command Headquarters, Fort Knox, Kentucky; Regional Signal Group SHAPE, Casteau, Belgium; United States Army Sergeants Major Academy (USASMA), Fort Bliss, TX and the 321st Theater Materiel Management Center, Baton Rouge, Louisiana. He has been on deployments to Pristina, Kosovo and Camp Arifjan, Kuwait.

CSM Curry's military education includes PLDC, BNCOC (Distinguished Honor Graduate), ANCOC (Commandant's List), Battle Staff, USASMA Class #54, and numerous technical and administrative courses. His awards include the Presidential Service Badge, Defense Meritorious Service Medal (2), Meritorious Service Medal (2), Joint Service Commendation Medal (2), Army Commendation Medal (2), Joint Service Achievement Medal (2), Army Achievement Medal (3), Military Outstanding Volunteer Service Medal, Joint Meritorious Unit Award (5), Army Superior Unit Award, Driver's Badge, and the German Physical Fitness Efficiency Badge.

CSM Curry has earned both an Associates Degree in Liberal Arts and a Bachelors Degree in Information Systems Management from the University of Maryland. He is currently pursuing a Masters Degree in Management of Information Systems from Bowie State University. He has earned the Information Technology certifications of Certified Novell Administrator (CNA-4.11), Certified Novell Engineer (CNE4.11), A+ Computer Technician and Network+ Technician.
He has 2 children.

Salmon Fishing trip to Willow Creek. LTC Schilling, CSM Curry, MAJ Parker, MAj Jones, CPT Hurlburt, SFC Nabulsi, Mike Krause

Trivia, Trivia, Trivia!
By SPC Atticus Fisher

1. Q: Some 45% of wives say their husbands snore. How many husbands will admit it: (a) 5%; (b) 15%; or (c) 25%?

2. Q: In North America, children hang their stockings at Christmas. In Holland, do children receive gifts in their: (a) stockings; (b) shoes; or (c) hats?

3. Q: Who tap, tap, taps on your window pane to tell you they're in town: (a) Alvin, Simon, & Theodore; (b) Suzy Snowflake; or (c) six geese a-laying?

4. Q: For every dollar you spend for produce at the supermarket, how much goes to the farmer who grew the produce: (a) 5 cents; (b) 10 cents; or (c) 15 cents?

5. Q: Your co-workers are harassing you about your severely stained coffee cup. Should you: (a) plant a flower in it; (b) file a lawsuit for cup abuse; or (c) sprinkle baking soda on a damp sponge and wipe away the stains?

6. Q: What country started the Christmas tradition of exchanging gifts: (a) Italy; (b) Greece; or (c) Norway?

7. Q: According to USA Today, is the favorite luxury car of more U.S. corporate financial officers: (a) Mercedes-Benz; (b) Lexus; or (c) BMW?

8. Q: How many American women over age 35 now play basketball in leagues: (a) 17; (b) 170-thousand; or (c) 1.7-million?

9. Q: You suffer from misopedia. Do you have an abnormal aversion to: (a) very large books; (b) children; or (c) people who won't spend money?

10. Q: According to British research, which daily personal grooming activity soon may no longer be necessary: (a) tooth brushing; (b) hair combing; or (c) showering or bathing?

11. Q: When Bill Gates formed his first company to sell a computerized traffic counting system to cities, was he: (a) 14; (b) 16; or (c) 18?

12. Q: People who exercise regularly sleep more soundly, with one exception. Is the one exception: (a) children with asthma; (b) women who work out in the evening; or (c) men who work out in the morning?

13. Q: How many American men have not had a vacation in the past year: (a) 62%; (b) 72%; or (c) 82%?

14. Q: According to research at Columbia University, which teenagers are more likely to smoke, drink, and use drugs: (a) the ones raised by single mothers; or (b) the ones who have bad relationships with their fathers in two-parent families?

Correct answers are on page_10_.

Words of Wisdom from SPC Fisher:

We feel closer to everybody at Christmas time — especially in the checkout lines - Education will never be as expensive as ignorance- What the world needs is fewer rules and more good examples - It's best to let God have our life because He can do more with it than we can.

From the HHD Commander

By CPT Michael D. Clayton

Memorial Day marks the start of the spring and summer outdoor activity months in Alaska. As we know, the spring and summer months in Alaska from Memorial Day through Labor Day traditionally present higher than normal risks for off-duty incidence. To keep our HHD, 59th Signal Battalion family safe, a heightened state of awareness and the practice of good risk management both on an off the job are essential to mitigate risks. We need to stay alert of the temptations and risks that can cause accident and injury. Let's make sure that common sense is most common in all our undertakings this summer. So let's keep in mind the basics like:

* Refuse to let your friends drink and drive ... require a designated driver!
* Wear all your personal protective equipment ... seat belts, helmets, life vests!
* Maintain control of your vehicle ... and remember speed kills!
* Don't count on being lucky ... be prepared for things to go wrong!
* Remember that fatigue is not your friend ... have a good plan and stick to it!
* Know the risks are involved in everything you do ... keep your risks to a minimum!
* If you can't reduce the risks to an acceptable level ... "knock-it-off" and don't do it!

