



**COL Christopher J. Ruga**  
Garrison Commander  
U.S. Army Garrison (USAG) Alaska



# Agenda



- **Welcome Remarks (COL Ruga)**
  - ✓ ICE Comments
  - ✓ Veterans Day
- **Community Information Topics:**
  - ✓ DPW: Snow Removal (Jennifer Meyer)
  - ✓ ISO: Welcome to Winter (Gail Murray)
  - ✓ RSO: Holiday Assistance Program (CH Cech)
  - ✓ LRC: Thanksgiving Meal (Chris Wolney)
  - ✓ DFMWR: Birch Hill & Ice Rink (Dan Cain)
- **Agency Topics:**
  - ✓ DFMWR: Events and Activities (Ian Tassie)
  - ✓ MEDDAC-Alaska: Flu season, TRICARE Open Season (LTC Summer Moore)
  - ✓ North Haven Communities: Events for Nov/Dec (Ron Johnson)
  - ✓ Exchange: Events for Nov/Dec (Mike Durbin)
  - ✓ DeCA: Events for Nov/Dec (Trenton Jackson)
- **Closing Remarks (COL Ruga)**





# Welcome Remarks

Garrison Commander – COL Ruga





# Community Information Topics





# Snow Removal

## Jennifer Meyer





# SNOW REMOVAL



## ***Primary Roads***

### ✓ Primary Roads

- 2 Inches – Snow is cleared when 2 inches has accumulated
- 24 Hours – Post Contractor has 24 hours to clear roads
- PT Formation – Expect snow on road

- |                                       |                        |                     |
|---------------------------------------|------------------------|---------------------|
| • 10 <sup>th</sup> Street             | • Eisenhower           | • Neely             |
| • 9 <sup>th</sup> Street              | • Engineer Place       | • Oak Street        |
| • Alder Avenue                        | • Freeman              | • Old Badger        |
| • Apple Street                        | • Front Street         | • PX Extension Road |
| • Birch Hill Loop                     | • Gaffney              | • Rhineland         |
| • Chippewa (portions)                 | • Ile De France        | • River Road        |
| • East Ammo Road                      | • Ketcham              | • Sage Hill         |
| • Access Road behind 3206, 3207, 3208 | • Lorraine             | • Ski Road          |
| • Beacon Road                         | • Luzon                | • Trainor Gate      |
| • Running Route Bike Paths            | • Macarthur (portions) | • Santiago          |
|                                       | • Montgomery           |                     |





# SNOW REMOVAL



## ***Secondary Roads and Parking Lots***

- ✓ Secondary Roads
  - 4 inches – Snow is cleared when 4 inches has accumulated
  - 48 Hours – Post Contractor has 48 hours to clear roads
- ✓ Parking Lots
  - Hard Pack – All Organization and Non-Organizational Parking areas
  - Snow Plowing – 1 time/month Dec to Mar; additional plowing done on reimbursable basis





# SNOW REMOVAL



## *Other Snow Removal*

- ✓ Airfield
  - 2 inches of snow or drifting accumulation
  - Completed within 24 hours
  - Designated emergency service lanes – Begins when 1 inch of snow or drifting and completed in 8 hours
- ✓ Gravel Distribution
  - Begins with 1 hour of ice on road surfaces or notification by DPW
  - Added after snow removal operations
- ✓ Housing Areas - DPW Contractor does not do snow removal in housing areas





