



U.S. ARMY



# USAG Alaska

## Virtual Community Action Council

**COL Christopher J. Ruga**  
Commander

**United States Army Garrison (USAG) Alaska**



# Agenda

- **Welcome Remarks**
- **Community Discussion Topic:**
  - DPW: Repair/Replace Bailey Bridge (Jason Webb)
  - DPW: Repair River Road Bridge (Jason Webb)
- **Agency Topics:**
  - DFMWR (Ian Tassie)
  - Exchange (Lane Ashcraft)
- **Matrices**
- **Closing Remarks**





# Welcome Remarks





# Community Discussion Topic





# Repair/Replace Bailey Bridge

Jason Webb





# FTW-422 Repair/Replace Bailey Bridge



Bridge demo 4/4/20 2120hrs



Loaded on truck

- ***Pile driving to start mid April 2020***





# FTW-422 Repair/Replace Bailey Bridge



Center section on the ground



Piers removed from the river

- ***Project Completion Scheduled for Mid-August***
- ***Contractor to open bridge to limited traffic as soon as it is safe. They will work around traffic while bridge is in service.***





# River Road Bridge Project

Jason Webb





# Project Overview



Trainer Gate

Birchwood Homes

Fort Wainwright

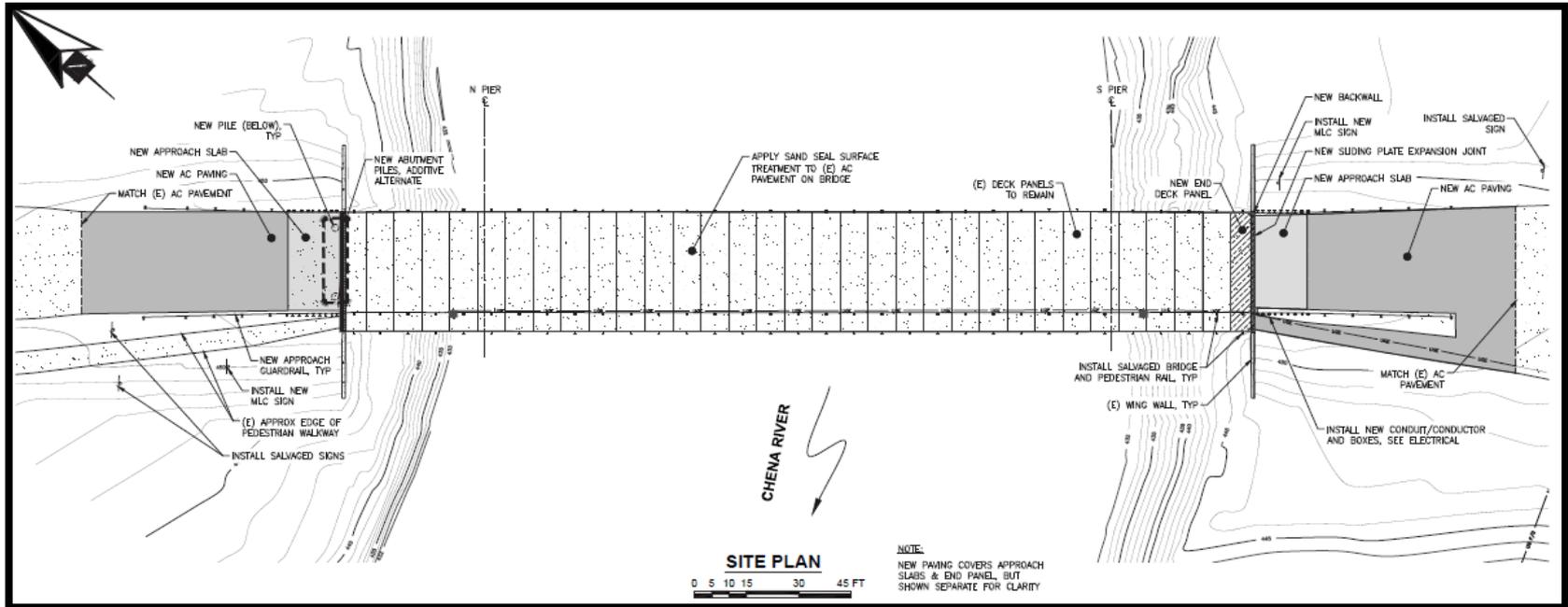
River Road Bridge

TA 106

Bassett Army Community Hospital



# FTW-425 Repair River Road Bridge



River Rd. bridge to be closed 1 June 2020. It is scheduled to be completed by mid-August. During construction, Trainer Gate will be open 24 hours, 7 days a week.





# Agency Topics





# DFMWR

Ian Tassie





# DFMWR STAY CONNECTED

## STAY UPDATED **ON THE GO** FROM WAINWRIGHTMWR

Text (206) 929-4040 with

WainwrightMWR

WainwrightGolf

WainwrightACS

ODRAventureSeeker

WainwrightBlueStar

WainwrightSki

WainwrightBOSS

WainwrightZone

WainwrightFitness



Keep your finger on the pulse. Check out how you can easily stay in touch with WainwrightMWR. Signing up is **easy** and **free**!

For more information visit  
[www.wainwright.armymwr.com](http://www.wainwright.armymwr.com)

Visit our web page at [www.wainwright.armymwr.com](http://www.wainwright.armymwr.com) for all and any events and details that are happening around you!

Like our **Facebook**, **Instagram**, and **Twitter** @WainwrightMWR to have Fort Wainwright's most up-to-date information at a fingertips' reach.