* Demand that your subordinates, friends, and families manage their risks, too!

Enjoy your well-deserved vacations, fishing trips, reunions, summer sports, celebrations, and leaves, and let's all have a successful, enjoyable and safe Alaska summer!

CPT Clayton

From the 507th Commander

By CPT Mike Reeder

The first quarter of my command has been an extraordinarily busy, yet successful quarter North of the Range. With each new day I find myself thankful to be a member of such a professional and dedicated team. Even while battling budget constraints, personnel shortages, the redeployment of the 172d Stryker Brigade Combat Team (SBCT) and the impending opening of the new Basset Army Hospital the members of the 507th have remained upbeat and mission focused. They have truly made it a pleasure to come to work each day.

As always, the members of the 507th team have earned their share of recognition this quarter. CW3 (P) Mitchell has been selected for promotion, and will pin on CW4 on 1 August. SGT Gardner was selected as the Battalion NCO of the Quarter, and SSG Fawvor, the Brigade NCO of the Year, will compete in the NETCOM NCO of the Year Board at the end of July. Finally, Mrs. Edie Benson will receive her 30-Year Service Award later this month for over thirty years of devoted service to this country.

Members of the 507th have also been serving overseas in support of the Global War On Terrorism. Jose Hernandez returned this month from a 120 day deployment to Kuwait where he assisted in the assessment and improvement of the 160th Signal Brigade's Theater Network Operations Support Center (TNOSC). The 160th Signal Brigade manages both the operational and joint tactical communications network supporting Operation IRAQI FREEDOM in Iraq and Kuwait and Operation ENDURING FREEDOM in Afghanistan. Additionally, Randy Duckett of the Fort Wainwright Official Mail and Distribution Center (OMDC) will depart at the end of July for a two year deployment with the Florida National Guard.

CPT Reeder with words of Wisdom at his Change Command Ceremony

The last quarter has seen several key loses in the Company. SGT Montaque left for Fort Bragg, North Carolina and PFC Lucin departed for Fort Carson, Colorado. Additionally, SGT Say and PVT Dougherty both concluded their military service to their nation and returned home to Florida and Georgia to begin the next phase of their lives. Bob Hearne, a true workhorse in our plans shop, retired and is returning with his family to Arizona. Finally, Chris Gyden from our Local Network Operations Support Center (LNOSC) accepted another position at Fort Wainwright with the Moral, Welfare and Recreation (MWR) Department. The departure of these personnel has left a large gap in our Company and they will truly be missed, however we wish them the best of luck in their future endeavors.

The Company has also added three new families to team as well. SGT Gutowski, SGT Jolicoeur and SPC Wilczynski have all arrived in the last two weeks. SGT Gutowski, a 92Y who joins us from Fort Detrick, Maryland, will serve in our supply office. SGT Jolicoeur, a 25B who joins us from Fort Bliss, Texas, will be busy in our LNOSC. SPC Wilczynski, a 25C who joins us from Fort Stewart, Georgia, will become our Alaska Land Mobile Radio (ALMR) and Military Affiliate Radio System (MARS) operator. I would like to welcome each of these new Soldiers and their families to the 507th and state how excited we are to add them to our team.

The upcoming months will prove extremely demanding for the Company. Over the next three weeks our friends and neighbors in the 172d SBCT will return to Fort Wainwright after a year long deployment to Iraq. Upon their return they will be reflagged into the 25th Infantry Division and most units will occupy new operations facilities and barracks. This will mean an increased workload for us as we ensure their phone and network requirements are met. Additionally, we are in the final leg of the new Basset Army Hospital which is projected to open in October. This has been a venture in which the Company has been integrally involved in for several years, and we are excited to see this project, which our personnel have worked so hard on, finally come to fruition. The new hospital is something in which this Company and our community can be extremely proud of.

As I alluded to earlier, it is an honor to serve with the 507th and I would like to take this opportunity to thank its personnel and their families for the work they do each day. We are an Army at war, and you play an integral role in the success of our military.

Captain Reeder

Workout Tips
By SSG Eric Woldeit
"6 ways to get the most out of your workout": Workout

So, you want to maximize the time you spend in the gym. Here are some ways to make sure you are getting the most out of your workouts.