# Welcome to Winter

## Gail Murray



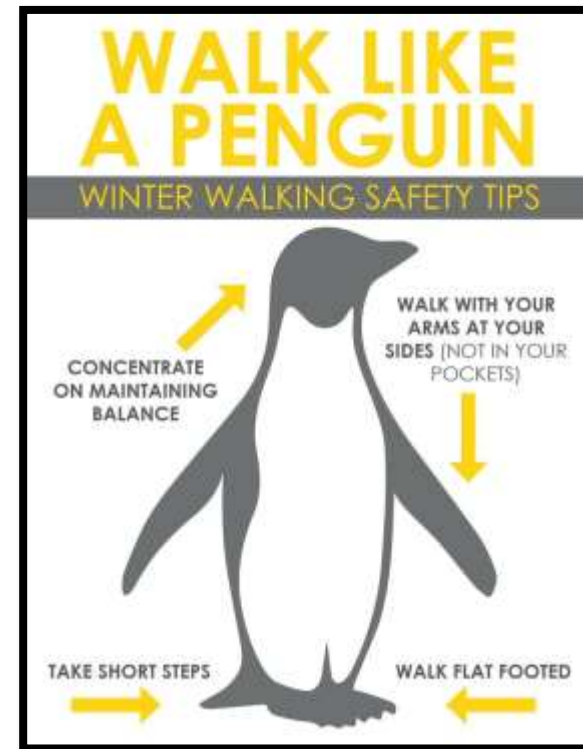


# WELCOME TO WINTER



## *Winter Slips, Trips and Falls*

- ✓ Challenging Environment
  - Build up of Snow and Ice on Roads, Parking Lots, Sidewalks and Entryways
  - Be Aware of your Surroundings
  - Walk like a Penguin





# WELCOME TO WINTER



## *Winter Slips, Trips and Falls*

- ✓ Wear footwear that can grip the ice
- ✓ Or detachable ice cleats
- ✓ Exiting your vehicle
  - Use caution when shifting your weight
  - Maintain three points of contact
  - Do not grab objects, retrieve them after you exit





# Holiday Assistance Program

## Chaplain Cech





# HOLIDAY ASSISTANCE PROGRAM



## *The 2020 Holiday Assistance Program - The Fort Wainwright Religious Support Office (RSO) in Partnership with DeCA*

- ✓ **GOAL:** To distribute commissary shopping cards with 170 Baskets at Thanksgiving and 170 Baskets at Christmas
- ✓ Unit Command Teams will identify/nominate Soldiers/Airmen w/Families
- ✓ Baskets will be available for pickup by Command Teams or Unit Ministry Teams (UMT) on **23 November & 18 December**
- ✓ Units without a chaplain will be contacted by the RSO
- ✓ **Those wishing to donate:** can stop by the Religious Support Office to donate or shop our commissary between now and December to sponsor a basket





# HOLIDAY ASSISTANCE PROGRAM



***The 2020 FWA Angel Tree Program:*** Every year the FWA Religious Support Office runs a post wide Angel Tree Program. The program is designed to help the neediest children amongst our military community by providing toys

- ✓ Unit CMD Teams will identify/nominate Military Families with children and turn in selected children's names to their Unit Ministry Team (UMT) - **Names will be collected between 16 - 30 November**
- ✓ **01-17 December**, anyone wishing to sponsor a child can select an angel tag from the tree in the FWA PX and drop toys off at the customer service desk of the Post Exchange or at a FWA Chapel
- ✓ Presents will be passed on to the family's UMT or a senior leader on **22 December** for distribution selected children





# Thanksgiving Meal

## Chris Wolney





# THANKSGIVING MEAL



## *Thanksgiving Meal at the Dining Facility*

- ✓ SBCT is planning to execute Thanksgiving Meal on Wednesday, **25 November 2020, 1100-1700, bldg. 3416**
- ✓ A schedule is being developed for when Soldiers/Leaders can eat/service to mitigate COVID restrictions
- ✓ The menu not finalized, but will include turkey, roast beef, ham and all the traditional fixings





# Birch Hill and Ice Rink

Dan Cain





## ***Birch Hill Ski & Snowboard Area:*** Winter 2020-2021 Season Operations

- ✓ **Opening Weekend: Friday, November 27** (as snow and temperature conditions allow)
- ✓ Season Pass Sales
- ✓ Tickets and Rentals
- ✓ Accessible by anyone able to assess the installation
- ✓ Normal Operations: Friday-Sunday for downhill skiing, snowboarding and tubing
- ✓ Temporary warming hut & heated restroom, no restaurant
- ✓ \*Tubing: Saturday & Sunday: 11 a.m. - 5 p.m.
- ✓ \*Skiing: Friday - Sunday: 11 a.m. - 7 p.m.