# DFMWR April Events

## Warrior Zone - Open for take-out!

### Warrior Zone offering take-out for menu items

Get your Warrior Zone food fix. The restaurant is open for take-out only, but is still serving up delicious burgers, wraps, and sides like curly fries, tater tots, and fried pickles. YUM!

**Monday - Thursday, 8 a.m. - 10:30 p.m.**  
**Friday, 8 a.m. - 12:30 a.m.**  
**Sundays, 11 a.m. - 10:30 p.m.**

Social distancing and face coverings are mandatory when entering the facility.



Find our online menu at

[https://issuu.com/ftwainwrightfmwr/docs/the\\_warrior\\_zone\\_menu\\_2014](https://issuu.com/ftwainwrightfmwr/docs/the_warrior_zone_menu_2014)



For more information, visit  
[www.wainwright.armymwr.com](http://www.wainwright.armymwr.com)





# DFMWR April Events

## Stay in shape from home

### At Home Workouts from your Sports & Fitness Staff

The Fitness Instructors at the PFC have put together a workout for you! This well-rounded workout routine pulls moves from the HIIT Fitness Class normally offered at the PFC.

Download a copy at [Wainwright.ArmyMWR.com](http://Wainwright.ArmyMWR.com) or find it on the [WainwrightMWR Facebook page](#).

### Wellbeats App

Download the Wellbeats App and choose from a variety of workouts provided by Wellbeats instructors. Customize your exercise routine and start to see results almost immediately.

App available for download through the Apple Store and Google Play. Use code **“57a4df63”** for free access through April 30.



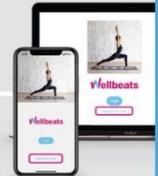
500+ ways to enjoy a fitness benefit in the privacy of your home

**FREE ACCESS**  
until April 30\*

GET STARTED IN 3 EASY STEPS

#### STEP 1

Download the Wellbeats App or visit the website portal: [portal.wellbeats.com](http://portal.wellbeats.com)



#### STEP 2

Select 'Register Via Code' and enter invitation code

INVITATION CODE

**57a4df63**

#### STEP 3

Play a fitness class



\*The offer is available to employees who do not currently contract with Wellbeats



#### FITNESS IS FOUNDATIONAL

Exercise benefits the mind as much as the body. Nutrition fuels both. Wellbeats is an equitable, affordable, and easy-to-use on-demand fitness benefit that empowers habit forming physical and mental health.