1. Hydrate - drink plenty of water before, during and after you work out. Being even slightly dehydrated will reduce your strength and endurance, increase muscle soreness, and delay your recovery time.
2. Eat some lean protein within 45 minutes after working out. During the first 45 minutes after working out your body is hungry

for protein. Give your body what it needs and you'll recover faster and develop more lean body tissue.
3. Get enough rest. Contrary to popular belief your body does not get stronger or fitter at the gym. Your workouts only produce a stimulus for your body to change. The positive changes that happen to your body happen afterwards. Get 8 hours of sleep and enough down-time to keep refreshed.
4. Unless you are training for a marathon or other distance event - keep your workouts short. For strength, aerobic, and muscular endurance gains - 45 minutes to an hour is enough of a workout. During that time you can focus on making your workouts intense without overdoing it. You should strive to be "fresh" every workout.
5. Do some kind of progressive resistance exercise. Many people avoid weightlifting and stick to cardiovascular workouts to try to lose fat. Resistance exercise builds lean body mass - which increases your metabolism and helps burn fat. It also keeps your bones, muscles, and joints strong - and can create a more shapely body for men and women.
Worried about looking like a bodybuilder? Unless you spend 6 hours a day in the gym and take $100 a day worth of supplements - this is very unlikely to happen by accident. Bodybuilders tend to be genetically gifted individuals that train very differently than you or I ever would.
6. Keep a positive mental attitude. Setting reasonable goals for yourself will help you stay motivated to keep up your training. Find ways to enjoy working out.
You could go with a friend, listen to music, or take up an activity you enjoy - like kickboxing. Don't be too hard on yourself if you have to miss a workout - but get back in the game as soon as you can. Stay positive!

Here is a free website that has some work out programs and tips on exercises http://www.bodybuilding.com/

Investment advice and suggestions
By CPT Michael D. Clayton

Most of you have heard me talk about the importance of setting goals. Setting attainable goals is particularly important when it comes to investing your hard earned money. Wouldn't we all like to be like Warren Buffet, who is the world most successful investor, and watch our investments grow 10, 50, 100 times or more and become filthy rich. Although investing is a subtle and complicated endeavor, everyone can benefit from a simple set of rules and principles. Average investors who want to improve their understanding of financial markets can tap into these simple set of guidelines for building long-term success in the stock market. Consider these simple tips for investment success:

Tip 1: Diversity
Most successful investors divide their money among different asset categories or put their money in funds that invest in more than one category.

Diversification increases the chance that a temporary poor performance by one asset category will be counter-balanced by good performance in another. Diversification can improve your earnings potential while controlling the amount of risk you take.

Tip 2: Think long-term
Most successful investors have a long-term plan. By investing money regularly over a long period of time, you'll get to take advantage of the downs as well as the ups of the market. (When

values are down, your contributions will buy you more.) Plus, by holding investments for the long term, you give them time to grow and potentially overcome short-term volatility.

Tip 3: Review your needs and circumstances regularly
While investing for the long term is important, it's also important to update your investments as you get older and your financial circumstances or goals change. Most successful investors go after higher potential earnings more aggressively in their early years of saving and investing. Then as they approach the time they'll need a withdrawal, they gradually shift to a more conservative mix.

Tip 4: Avoid trying to "time" the market
Contrary to what you might expect, most successful investors do not anxiously watch the markets. Nor do they constantly move their money in and out of different investments.

The odds are against your being able to predict when the market is going to go up or down. Even the pros do not have a very good record of buying "low" and selling "high".

Tip 5: Stay cool
Remember your long-term plan.

It can be risky to make rash changes. For instance, you would be locking in a loss if you pulled out of a fund that lost value before it had a chance to rebound. Doing this could turn a temporary market condition into a permanent one for you.

Fisher: Fun Facts from SPC Fisher

- Theodore Roosevelt had more pets at the White House than any other president, including cats, dogs, ponies, guinea pigs, lizards, and kangaroos.
- People who can see themselves in a mirror while eating consume 32% less fatty foods than those who can't (Research at Iowa State University, Ames).

Not Your Everyday Four-door Sedan

By SPC Glenn Deguzman

With every turn, bend, stop, and go you never know what to expect when you hop in the cockpit of your car. Luckily you are driving a high-performance, all-wheel-drive, 2004 Subaru

Impreza WRX. With the suspension and handling to make it feel like you're riding on rails, this car will get you from point A to point B in the safest, fastest way possible.

Comfort
If you want an everyday, comfortable sport car then this is the car for you. The front two seats are highly-supported and yet provide tremendous support and comfort. The rear seats are roomy for the size of this sedan. The genuine Momo sport steering wheel is tilt-adjustable and is fitted with thick leather for comfort and performance driving. While driving the roads of America's Last Frontier, you can sit back and listen to an AM/FM/cassette/6-CD in-dash changer audio unit that is standard equipment along with power windows, mirrors, and keyless entry. You get all these goodies and more with a price tag of under $27,000.

Driving
Along with the list of standard equipment you get with the WRX, you get a suspension that is firm and perfect for everyday driving or for a fun weekend warrior. The all-wheel-drive (AWD) system comes standard with the WRX. It also includes a limited slip differential (LSD). The LSD reacts quickly when traction isn't optimal to all four wheels. It transfers power to the wheels that can make the most traction. This definitely improves handling especially during the most unpredictable driving conditions in the long winter months in Alaska. Even though it will improve traction in snowy conditions, the AWD system improves traction on dry pavement.