\* Dates and times subject to change





## ***Ice Rink: The Ice Rink inside of the PFC will soon be opening its doors for the reason***

- ✓ Stay Tuned to @WainwrightMWR for updates
- ✓ Hours of Operations
  - ✓ Monday & Wednesday 11:30 a.m. – 1 p.m.
  - ✓ Friday 5:30 p.m. – 7:45 p.m.
  - ✓ Saturday & Sunday: 1:30 p.m. – 4:00 p.m.
- ✓ Prices
  - ✓ DOD Family Pack (4 people): \$10.00
  - ✓ DOD Adult: \$4.00
  - ✓ DoD Youth (5-17): \$3.00, Under 4 yrs: FREE
  - ✓ Skate Rental: \$2.00
- ✓ Skating Lessons Available: 4 lessons (skate rental included) \$50.00/person
- ✓ Call (907) 353-7223 for more information





# Directorate of Family and Morale, Welfare and Recreation

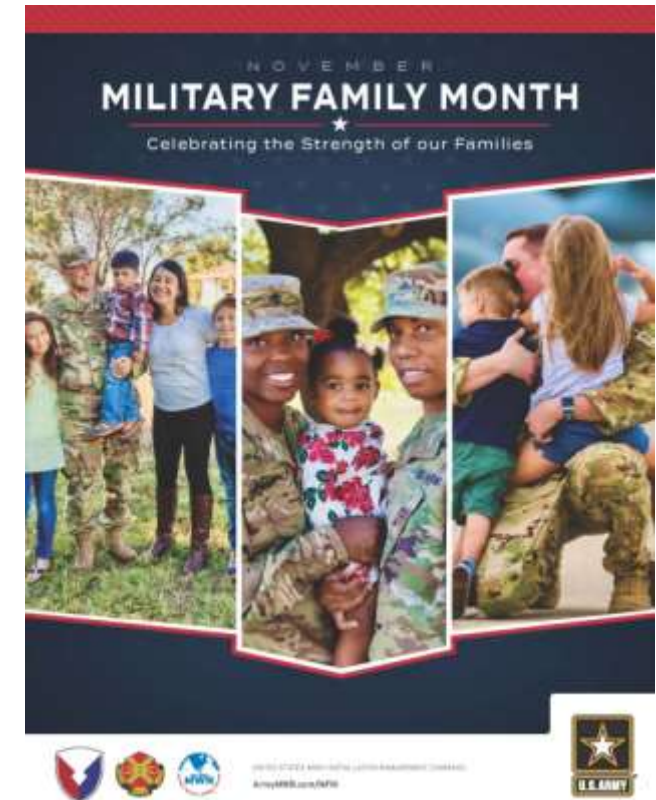
Ian Tassie





## ***November Military Family Month***

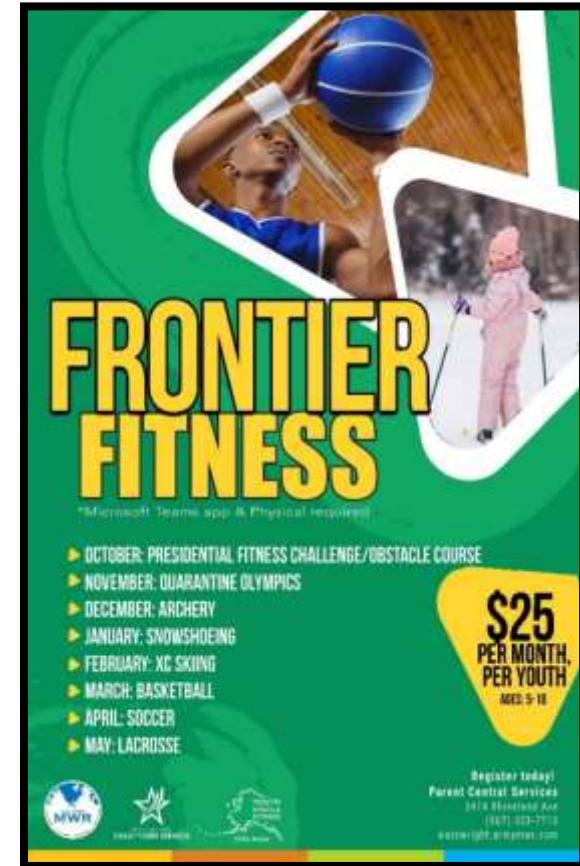
- ✓ Military Families bring Strength and Resilience
- ✓ We honor their sacrifices
- ✓ Play with the Pros Series at Chena Bend Clubhouse: November 5 - 8
- ✓ Cross-Country Ski Outing with Outdoor Recreation: November 14
- ✓ Turkey Bowl at Nugget Lanes Bowling Center: November 21
- ✓ Snowmachine Trip with Outdoor Recreation: November 28