#### FITNESS FOR THE WHOLE FAMILY

- 500+ high quality, 1-60 minute videos
- 30 channels, no equipment options, for every age, interest and ability
- Recommendation engine used to personalize and serve up content
- Goal-based challenges and fitness assessments
- Highly certified, relatable instructors
- Safe and education based
- Track progress and results

No federal endorsement implied.



For more information, visit [www.wainwright.armymwr.com](http://www.wainwright.armymwr.com)





# DFMWR April Events

## AER Campaign

### A hand-up for Soldiers!

AER is your tool in times of need, talk to your chain of command or local AER officer if you need help. AER has over 30 categories of assistance and provides over 70 million in assistance to Soldiers and to their Families every year.

Soldiers can also go to AER confidentially. Receiving AER assistance will NOT effect promotions, security clearances, schooling, etc.

To make a donation, go to <https://www.armyemergencyrelief.org> using a non-government computer. Or, submit your donation to your Unit AER Campaign Representative. The AER Campaign runs through 30 June 2020

Questions about donating or receiving funds?

**Contact the AER Officer at 353-4369**

We are able to process assistance digitally!



For more information, visit [www.wainwright.armymwr.com](http://www.wainwright.armymwr.com)





# DFMWR April Events

## Army Community Service

### Craft Supply Pickup for Kids 0-5

Pick up FREE craft supplies for the next day's FB craft activity; pick up at the Arctic Light Elementary parking lot (Neely Road).

Wednesdays and Fridays, 9:30-11:30 a.m.

### Virtual Crafting Tutorial

Tune into the Army Community Service Facebook page every Monday and Thursday for step-by-step instructions on creating a kid-friendly craft!

### Job Interviewing Techniques

Improve your phone interviewing techniques and skills by making a telephone appointment with our Employment Readiness Specialist! 353-4227



### *New Parent Support Gets Crafty*



For more information, visit  
[www.wainwright.armymwr.com](http://www.wainwright.armymwr.com)





# DFMWR April Events

## Army Community Service

### Soldier and Family Readiness Groups (SFRG) Training

Join us this week, 14,15, and 17 April for interactive, virtual SFRG courses through Facebook Messenger! To sign up, message us on FB, or email [Victoria.I.raquepaw.civ@mail.mil](mailto:Victoria.I.raquepaw.civ@mail.mil); or call 907-353-7908

SFRG Foundation and Leader Training,  
Tuesday, 4/14 1:00 – 4:00 pm

SFRG Foundations and Informal Funds  
Training  
Wednesday, 4/15 1:00 – 3:00 pm

SFRG Foundations and Key Contact  
Training  
Friday, 4/17 1:00 – 3:00 pm



Follow us on Facebook at  
Ft. Wainwright Army Community Service - ACS

For more information, visit  
[www.wainwright.armymwr.com](http://www.wainwright.armymwr.com)



 @WainwrightMWR





# DFMWR April Events

## Army Community Service

### Connect with Our Personal Financial Counsellors!

Join us for interactive, virtual sessions with a certified Personal Financial Counsellor (PFC) over the phone or through Zoom. Go to the Fort Wainwright Army Community Service Facebook page to **join our PFC through Zoom every M/W/F at 2:00pm.** You can also **call Carolyn or Jeanna at (907)791-9820 or 353-4459!**

**April is Military Saves Month** – watch our Practical Financial Tips series this month on the Fort Wainwright Army Community Service Facebook page. A new 5-10 minute class is posted every Friday!

For more information, visit [www.wainwright.armymwr.com](http://www.wainwright.armymwr.com)



**Personal Financial Counselors are here to support you virtually.**

- ✓ Are you off a military installation, but still desire financial support?
- ✓ Would speaking to a professional, virtually, give you peace of mind?
- ✓ Are you ready to boost your monetary might?