Performance
Given a 2.0-liter engine that generates 227 turbocharged horses, this car can sprint to 60 mph in little over five seconds without skipping a beat. The 227 horses are accompanied with 217 ft/lb torque. The WRX is surely strong for the get go. Throttle response is immediate once revs are over 2500 rpm. The short throw five-speed transmission is the best choice for performance. It has less weight and has closer spaced gear rations. And to help slow this car down, the WRX has four-wheel antilock disc breaks with twin-piston front calipers. The true power of the car is ready to be opened up with every wide open throttle run you please. Or can be driven conservatively day in and day out without sacrificing your wallet with today's gas prices. This Subaru gets 20 city mpg or 27 highway mpg. Even with all the performance, the car's safety features should not be overlooked.

Safety
The WRX can sit up to five grown adults and has three-point safety belts at all seating positions. Not to mention front and side airbags for added peace of mind. Subaru also included Daytime Running Lamps for added safety. Subaru has also enhanced its safety by its "Ring Shaped Reinforcement Frame" chassis structure, which contains the passenger compartment in a safety cage that has front and rear crumple zones.

Conclusion
The WRX zips through every turn with complete control and still manages to get to your destination with complete comfort. What you get for the car greatly outweighs the cost of the car. You get performance, excellent ride comfort, and safety to back all this up. To sum it all up, it's pretty easy to say this is not your everyday four-door sedan.

Specs
Manufacturer contact: Subaru Web site

Color options: white, black, silver, red, blue

Acceleration: 0-60 mph in over five seconds (estimated)

Engine type: aluminum alloy, horizontally opposed four-cylinder; DOHC; 2.0 liter

Horsepower: 227 @6,000 rpm

Torque: 217 foot-pounds @4,000 rpm

EPA mileage: 20 city/27 highway

Review of 1st To Die by James Patterson.
By SPC Atticus Fisher

While on leave I read the book 1st to Die by James Patterson, also the author of Kiss the Girls and Along Came the Spider. This Thriller/Suspense will not help you sleep. On more than on occasion I found myself up in the wee hours of the morning. I simply could not put it down. It takes so many twists and turns that it will keep you on your toes, and as soon as you are convinced that you know who the murder is it spins you in the opposite direction. The main character races to solve 3 double homicides while fighting for her life, and unintentionally becoming emotionally involved with her new partner. It is an easy to read book, and if you are an avid reader like me then this book is a MUST! I give it 5 Stars.

Answers from Page 3

1. A: Only 5% (USA Today).
2. A: Their shoes. And gifts may appear anytime between mid-November and St. Nicholas Day, December 6th.
3. A: Suzy Snowflake
4. A: About 5 cents (National Campaign for Sustainable Agriculture).
5. A: #c sounds prudent.
6. A: Italy (the Romans).
7. A: Lexus. Mercedes is #2, BMW #3.
8. A: 1.7-million are participating at Y's, parks, and recreation centers (Vitality magazine).
9. A: You can't stand children.
10. A: Tooth brushing. A new generation of mouthwashes, used twice a week, will prevent bacteria from sticking to teeth (Popular Science).
11. A: He was 14. His company made $20,000 the first year, but business dropped off when customers found out how young he was.
12. A: Women have more sleep problems when they work out in the evening (Research at the University of Arizona, Tucson).
13. A: 72% (*Vitality* magazine).
14. A: The ones with bad teen-father relationships in two-parent families (National Center on Addiction).
15. A: Ostrich (Men's Health magazine).
16. A: Mount Vernon wanted George to have more "sizzle."

Vacation Fun at a Good Rate.
By Lydia Hicks

It is summertime so for most of us we also think of this time as "vacation time." When we think of going on vacation many of us are looking to save money. Many of us just do not have the time to research to find the deals that are available to military members. Luckily it is really not that hard to find deals and many different resorts are "military friendly."

I recently found a great deal on a vacation at the Caesars Pocono Resorts, in the magnificent Pocono Mountains of northeast Pennsylvania. These resorts are the World's most romantic resorts offering you romantic getaway packages. The world's premier couples-only resort provides uniquely luxurious honeymoon and romantic vacation suites in the Poconos, featuring the world exclusive 7-ft. tall champagne glass whirlpool bath-for-two, world famous heart-shaped whirlpool bath-for-two, in-suite pools & saunas, cozy log burning fireplaces, round king-size beds, live nightly entertainment, and indoor and outdoor activities.

Right now the Caesars Pocono Resorts is proud to award servicemen and women special savings of up to 50% weekday and 20% weekend on honeymoon, romantic getaway and family vacation packages. If you take advantage of this discount during the week it could save you a substantial amount for a great vacation experience. The website for thresort is http://www.caesarspoconoresorts.com/Military/index.aspx. They can also be reached by telephone at 1-877-822-3333.

Local Business Donates Freezer to FRG
By Natalie Newman

Local businessman Gene Gilbert, owner and operator of the Dirty Dog Pet Wash, has donated a large freezer to our Family Readiness Group.

Our Family Readiness Group will be operating a food concession at this year's Arctic Thunder Air Show on Elmendorf Air Force Base, 12&13 August 2006. This is a huge undertaking and needs much volunteer support.