## **Frontier Fitness:** Fitness for interactive, virtual & in-person activities

- ✓ Ages 5-18 years old
- ✓ \$25 per child, per month
- ✓ Held via MS Teams & In-person
- ✓ Monthly Activities
  - November: Quarantine Olympics
  - December: Archery
  - January: Snowshoeing
  - February: XC Skiing
  - March: Basketball
  - April: Soccer
  - May: Lacrosse
- ✓ Register at Parent Central Services (907) 353-7713, [wainwright.armymwr.com](http://wainwright.armymwr.com)





## ***Chena Bend Clubhouse and Golf Course:*** Winter Recreation Trails and more

- ✓ 3 Trails for 3 Skill Levels
  - Multi-use snowshoe, walking, beginner XC ski loop
  - 1 mile XC ski loop
  - 2 mile XC ski loop
- ✓ Indoor Simulators, XC Ski and Snowshoe Rental
  - Thu – Fri: 11 a.m. – 7 p.m.
  - Sat – Sun: 10 a.m. – 6 p.m.
- ✓ The Turn Grill Restaurant
  - Mon – Fri: 10:30 a.m. – 3 p.m.





## **B.O.S.S.:** Are you the Next President?

- ✓ Eligible – Single Soldier, Single with Dependent or Geo-Bachelor
- ✓ Must possess strong office and interpersonal skills
- ✓ Be able to work independently with little oversight
- ✓ Have a valid drivers license
- ✓ Must have at least 1 year remaining on station
- ✓ No rank requirement/restriction
- ✓ Deadline to apply COB 20 November





## ***Soldier and Family Readiness Groups (SFRG) Training:*** Interactive, virtual SFRG courses through MS Teams

- ✓ SFRG Leader Training: Monday, 16 Nov, 0900-1200
- ✓ SFRG Informal Funds Training, Tuesday, 17 Nov, 1200-1400
- ✓ SFRG Key Contact training, Wednesday, 18 Nov, 1200-1400
- ✓ Command Family Readiness Rep, Monday, 23 Nov, 1200-1530
- ✓ Command Training, Tuesday, 24 Nov, 1200-1400
- ✓ For more information, visit [wainwright.armymwr.com](http://wainwright.armymwr.com)





## ***Personal Financial Counselors (PFC)***

- ✓ Manage finances, resolve financial problems & reach long-term goals
- ✓ Virtual Training and Workshops
  - ✓ Saving and Investment
  - ✓ Managing Credit and Debt
  - ✓ Thrift Savings Plan (TSP)
  - ✓ Tax Preparation
  - ✓ Blended retirement System (BRS)
- ✓ Contact Darin of Jeanna (907) 791-9820 or 353-4459





**Army Family Action Plan (AFAP):** Mechanism for Soldiers, Family Members, Retirees and DOD Civilians to address quality of life concerns

- ✓ Examples on what AFAP can do for you
  - ✓ Better Opportunity for Single Soldiers (BOSS) program established
  - ✓ Military Thrift Savings Plan (TSP)
  - ✓ New rule for transferability of the GI Bill benefits to spouse and children
  - ✓ Paternity leave for Fathers
- ✓ AFAP submission forms are located at ACS (Bldg 3401) and at the Commissary entrance
- ✓ For more information visit [wainwright.armywmr.com](http://wainwright.armywmr.com)