# DFMWR April Events

## Military & Family Life Counselors (MFLC)

**MFLCs can meet either face-to-face (ensuring proper social distancing and hygiene) or through Zoom**

907-799-4852

907-987-6320

907-371-8586



Adult, Couple and Youth

907-370-3314 -- Embedded:1-52 GSAB & 1-25 ARB

### School MFLCs

907-370-3315 – Arctic Light Elementary

907-370-3328 – Ladd Elementary

907-370-3964 – Ticasuk Brown & Hunter Elementary

907-482-0327 – Tanana Middle and Lathrop High Sch.

907-370-3902 – North Pole High & Middle Schools





# DFMWR April Events

## Post Library Online

### Connect from home

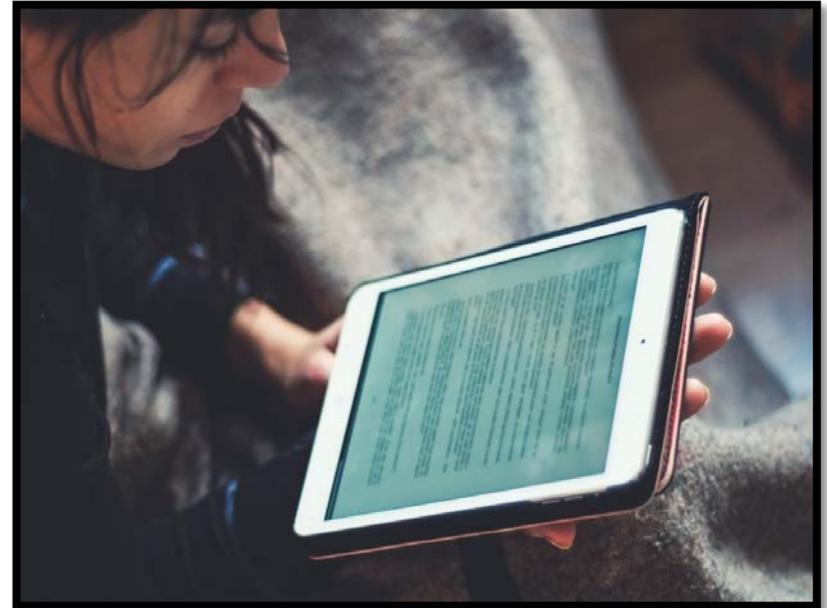
If you have a Library Card, then you have access to millions of FREE books and online resources available through ArmyMWRLibrary!

In addition to e-books, ArmyMWRLibrary offers language classes, brain development training systems, audiobooks, videos, and more!

Sign up for an Army MWR library account by emailing [USArmy.MWR.Library@mail.mil](mailto:USArmy.MWR.Library@mail.mil)

Visit [MyLibraryUS.ArmyBiznet.com](http://MyLibraryUS.ArmyBiznet.com) for more information.

For more information, visit [www.wainwright.armymwr.com](http://www.wainwright.armymwr.com)





# EXCHANGE

Lane Ashcraft





# EXCHANGE

## Curbside Pickup

### Fort Wainwright Exchange – Buy Online, Pickup Curbside

In this time of social distancing, your Exchange can now bring your items to you, curbside! When you order Exchange items on-line for in-store pick-up, an Exchange associate will call you to let you know your order is ready, and will offer you the option for curbside pick-up. They will then give further instructions on the pick-up process and where the curbside pick-up area is located.

During this challenging time, we want to let you know that the health and safety of our customers and associates is our first priority. For more information on this **BOPIS/ buy on-line pick-up-in-store curbside** option, just call your Exchange.



**PICKUP CURBSIDE**  
FAST, SAFE AND EASY.

Starting Friday, April 10, 2020.