Quickly after solidifying our participation in the event I began to price the agreed upon products. We'll be selling hot dogs, hamburgers, chips, pop (another word meaning soda/coke for the folks not growing up in New Jersey), and water. Well luck had it; there was a limited time 4th of July sale at a local market. My choices were buying a thousand burgers at a good deal and farming them out across Anchorage, Birchwood, Peters Creek, and Big Lake until the event or passing up on the deal and increasing our cost of sales. Bill Fritts purchased and stored 10 boxes of the tasty patties and I purchased 40 boxes knowing I had limited freezer space.

Steve Kish quickly offered freezer space at his home in Birchwood. I'm not sure he knew I would be using his entire freezer and part of another one. That just wouldn't do, not for that long. Folks in Alaska need freezer space!

I did my usual "Telephone, Telegraph, TELENATALIE" and asked if anyone knew where I could acquire a reasonably priced freezer for the FRG. I even asked SFC Krause if Lowe's would give us a good deal quickly.

My efforts were answered when Steve Kish contacted Gene and inquired about the unused freezer at the pet wash. Gene was nice enough to plug it in to make sure it still worked. He offered up the freezer, all I had to do was move it and promise I wouldn't bring it back.

So on a recent afternoon SPC Cruz, SPC Waldo, PFC Staggs and I went on a quick recon/recovery mission to the Eagle River business. The freezer was lifted into the pickup and transported back to Fort Richardson for FRG use. It took a few more of us, SFC Nabulsi and SGT Lopez, to get it into the basement. The burgers were moved from our freezers at home to the newly acquired freezer.

Steve got back the space in 1 ½ freezers, Bill and I got back our space, and the Dirty Dog Pet Wash has available space in the storage room. We all won.

So besides the great big thanks I gave Gene here's a plug for the business:

Check out Dollie Schilling's new doooooo…..

Gene purchased the Dirty Dog Pet Wash in May of 2002 and the business located at 13135 Old Glenn Highway, Suite #105, quickly flourished. His clientele has grown to include the four legged children of local Alaskan artist Jon VanZyle.

This isn't the Dirty Dog Pet Wash's first generous deed. When approached about fund raising for the animals affected by Hurricane Katrina Gene graciously held a day long pet wash. 100 percent of the proceeds were donated to the pet relief organizations in the affected region.

So if you've got a dirty dog please consider using the services provided at the Dirty Dog Pet Wash. Gene can be reached at 694-WASH (9274). The business hours are Monday and Friday, 1100-1900, and Saturday and Sunday, 1100-1800. WALK INS are welcome!!!

You can wash your pet, all supplies provided, for $15. There is a $5 charge for Gene to clip Rover's nails. Or you can splurge and for $35 Gene will spend 1 ½ to 2 hours pampering your pooch, clipping nails, shampooing, fluffing, and blow drying. And Rover will not suffer the indignity of having ribbons put in his hair.

White Water Rafting Trip. If your interested in a trip through BOSS contact PFC Poloso @ 384 -0105 for more information.

What's Happening This Summer

WHAT'S HAPPENING AT FORT RICHARDSON

Monday, August 7 – SKIES Unlimited Dance Camp 7-11 (ages 3-6 & 7-up)

Friday, August 11 – Silver Salmon Fishing Trip w/ ODR $40

Saturday, August 12 – Alyeska Blue Berry & Mountain Arts Festival

Saturday, August 12/13 - Arctic Thunder Air Show – EAFB

Saturday, August 19 – Portage Glacier & Big Game Alaska Trip w/ODR

Tuesday, August 22 – First Day of School – Anchorage School District

Wednesday, August 23 – Musk Ox & Reindeer Farm Tour w/ ODR

Thursday, August 24 – Alaska State Fair through September 4

Tuesday, August 29 – Post Golf Tournament Moose Run Golf Course

WHAT'S HAPPENING AT FORT WAINWRIGHT

Monday, July 24 Financing Your Move Class, 1:00-2:30pm, ACS (Bldg 3401). Call 353-7438 to sign-up.

YS Outdoor Adventure Camp, 9:30am-1:00pm, all week.

Youth Center. Must register by July 21 at Bldg 4176. Info: 353-7713

YS Basketball Camp Begins (Grades 9-12), 10:00am-1:30pm, Youth Center. Must register by July 21 at Bldg 4176. Info: 353-7713.

Tuesday, July 25 Play Morning, 9:30—11:00 am., Southern Lights Chapel. Call 353-7515 for information.

Wednesday, July 26 Savings & Investing Class, 10:00-12:00pm, ACS (Bldg 3401). Call 353-7438 to sign-up.

Parent & Youth Advisory Council (PYAC), 4:30pm, SAS (Bldg 4391). Call 353-7713 for information.

Sewing Workshop (Place Mats), 5:00pm, Arts & Crafts Center, $5. Level: Intermediate. Call 353-7525 to sign-up.

ASYMCA BINGO, 6:30pm, Last Frontier Community Center. Must be 19 to play. Call 353-5962 for more information.

