

FORT SAM HOUSTON News Leader



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HOTLINES**



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A PUBLICATION OF THE 502nd AIR BASE WING – JOINT BASE SAN ANTONIO-FORT SAM HOUSTON



METC NUTRITION SITUATIONAL EXERCISE

PAGE 6



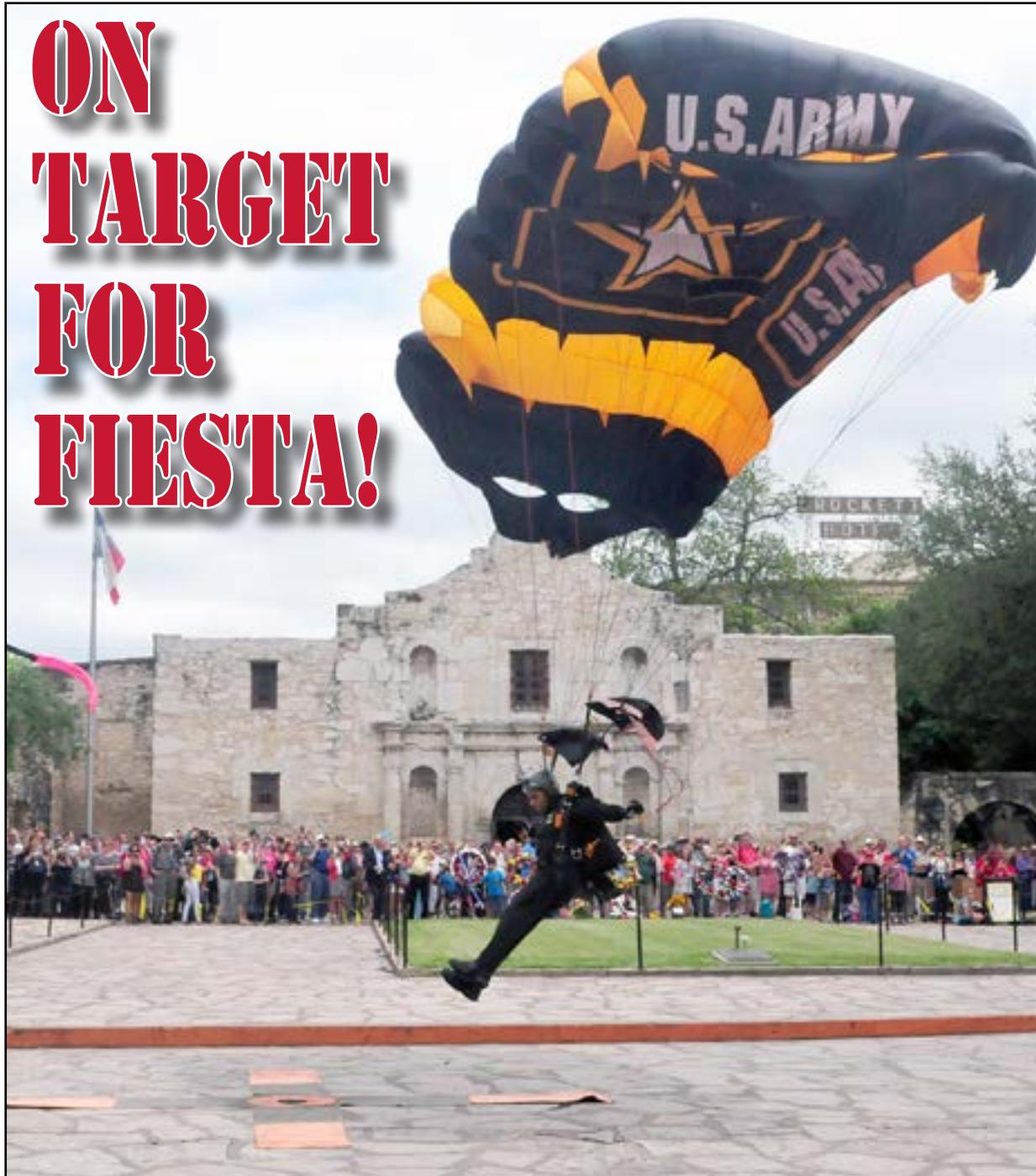
'NEW BAMC' CELEBRATES ANNIVERSARY

PAGE 7



NMETC PARTICIPATES IN NAVY WEEK

PAGE 15



**ON
TARGET
FOR
FIESTA!**

Photo by Luis A. Deya

A member of the U.S Army Golden Knights parachute team lands on target during Army Day at the Alamo April 19 in downtown San Antonio. See Pages 18-19 for more photos from Fiesta events around San Antonio.