## ***Military & Family Life Counselors (MFLC)***

- ✓ MFLCs can meet either face-to-face (ensuring proper social distancing and hygiene) or through Zoom
- ✓ Adult, Couple and Youth, (907) 799-4852, 987-6320, 371-8585
- ✓ Embedded with 1-52 GSAB & 1-25 ARB, (907) 370-3314
- ✓ School MFLCs
  - Arctic Light Elementary – (907) 370-3315
  - Ladd Elementary – (907) 370-3328
  - Ticasuk Brown & Hunter Elementary – (907) 370-3964
  - Tanana Middle & Lathrop High Schools – (907) 482-0327
  - North Pole High & Middle Schools – (907) 370-3902





***December to Remember:*** Celebrate the season with festivities throughout December

- ✓ Virtual Tree Lighting: Light up living rooms around Alaska
- ✓ 12 Days of Giveaways: A new giveaway each day, 12 changes to win prizes for the whole family like Nintendo Switch, TV, home goods and more
- ✓ Online Contest: Show off your Holiday Spirit with “Photo and Caption” Contests throughout December
- ✓ Follow @Wainwright MWR and get ready to win





# MEDDAC-Alaska

## LTC Moore





## MHS GENESIS is LIVE!

### Thank you for your patience

- Limited appointments as staff become proficient in the new system
- Extended wait times in the pharmacy, lab and radiology
- Longer wait for referrals

### New Patient Portal

- TRICARE Patient Portal/Secure Messaging is no longer operational for MEDDAC-AK beneficiaries
- MHS GENESIS Patient Portal is live at <https://patientportal.mhsgenesis.health.mil>
- A DS logon is required, if you already had a DS established must upgrade to a premium account
- Patients can check lab results, chat with their provider, request prescription refills and **Beginning on November 18**, patients can book appointments

**Options:** While appointments are limited, we encourage the use of:

- Nurse Advice Line: 1-800-TRICARE (Option 1)
- PM Pediatrics: [pmpediatrics.com](http://pmpediatrics.com)





## Know your options

- Open Enrollment:  
November 9 through December 14
- Changes take effect January 1, 2021
- Call TRICARE to enroll or change enrollment: 1-844-866-9378
- For Questions, please visit: [www.TRICARE.mil/openseason20](http://www.TRICARE.mil/openseason20)  
or call the MEDDAC-AK enrollment manager at 907-361-5610

## IMPORTANT to know

- TRICARE SELECT **does not** cover travel, lodging or food
- If a TRICARE Select patient must travel out of the area for medical care, none of the above costs will be covered by TRICARE





## Flu Vaccinations

**Clinic Dates: November – Exact Dates TBD**

- Adult doses are expected to arrive mid to late November
- Pediatric patients can be brought in to the walk-in Immunizations Clinic to receive their vaccine.
- Beneficiaries can receive flu vaccines off post at no cost. No pre-authorization required.





# North Haven Communities

Ron Johnson





# NORTH HAVEN COMMUNITIES



## November Events

- ✓ **Rent Café Resident Portal Promotion: 1 – 20 November**
  - You will be entered into drawing for one of 3 Prizes, a \$100 Gift Card and 2 Turkeys
  - Visit - <https://fw.nhcalaska.com/resident-portal> (Fort Wainwright)
  
- ✓ Facebook Contests – Available to both Fort Greely and Fort Wainwright Residents
  - **Days of Gratitude Give-Away: 2 – 20 November**
    - Send a photo to [marketing@nhcalaska.com](mailto:marketing@nhcalaska.com) of what you are most grateful for
    - Photos will be shared on Facebook 19 – 20 November for voting, win a special gift.
  