Thursday, July 27Play Morning, 9:30—11:00 a.m., Southern Lights Chapel. Call 353-7515 for information.

Steak & Movie Night @ Arctic Warrior Zone, 6:00-9:00pm. Movie starts at 7:00pm. Movie: *Eight Below*
Friday, July 28

Stained Glass Workshop (Jewelry), 1:00pm, Arts & Crafts Center, $15. Level: Easy. Call 353-7525 to sign-up.

Saturday, July 29, Arctic Circle Tour, Departs 8:00am from Outdoor Recreation, $69/adults, $39/kids. Call 353-6349 to sign up.

Boater Safety Class, 1:00-5:00pm, Outdoor Recreation, Free. For information or to sign up, call 353-6349.

Teen Movie Night, 6:30pm, Youth Services. Movie: *Selena*

Discounted Tickets for Local Attractions Available at the Outdoor Recreation Center!! Complete details are available at http://mwr.polarnet.com/localsummertrips2006.htm or call Outdoor Recreation at 353-6349. Attractions include: Riverboat Discovery, El Dorado Gold Mine,
Denali Outdoor Center Rafting & Mountain Bike Tours, Test the Waters Scuba Diving Courses, Test the Waters Paddling Courses and Greatland River Tours

Your BOSS Program
By PFC Exume

The Better Opportunity for Single Soldiers (BOSS) program was originally established in 1989 to respond to the recreational needs of single Soldiers. Today, the program has grown to include three main components: Quality of Life/Well Being, Recreation and Leisure, and Community Service.

The primary emphasis of the first component is to deal with issues that can affect the Soldier's moral and living conditions. Some of the things the BOSS program works hard to improve are the condition of the living quarters, dining facilities, PX/Commissaries, as well as utility issues such as phone and cable.

In regards to recreation and leisure, the ideas for various functions come directly from the Soldiers. All of the activities are planned and coordinated by the Soldiers, with assistance coming from the BOSS President and the MWR Advisor. Throughout the year, fund raising events are held to help support trips. For example, this year Soldiers from Ft. Wainwright took part in a trip to Hawaii which included airfare and a stay at the Hale Koa Resort, on Waikiki Beach. Total cost to the Soldier ended up being $602, which was a great deal!

Unfortunately, I missed that trip, but I do have every intention of participating in the upcoming trip to Mexico and Jamaica. The one trip that I have been on is the regularly scheduled trip to Seward. During one of the BOSS meetings that I attended earlier in the summer, CSM Wentland asked for volunteers for an upcoming Seward trip. I was the only one in the meeting that did not raise their hand. When questioned why I did not want to go, I mentioned to him that I had absolutely no interest in fishing, hiking, or anything else that the trip had to offer.

PFC Exume with the Catch of the Day

Needless to say, my answer did not go over very well with the CSM. After some "coercion", I was convinced that I needed to sign up for the trip. I ended up going, and was very happy that I did. During that trip, I experienced many "firsts". I saw my first glacier, whale, sea lion, bear, and even caught fish for the first time (two Halibut). Additionally, I went horse back riding for the first time in my life. I ended up meeting many new people, and I also went hiking for the first (and perhaps LAST!) time.

The final component of the BOSS program, Community Service, truly fosters strong relationships within the local community. Since I have been here, I have volunteered my time during numerous activities which include the Midnight Sun

Festival, the Fairbanks Ice Sculpting Fair, and I recently helped out with a two-day Motocross event. Participating in these events not only helps the local community, but also provides a way for me to experience things that I may not have, otherwise.

Overall, the BOSS program offers some wonderful opportunities and experiences. I highly encourage all of you motivated single Soldiers out there to take advantage of all of the things that BOSS has to offer, and GET INVOLVED!

PFC Exume, 507th BOSS Rep

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FRG Advisor

I don't know about you but I am glad that warmer weather is finally here! There are so many summer activities here in Alaska and many of our families are busy, busy, busy reeling in the fish or just enjoying the great Alaskan outdoors. HHD and the 507th are both going to be busy with various outdoor activities as well.

Both companies will have organization day events, BOSS events and a fundraising effort at the Arctic Thunder Air Show.

The Air Show is a major fundraising endeavor for the 59th Signal Battalion that will take many, many volunteer hours to be successful. I want to encourage everyone, soldiers, civilians and spouses to help whenever they can. You might be surprised at how much fun volunteering can be. Please give me a call at 222-2468 or e-mail me at kschilling@us.army.mil to have your name added to the volunteer database. The Air Show dates are August 12-13. As always, the funds generated by our participation in the Air Show will pay for FRG social events such as holiday parties and other get-togethers.

Thanks to those folks who attended the Volunteer Recognition Luncheon and the FRG meeting in June. It is important to come to the FRG meetings when you can so that you can stay informed about BN activities and what's happening on post and in the community. Another way to stay informed is to check out the BN FRG website as well as the new Family Focus link on the USARAK main page. If you are interested in getting involved with the FRG there are many positions available. HHD is looking for someone to be the company level FRG Leader, Historian (scrapbook keeper), Key Callers, Welcome Committee Coordinator and Volunteer Coordinator. There's no experience necessary! Just let me know and I will give you all the information you need to get started.