# MATRICES





# MATRIX

## Facility and Services

### USAG ALASKA/FORT WAINWRIGHT FACILITY AND SERVICE TRACKER

Updated: 128 141300Z April 2020

Status	Facility	Type	Notes
OPEN AND REDUCED SERVICES	ALL	ALL	Please reference USAG Alaska COVID-19 Update #6!: Wear of Cloth Face Coverings <a href="https://www.facebook.com/FortWainwrightPAO/videos/540482366607776/">https://www.facebook.com/FortWainwrightPAO/videos/540482366607776/</a>
OPEN AND REDUCED SERVICES	ALL	AAFES	Starting April 10, patrons of all AAFES facilities are mandated by Garrison Command to wear a face coverings.
OPEN	AAFES Main Exchange	AAFES	Social distancing and precautions in place
OPEN	Commissary	DECA	Social distancing and precautions are taking place. No Early Bird hours
OPEN	Quick Lane Auto Shop		Normal business hours
REDUCED SERVICES	AAFES Food Court	AAFES	Take out only
REDUCED SERVICES	ASYMCA	ASYMCA	Social distancing and precautions taking place. Food Pantry and educational printing support by appointment only. ASYMCA Children's Waiting Room in Bassett Army Hospital is open Tuesday & Thursday by appointment only. Please email <a href="mailto:Jessica.Huneycutt@aksaymca.org">Jessica.Huneycutt@aksaymca.org</a>
REDUCED SERVICES	Burger King	Vendor	Drive-thru and take out only.
REDUCED SERVICES	Child Development Centers	MWR	The CDC/SAC have gone to Mission Essential care only. Verification of Duty required.
REDUCED SERVICES	DFAC	LRC	Take Out only. Social distancing and precautions are taking place.
REDUCED SERVICES	ID Cards/DEERs	Garrison	Appointment only.
REDUCED SERVICES	MCS	AAFES	Open Mon- Sat 1100-1700, Sun Closed.
REDUCED SERVICES	MoJo Café Coffee Shop (Last Frontier)	Vendor	Mon-Fri 0700-1330, Take Out only
REDUCED SERVICES	North Haven Communities	North Haven	Effective 4/17/2020, office will close at 1500 on Fridays, see Facebook page for information. Self-help closed; no routine work orders in homes; Office visits by appointment only, for assistance call 907-356-7000 and follow the prompts; Social distancing and precautions are taking place.

POC: Linda Winkels, [linda.m.winkels.civ@mail.mil](mailto:linda.m.winkels.civ@mail.mil), <https://www.facebook.com/FortWainwrightPAO/>