Editorial Staff

502nd Air Base Wing/JBSA
 Commander

Brig. Gen. Bob LaBrutta

502nd ABW/JBSA
 Public Affairs Director
Todd G. White

502nd ABW/JBSA
 Public Affairs Chief
Bill Gaines

Writer/Editor
Steve Elliott

Writer/Editor
Janis El Shabazz

Layout Artist
Joe Funtanilla

News Leader office:

2080 Wilson Way
 Building 247, Suite 211
 JBSA-Fort Sam Houston
 TX 78234-5004
 210-221-1031
 DSN 471-1031

News Leader Advertisements:

EN Communities
 P.O. Box 2171
 San Antonio, TX 78297
 210-250-2052

News Leader email:

usaf.jbsa.502-abw.mbx.
 fsh-news-leader@mail.mil

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Sexual harassment, assault: generational gap in communication

By Army Staff Sgt. Leah Kilpatrick
 Fort Hood Public Affairs

Certain trends and traits are specific with each passing generation – from the bell bottoms and go-go boots of the 70s to the legwarmers, scrunchies and hair spray of the 80s to the ripped jeans, slouch socks and combat boots of the 90s.

While all those trends ebb and flow, one thing remains the same – the ways in which the young people of any generation communicate with each other usually leaves older generations scratching their heads.

This communication gap can lead to some pretty humorous misunderstandings, but in an organization like the Army, where not only communication but understanding is paramount to mission success and unit cohesion, those misunderstandings can be much more devastating.

“The younger generation is coming straight out of high school or have only been out of high school for just a few years, and they’re bringing this culture into the military with them,” said Celetia Glenn, the 3rd Armored Brigade Combat Team, 1st Cavalry Division victim advocate.

In particular, Glenn recalled an instance when she picked up her 15-year old granddaughter from school and the light that experience shed on the issue of communication.

“I was standing out in front of one of the high schools and as I was waiting to pick my grand-

daughter. I was looking at how the students were interacting with one another, the things they were saying, the things they were doing to each other and the things that were okay,” she said. “They had a whole language that I couldn’t understand. Of course I had to solicit my granddaughter’s help to understand a lot of it.”

Only two years older than Glenn’s young granddaughter, the minimum age to join the Army is 17.

Along with the generation gap, regional differences widen the chasm of understanding and create a real language barrier.

“With the younger generation, all they really understand is this is what I know. This is my area. These are the social norms where I grew up,” said Sgt. 1st Class Eric Bryant, the 3rd ABCT Sexual Harassment and Assault Response Prevention Sexual Assault Response Coordinator. “They haven’t really completely adapted to the Army culture, so it’s challenging to get across that barrier. The biggest way to get around it is through awareness, and training does help in that but sometimes it also comes with just having a conversation.”

On a peer-to-peer level, getting to know the Soldiers to the left and right can help alleviate misunderstandings before they occur. But on a leader level, it’s even more of a responsibility.

“Leaders, who are generally in a lot of cases a little bit older, need



Photo by Army Staff Sgt. Leah Kilpatrick

Sexual assault is a punitive offense that will at the very least cost a Soldier their military career. The maximum punishment for sexual assault related offenses is forfeiture of all pay and allowances, dishonorable or bad conduct discharge and confinement for up to 30 years.

to really get out there and hear and see what’s going on,” said Glenn, a native of Nolanville, Texas. “Learn about it. Ask those questions. ‘Hey, what does that mean?’ Look it up. Do your own research. As a SHARP, when we hear stuff, we don’t just say, ‘Oh, I don’t know what that is,’ we write it down, we take notes, we have that mental Rolodex going. For us to be able to teach them, we have to understand their language on their level.”

The danger of not knowing what the Soldiers are saying is a crippling loss of ability to make on-the-spot corrections before situations escalate out of control.

“What we have in the sexual assault realm is something called the continuum of harm,” Bryant said. “Now not all cases,

but a lot of cases fall into this continuum of harm, meaning before they get into sexual assault and rape, it starts with in-nuendos, which means someone is saying something, but it has another meaning.”

Unchecked, those in-nuendos can turn into sexually suggestive jokes and perhaps no one says anything about the jokes either.

It could be that the intended target of all this attention is just hoping that ignoring it long enough will make it go away. Be that as it may, unchecked, the jokes may continue.