Have a great Alaskan summer!
Kelly Schilling

507TH FRG Leader

In May, the 507th Signal Company Change of Command ceremony and reception were held to welcome incoming commander Captain Mike Reeder. For my husband and I the past two months have gone by quickly, but given the smoke-free weather of this summer, and the many hours of daylight, all of us here at Fort Wainwright are keeping very busy. Many of the families of 507th are enjoying the summer with camping and fishing trips around Alaska. However, no matter what the activity, we all seem to want to do it outside while it is so beautiful and warm. We know that it is just a matter of time

before the temperatures start dipping below freezing and we are encased by darkness.

In June, many of the families gathered at the Company on the Thursday before the July 4th holiday to enjoy a cookout where we could get our families together and enjoy the grilling techniques of 1SG Beyer and Jim Schuster. Organizational Day on Friday, July 11, again brought the families of 507th together at Pioneer Park. The kids were able to enjoy the playground facilities of the park while their parents played cards and horseshoes. These two events have also allowed our new families to become integrated into the fold, and give us an opportunity to say good-bye to those leaving this summer.

The 507th is looking forward to two large fundraising events over the next few months. On August 12 & 13th, a few families from 507th will head south to the Anchorage area to join HHD's FRG with a hotdog and hamburger sale during Elmendorf's Arctic Thunder Air Show. For those who are interested, but have not yet signed up, you can get additional information at https://richardson.ak.pac.army.mil/59intranet/frg/airshow.htm, or you can call me. We are also planning on doing the 507th Haunted House again this year. Between these two events we should be able to take care of all of our fundraising needs for the year. The money earned during these fundraising events will go towards this year's Christmas party and additional events later this winter.

Of course we are not the only new family in the 507th Signal Company. We would also like to welcome the Gutowski, Jolicoeur and Wilczynski families to Fort Wainwright. Additionally, we would like to welcome a smaller addition to 507th. Memphis Wright was born in May and brings a welcome addition to the Company.

If anyone would like to volunteer for any of the upcoming fundraising activities or would like to participate in any of our FRG activities please do give me a call at 488-1334. We look forward to seeing you all at the next event.

Amanda Reeder

When I need help who do I call?

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Kelly Schilling
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When I Need FRG Help, Whom Do I CALL?
507th FRG Leader
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Recipe Corner

Alaska Game Stew

Courtesy of Glenn Denkler, Eat Smart Alaska

Ingredients:

2 Tbsp. Olive Oil
2 cups fresh pearl onions, peeled
1 ½ lb. fresh tomatoes, peeled, seeded (about 5 medium tomatoes)
1 tsp. minced oregano or ½ t. dry
1 bay leaf
2 cups canned unsalted beef broth
2 Tbsp. cornstarch
18 oz. trimmed game meat cubed
3 cloves garlic, minced
2 tsp. fresh rosemary, minced\
1 cup dry red wine

Preparation:

Preheat oven to 200. In heavy stockpot heat oil until it begins to smoke, add meat, brown and remove from heat. Add onions to stockpot, cook until browned. Reduce heat to low, add garlic, tomatoes and herbs, stir. Mix broth and wine together, then with cornstarch liquid into the vegetable mixture, bring to simmer. Add meat, stir cover with lid, place in oven, and cook approximately 3 hours until done.

Chocolate Oatmeal Cake

1 Cup Quaker Instant Oatmeal
½ Cup Butter
1 ¾ Cup Boiling Water
1 Cup Brown Sugar
1 Cup Sugar
3 Eggs
½ tsp. Salt
1 tsp. Baking Soda
1 ¾ Cup Flour
1 Tbl. Cocoa Powder
12 Ounces Milk Chocolate morsels

Grease a 9 x 13 inch pan with cooking spray and preheat oven to 350F. Add Oatmeal and Butter to boiling water in a bowl and let stand for ten minutes. In a large bowl combine remaining ingredients and half of the bag of morsels. After oatmeal mix has stood for ten minutes add to large mixture and stir. Pour into pan. Sprinkle remaining morsels on top of batter. Bake for 40 minutes or until toothpick comes out clean. Once cool sprinkle with powdered sugar. NOTE: Be sure to use only MILK CHOCOLATE morsels.

Safety

Road Trip
By Dan Cox

Even with the high gasoline prices, you — and your employees — might have a road trip planned for this summer. Just be careful out there, especially if your plans involve a lot of driving. When we travel on road trips, we tend to lower our guard and become more susceptible to break-ins and other crimes. And, of course, there's the risk of traffic accidents and breakdowns. So before you hit the highway this summer, here are some precautions to take.

Go Beyond the Basics

Criminals want your car and its contents; they might even want you. Cars are fairly easy to break into, hide in and sabotage — just like your home. But unlike your home, a car can be easily transported and sold or stripped down for parts.