# MATRIX

## Events/Activities

### Events/Activities

#### April

Date	Time	Sponsor/POC	Event/Activity	Location	Media Format
14-Apr-20	1800	DPTMS (907) 353-9436	Communities Action Council Virtual	<a href="https://www.facebook.com/FortWainwrightPAO/">https://www.facebook.com/FortWainwrightPAO/</a>	FaceBook
14-Apr-20	0900-1000	USO (907) 385-9141	Cooking Class with Martha Stewart	<a href="https://www.facebook.com/theUSO">facebook.com/theUSO</a>	FaceBook Live
14-Apr-20	1200-1300	PAIO (907) 353-7623	State of the Garrison Briefing to the FBNSB Chamber of Commerce	<a href="https://www.fairbankschamber.org/">https://www.fairbankschamber.org/</a>	FaceBook
15-Apr-20	0900-1100	ACS Family Advocacy Program Jessica Lynch (907) 353-7317	Virtual Grow and Giggle	<a href="https://www.facebook.com/pg/ftwainwrightacs/services/">https://www.facebook.com/pg/ftwainwrightacs/services/</a>	FaceBook
17-Apr-20	0900-1100	ACS Family Advocacy Program Jessica Lynch (907) 353-7317	Virtual Grow and Giggle	<a href="https://www.facebook.com/pg/ftwainwrightacs/services/">https://www.facebook.com/pg/ftwainwrightacs/services/</a>	FaceBook
19-Apr-20	1000-1100	FT Wainwright Chapel Services (907) 353-6276	Angelic	<a href="https://www.facebook.com/pages/Northern-Lights-Chapel-Ft-Wainwright/272408769454040">https://www.facebook.com/pages/Northern-Lights-Chapel-Ft-Wainwright/272408769454040</a>	FaceBook
19-Apr-20	1800-1900	FT Greely Chapel Services (907) 873-4397	Bi-lingual Protestant Service	<a href="https://www.facebook.com/FGAChapel/">https://www.facebook.com/FGAChapel/</a>	FaceBook
19-Apr-20	1100-1200	FT Wainwright Chapel Services (907) 353-6276	General Protestant Service	<a href="https://www.facebook.com/pages/Northern-Lights-Chapel-Ft-Wainwright/272408769454040">https://www.facebook.com/pages/Northern-Lights-Chapel-Ft-Wainwright/272408769454040</a>	FaceBook
19-Apr-20	0900-1000	FT Wainwright Chapel Services (907) 353-6276	Roman Catholic Service	<a href="https://www.facebook.com/pages/Northern-Lights-Chapel-Ft-Wainwright/272408769454040">https://www.facebook.com/pages/Northern-Lights-Chapel-Ft-Wainwright/272408769454040</a>	FaceBook
19-Apr-20	1000-1100	FT Greely Chapel Services (907) 873-4397	Traditional Protestant Worship Service	<a href="https://www.facebook.com/pg/fort.greely/">https://www.facebook.com/pg/fort.greely/</a>	FaceBook
21-Apr-20	0845-1030	Army Community Services 907-353-4227	USAG Alask Newcomers Expo	Army Community Service Building 3401 Santiago Avenue Fort Wainwright in the basement	In Person
22-Apr-20	0900-1100	ACS Family Advocacy Program Jessica Lynch (907) 353-7317	Virtual Grow and Giggle	<a href="https://www.facebook.com/pg/ftwainwrightacs/services/">https://www.facebook.com/pg/ftwainwrightacs/services/</a>	FaceBook
24-Apr-20	0900-1100	ACS Family Advocacy Program Jessica Lynch (907) 353-7317	Virtual Grow and Giggle	<a href="https://www.facebook.com/pg/ftwainwrightacs/services/">https://www.facebook.com/pg/ftwainwrightacs/services/</a>	FaceBook
26-Apr-20	1000-1100	FT Wainwright Chapel Services (907) 353-6276	Angelic	<a href="https://www.facebook.com/pages/Northern-Lights-Chapel-Ft-Wainwright/272408769454040">https://www.facebook.com/pages/Northern-Lights-Chapel-Ft-Wainwright/272408769454040</a>	FaceBook
26-Apr-20	1800-1900	FT Greely Chapel Services (907) 873-4397	Bi-lingual Protestant Service	<a href="https://www.facebook.com/FGAChapel/">https://www.facebook.com/FGAChapel/</a>	FaceBook
26-Apr-20	1100-1200	FT Wainwright Chapel Services (907) 353-6276	General Protestant Service	<a href="https://www.facebook.com/pages/Northern-Lights-Chapel-Ft-Wainwright/272408769454040">https://www.facebook.com/pages/Northern-Lights-Chapel-Ft-Wainwright/272408769454040</a>	FaceBook
26-Apr-20	0900-1000	FT Wainwright Chapel Services (907) 353-6276	Roman Catholic Service	<a href="https://www.facebook.com/pages/Northern-Lights-Chapel-Ft-Wainwright/272408769454040">https://www.facebook.com/pages/Northern-Lights-Chapel-Ft-Wainwright/272408769454040</a>	FaceBook
26-Apr-20	1000-1100	FT Greely Chapel Services (907) 873-4397	Traditional Protestant Worship Service	<a href="https://www.facebook.com/pg/fort.greely/">https://www.facebook.com/pg/fort.greely/</a>	FaceBook

POC: Jess Ward [lawrence.j.ward8.civ@mail.mil](mailto:lawrence.j.ward8.civ@mail.mil), <https://home.army.mil/alaska/index.php/fort-wainwright> Right Sidebar