“Now it turns into touching, could be playful,” Bryant said. “That’s how it starts. No one says anything. They let it go. It continues to escalate. It’s like the statement your parents used to say, ‘If I

give you an inch, you’ll take a mile.’ That’s basically what the continuum of harm is. Now let’s add in alcohol. Let’s add in drugs.”

And what may have started with words can go terribly wrong.

Glenn said in the past she has led training sessions that addressed the language challenges that can result when people of different ages, different cultures and different backgrounds come together.

“We have done it, and it has been very effective,” she said. “That gave the best results from any training session that I’ve ever actually gone through. The Soldiers were excited about the training. They were still talking about the training when they walked out.

See SHARP, P21



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News Briefs

Fort Sam Houston Resident Survey Underway

The Joint Base San Antonio-Fort Sam Houston Residential Communities Initiative Office has announced the Headquarters Department of the Army Resident Survey is underway via email through May 15. Residents are encouraged to give their thoughts about their experiences and services in housing and provide comments on issues, as well as indicating areas needing improvement. Residents who have not received the email about the survey can call 270-7638. Residents who complete the survey are eligible for a cash award.

Membership Drive Continues

Register at any Joint Base San Antonio golf course through Sunday to become a JBSA golf member. Membership benefits include preferred advance tee times, no daily green fees excluding cart rental, five free rounds of golf at each of the other two JBSA locations, 10 percent discount off all merchandise purchased in the pro shops except for Ping products, priority for club storage and locker rental and free handicap service, discounted fees for all JBSA-sponsored tournaments, access to member-only tournaments and events, five percent discount for catered events at the clubhouse, etc. Call 671-3466 for more details.

Refresh Relationships With Marriage Checkup

Behavioral health consultants at the Wilford Hall Ambulatory Surgical Center Primary Care Clinic are offering a "Marriage Checkup" as part of a research study sponsored by the U.S. Army Medical Research and Materiel Command. It is offered to military members and their spouses who would like to find out more about the health of their marriage. "Marriage Checkup" will give participants the tools and resources to strengthen their connection. Couples may receive compensation for participating in the study. Call 446-8857 or email marriagecheckupusaf@gmail.com for details.

See NEWS BRIEFS, P6

IMCOM supports cyber growth infrastructure

By Tim Hippias
IMCOM Public Affairs

Lt. Gen. Kenneth Dahl, commanding general of U.S. Army Installation Management Command and Maj. Gen. Lawarren Patterson recently co-chaired the sixth Cyber Installation Support Summit at IMCOM headquarters at Fort Sam Houston.

Cyber and communication protocols have become integrated into nearly every thread of modern society – commerce, communications, energy, water, and facilities – to the point that a cybersecurity breach, depending upon severity, has the potential to disrupt life as we know it.

Patterson, IMCOM deputy commanding general for operations and chief of staff, helped stand up the initial cyber summit in late 2014 and has been a stalwart throughout the process.

"A few years ago it became apparent that the growth of cyber within the Army and the Department of Defense was going to become a very large, complex mission, particularly from the standpoint of building out facilities to support cyber training and operations," Patterson said. "The anticipated growth will take years in some instances because the dollars that have to be planned for and allocated will take a concerted effort and the teamwork of many organizations and agencies."

The team has more than doubled in number and involves far more entities than just the U.S. Army.

"What started as the first summit of about 40 people representing various elements of the Army has grown and expanded to include the National Security Agency, U.S. Cyber Command, sister services and Reserve components. Today you see participation of around 100 people," Patterson said.

Originally, the focus was on facilities and growth primarily in three locations for which the Army is responsible: Fort Gordon, Ga.; Fort Meade, Md.; and Fort Belvoir, Va. Some growth at West Point, N.Y., was also part of the original intent.

"Since then, we've expanded," Patterson said. "From day one we always wanted to be inclusive, not exclusive – so we invited all the stakeholders to be a part of the process."

Dahl, who co-chaired his first cyber summit, said he probably learned more than anyone as the "rookie" in the room.