Of course, you should do all you can to prevent theft. However, measures such as installing alarms and wheel locks are limited in effectiveness. They tend to discourage only the joy rider. They're less of a deterrent against the professional that wants to steal your vehicle, not just take it for a spin.

How to Protect Yourself

There are a number of measures you can take to avoid not just theft and crime but other roadside emergencies such as accidents and breakdowns:

Tip #1: Prepare for Emergencies

Before you leave for your road trip, put together an automobile emergency kit that includes:

- Flashlight
- Jumper cables
- Warm blanket
- First aid kit
- "Send help" sign or white flag
- Flares or flashes
- Gallon of gas, and
- A good spare tire with tools.

Tip #2: Mind your Body Language and Tone of Voice

Criminals often possess a sixth sense that helps them identify travelers. Subtle cues tell them when we're unfamiliar with our surroundings. Criminals seize the opportunity to catch us off guard — and steal from and/or assault us. Remember that body language is 55 percent of communication. Whenever you leave your vehicle, strive to appear in control of yourself and your plans. Be alert to your surroundings. At all times, know what is going on 50 feet to 100 feet around the perimeter of your body.

Voice tone and pitch equal 35 percent of communication. The way you communicate physically and verbally can determine whether a predator deems you a good target. So be confident and succinct.

Tip #3: Don't Fight Pickpockets and Thieves

Material items are not worth the risk. Carry currency in small amounts and denominations and keep it in an easily accessible pocket. If someone tries to rob you, throw the "chump change" several feet away. This will distract the robber and give you time to escape. Cash, credit cards, jewelry and passports are all targets. So hideaway belts and travelers' checks are a good idea.

Tip #4: Keep in Contact

If you don't already have one, get a cellular phone and take it on the road with you. Make regular calls to loved ones to let them know where you are. Should a predator get the best of you, there will be clues to your whereabouts. But never give out important information on a cellular phone and be sure to obtain a PIN code.

Tip #5: Be Alert in Parking Garages

Don't use the stairs of a parking garage. Instead, walk the ramp, which is much safer. And be sure to take note of where you park. Remember, if you look as if you don't know where you are going, assailants will find you an easy mark. Be aware of vans, often used by abductors and rapists.

Tip #6: Check your Vehicle

When returning to your car, check the back seat. You should also scan the undercarriage and ground beneath and around the vehicle for signs of sabotage such as large pools of fluid, flat tires and smashed windows. If you turn on the ignition and the radio blares or the air conditioner and wipers go on, beware. This is a distraction technique. Somebody somewhere is paying unwanted attention to you and is in the beginning stages of an attack. If you determine someone is in the car, exit and run. If someone is outside the car and standing in front of you with a weapon, then start the car and use the attacker(s) as speed bump.

Tip #7: Watch for Dangerous Drivers

While driving:

- If you suspect someone is following you, continue to drive carefully, but change direction, slow down or speed up. Take the next exit and go to a public area where plenty of bystanders will see you. Be prepared to drive offensively if necessary. This means going over curbs, lawns, etc. Chart a course.
- In the unlikely event that someone waves a gun or shoots at you, duck, brake hard, get behind their car and turn off the highway.
- Even if nothing is awry, keep at least one car length between your car and the car ahead for every 10 miles per hour of speed.
- Do not engage in hand gestures with drivers.
- If someone pulls up next to you and signals to pull over because of car trouble, go to a service station.

Tip #8: Watch for Imposters

Bad guys sometimes impersonate police officers when preying on their victims. So, if you're stopped by the police, try to determine whether the officer is indeed an officer. Unmarked cars, dash lights, grill lights, uniforms and even badges might not be official

issue. Keep one foot on the brake and one foot on the gas and tell the "officer" you will only respond if a marked vehicle arrives. At the same time, tell the individual that you are calling 911 to let authorities know your location. Ask the 911 call official whether he or she can confirm that the officer pulling you over is legit.

Tip #9: Keep your Cool

In the event of a minor accident, stop only in a well lit, well populated area. Even simple fender benders can cause emotions to get out of hand, resulting in violence. If things get hairy, stay in the vehicle and exchange papers through a crack in the window.

Tip #10: Keep your Head

Carjackers often will use another vehicle to perform a bump or sandwich of yours.

- If you're being kidnapped, put on your seatbelt.
- If you're in the driver's seat, suddenly ram a parked car or a building.
- If you're in the passenger's seat, try to create a ruckus, such as creating a distraction by throwing a lit cigarette or matches into the lap of your carjacker. When he stops, get out and run. Try opening your door to ram a car parked on the side of the road. Just be careful to move out of the ricocheting door's way. If the vehicle is going 20 to 30 miles per hour, jumping out will cause minimal damage to your body.

Conclusion:

Don't surrender to the whims of luck. Follow these essential pointers and make your road trip a road to happiness — and not to catastrophe.

Dan Cox
Be safe in all that you do.
(907) 384-2905 Fax (907) 384 7126

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