# MATRIX

## Services and Training

STATUS	Training	Notes
Full Service	Operational Security (OPSEC)	<a href="https://www.lms.army.mil/Saba/Web_wdk/ALMS/learning/order/dls_MandatoryCourses.rdf">https://www.lms.army.mil/Saba/Web_wdk/ALMS/learning/order/dls_MandatoryCourses.rdf</a>
Full Service	Antiterrorism (AT)	<a href="https://www.lms.army.mil/Saba/Web_wdk/ALMS/learning/certification/learnerCertificationDetail.rdf">https://www.lms.army.mil/Saba/Web_wdk/ALMS/learning/certification/learnerCertificationDetail.rdf</a>
Full Service	Threat Awareness and Reporting (TARP)	<a href="https://www.lms.army.mil/Saba/Web_wdk/ALMS/learning/order/dls_MandatoryCourses.rdf">https://www.lms.army.mil/Saba/Web_wdk/ALMS/learning/order/dls_MandatoryCourses.rdf</a>
Full Service	Information Security (InfoSec)	<a href="https://www.lms.army.mil/Saba/Web_wdk/ALMS/learning/order/dls_MandatoryCourses.rdf">https://www.lms.army.mil/Saba/Web_wdk/ALMS/learning/order/dls_MandatoryCourses.rdf</a>
Full Service	Cyber Security Training (formerly Information Assurance (IA))	<a href="https://cs.signal.army.mil/login.asp">https://cs.signal.army.mil/login.asp</a>
Altered Service	Sexual Harrassment/Assault Response and Prevention (SHARP)	Pending Schedule
Full Service	Equal Opportunity (EO) / Military EO (MEO)	<a href="https://www.atrrs.army.mil/atrrscc/">https://www.atrrs.army.mil/atrrscc/</a>
Altered Service	Equal Employment Opportunity (EEO) NoFEAR	<a href="https://www.atrrs.army.mil/atrrscc/">https://www.atrrs.army.mil/atrrscc/</a>
Full Service	Army Substance Abuse Program (Personal Readiness)	<a href="http://www.jkodirect.jten.mil/">www.jkodirect.jten.mil/</a>
Altered Service	Suicide Prevention (Personal Readiness)	Pending Schedule
Full Service	Risk Management Basic - Civilian	<a href="https://www.atrrs.army.mil/atrrscc/">https://www.atrrs.army.mil/atrrscc/</a>
Full Service	Cyber Awareness	<a href="http://ia.signal.army.mil/dodiaa/default.asp">ia.signal.army.mil/dodiaa/default.asp</a>
Full Service	Information Security Refresher Training	<a href="https://www.atrrs.army.mil/atrrscc/">https://www.atrrs.army.mil/atrrscc/</a>
Full Service	Constitution and Citizenship Training	<a href="http://constitutionday.cpmc.osd.mil/">http://constitutionday.cpmc.osd.mil/</a>
Full Service	CASCOM Sustainment Unit One Stop (SUOS)	<a href="https://atn.army.mil/SUOS">https://atn.army.mil/SUOS</a>
Full Service	Fires Center of Excellence	<a href="https://atn.army.mil/fcoe">https://atn.army.mil/fcoe</a> < <a href="https://atn.army.mil/FCoE">https://atn.army.mil/FCoE</a>
Full Service	Cyberspace Operations and the CEMA Process	<a href="https://atn.army.mil/cema">https://atn.army.mil/cema</a>
Full Service	Mission Command Center of Excellence (MCCoE)	<a href="https://atn.army.mil/mission-command-center-of-excellence-(mccoe)/">https://atn.army.mil/mission-command-center-of-excellence-(mccoe)/</a>
Full Service	LandWarNet eUniveristy	<a href="https://atn.army.mil/landwarnet-euniversity">https://atn.army.mil/landwarnet-euniversity</a>
Full Service	Maneuver Center of Excellence	<a href="https://atn.army.mil/maneuver-center-of-excellence-(mcoe)">https://atn.army.mil/maneuver-center-of-excellence-(mcoe)</a>

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# Closing Remarks





# Next Virtual Community Action Council:

**12 May 2020**