  - **Military Family Month Give-Away: 9 – 13 November**
    - Share a photo of your Military Family
    - Win a 30 minute – 7 Digital Images – Reindeer Photo Session at the Chena Outdoor Collective with Whitney McLaren Photography (photographer for the Yukon Quest)
  
  - **Gobble, Gobble Turkey Dinner: 23 – 25 November**
    - What is your favorite dish or dessert at Thanksgiving Dinner
    - Share your answer for a chance to win a special gift

✓ <https://www.facebook.com/northhavencommunities/>





# NORTH HAVEN COMMUNITIES



## *Winter Readiness*

- ✓ Remove air-conditioning units from windows
- ✓ Ensure all windows close completely and latch
- ✓ Remove hoses from hose bibs outside your home
- ✓ Have a plan to pick up feces through the winter
- ✓ Remove all toys, outside furniture, etc. from yard
- ✓ Maintain/shovel driveways, walkways and back porches to ensure safe access
- ✓ Do Not shovel snow into roadways
- ✓ North haven communities has self help items, such as shovels, ice chippers that you can borrow. If you are interested, please contact our office at **907-356-7106 or 356-7136**





## Resident Portal

Created by **lendlease**

# SAVE TIME

Sign up for your  
Online Resident  
Portal!

**From your computer  
or mobile device you can:**

- Submit service requests online & check repair status
- Electronically submit resident forms
- Make online payments & more ...

 **NORTH HAVEN  
COMMUNITIES**

Visit [www.nhcalaska.com](http://www.nhcalaska.com) to sign up today.  
Questions? Contact your community office.





# Exchange

Mike Durbin



**EXCHANGE**  
ARMY & AIR FORCE EXCHANGE SERVICE





## *November Events*

- ✓ Veteran's Day Limited Edition Coin giveaway for Veterans only, **11 Nov, 1200-1300**, while supplies last
- ✓ **Veteran's Day Clearance sale, 11 Nov**, save an additional 10% off your purchase - excluding firearms and ammo
- ✓ Coloring contest, pick up your coloring sheet from customer service starting 16 Nov
  - Send entries **20-25 Nov** to email [zzwrfortwainwrightmain@aafes.com](mailto:zzwrfortwainwrightmain@aafes.com)
  - Three winners will be selected
- ✓ **Turkey Photo, 21 Nov**, look for the turkey photo and turn it into customer service to receive a \$25 gift card
- ✓ **Firearms sale, 20-25 Nov**, save 10% and an additional 10% if you use your Military Star Card
- ✓ **Black Friday, 27 Nov**, special hours 0800-2000, Mall doors will be open at 0700





## December Events

- ✓ **Ugly Sweater contest, 7 – 11 Dec**, send your photos to [zzwrftwainwrightmain@aafes.com](mailto:zzwrftwainwrightmain@aafes.com), two winners will be chosen male and female.
- ✓ **One Day sale, 19 Dec**, save 15% of any clearance item with a regular tender purchase, save 25% if you use your Military Star Card - excluding firearms and ammo
- ✓ **Coloring contest**, pick up your coloring sheet from customer service starting **16 Dec**
  - ✓ Send entries **20-23 Dec** to email [zzwrfortwainwrightmain@aafes.com](mailto:zzwrfortwainwrightmain@aafes.com)
  - ✓ Two winners will be selected





# DeCA

## Trenton Jackson





## Fort Wainwright Commissary

- ✓ Holiday Soda Sale: Stock Up
  - 19-26 Nov – Thanksgiving
  - 18-31 Dec – Christmas
- ✓ 7<sup>th</sup> Annual “Your Holiday Bill is on US” Sweepstake
  - 1 Nov – 31 Dec
  - Each time you use your Military Star Card automatically entered into drawing
- ✓ Gift Cards
  - Shoppers can find DeCA and AAFES gift cards sold at the register for last minute gift giving
- ✓ Holiday Assistance Program
  - Partnering with Fort Wainwright Religious Support Office
  - 170 Holiday Food Baskets





# Closing Remarks

COL Ruga





# Next Arctic Community Information Exchange

**December 15, 2020 at 6 p.m.**

**<http://ice.disa.mil/index.cfm?fa=card&sp=132980&s=360>**