"What I took away is there is a tremendous amount of talent that comes together for this event from all the various organizations that have some stake in cyber defense, cybersecurity or the support of standing up that capability," Dahl said. "I'm much more comfortable with all this now than I was before. I got to interact and see the quality of the leadership, the quality of the intellect, and the seriousness with which they are approaching this complex set of challenges." The summits have



Photo by Tim Hippias

Lt. Gen. Kenneth Dahl (left), commanding general of U.S. Army Installation Management Command, confers with IMCOM Command Sgt. Maj. Jeffrey Hartless (center) and IMCOM Deputy Commanding General for Operations and Chief of Staff Maj. Gen. Lawarren Patterson (right) during the Cyber Installation Support Summit VI at the U.S. Army Installation Management Command Headquarters Operations Center March 30 at Fort Sam Houston.

been scheduled quarterly and held at Forts Belvoir, Gordon and Meade until Headquarters IMCOM joined the rotation. This rotating approach is designed to allow participants to spend time on the ground at the location to gain first-hand appreciation of the challenges.

"We do it quarterly to make sure we're all on the same sheet of music, we all understand what's going on through transparency, cross-talk, sharing best practices and success stories," Patterson said. "We look at facility growth and planned facility growth to determine what priorities are urgent and what can wait. We all work in concert to define the requirements for the appropriate leadership to make decisions."

Determining who would fund what was the universal question in the room during the morning session in San Antonio.

"That's what part of this is all about,"

Patterson said. "Given the multiple stakeholders, we want to make sure there is a clear understanding of who's responsible for funding which aspect of the myriad projects. This clarification is number one. Next is determining the cost, and then the priority. If we do decide to fund something under the name of cyber, we need to fully understand what other projects will go by the wayside or fall below the cut line. Those are the kinds of discussions we're having."

Dahl pointed out that the cyber summits reach beyond the realm of the Army.

"The Army National Guard and the Army Reserve have a very important component of this," Dahl said. "Fort Meade, where we're standing up a great deal of this capability, has 53,000 people on it every day, mainly civilians. The Army runs the base, but the NSA is there with 25,000 or so. You've also got several joint and civilian orga-

nizations there, so it's not just an Army thing. This is really a whole of government thing."

Army IMCOM provides direction and oversight to 73 installations that protect national interests worldwide and require a line of defense in cyber security.

"It is a core IMCOM function," Dahl said. "IMCOM should be looking to pull together all service providers, all the people who have a stake or an equity involved, and then integrate that. That's what we do."

"We're in a very challenging environment resource-wise," Dahl added. "I knew that coming in. It did not get better during the conference. It may even be more challenging than I imagined. But that's where the hard work has to be done with the senior leadership, to prioritize to ensure we're spending every dime on the right things at the right time, so we can generate as much capability and capacity as possible."

59th TRG dental assistant at JBSA-Fort Sam Houston earns national-level excellence award

For Tech. Sgt. Christy Nixon, training dental assistants is about more than simply teaching skills; it's about educating others on the importance of oral health.

Nixon's role as a dental assistant technical training instructor with the 59th Training Group at Joint Base San Antonio-Fort Sam Houston allows her to prepare future dental assistants for their role in the Air Force and wherever their careers may take them.

"As a child, I never understood the importance of oral health," Nixon said. "Many people are unaware of how neglecting their oral health can have an impact on their overall health. I am very passionate about helping others, so being able to

enlighten them on how to take care of their teeth gives me a sense of accomplishment."

Nixon's impressive career has included earning a bachelor's degree in accounting and management information systems in 2003, an associate degree in applied sciences in 2005, and a master's degree in business administration in 2011.

In 2004 she entered the Air Force, where she is fulfilling a special duty assignment as a dental assisting instructor and as an Air Force delegate for the American Dental Assistants Association. This work led to Nixon receiving the 2015 ADA/Schein President's Award of Excellence.

"I was very surprised when I won the award,"



Photo by Air Force Staff Sgt. Michael Ellis

Tech. Sgt. Christy Nixon, NCO in charge of the Air Force Dental Assistant training program at the Medical Education and Training Campus at Joint Base San Antonio-Fort Sam Houston instructs students on how to properly give an oral examination. Formerly part of the 37th Training Wing, Air Force medical service and medical readiness, training programs are with the 59th Medical Wing's newest unit – the 59th Training Group.

she said. "Competing against the most talented dental assistants across the country has been a

humbling experience. This award is a huge deal and I feel extremely blessed."

Winning the award has

also impacted Nixon's role as an educator.

"The thing that makes me the most proud in my career is when I see the lightbulb go on as my students learn," she said. "Since winning this award, I've also been able to share the experience to inspire my students to reach for the same goals. It shows them that there is more to being a dental assistant."

Nixon earned Dental Assisting National Board CDA certification in 2013.

"I decided to pursue CDA certification because I wanted to take my career to the next level," she said.

"Earning this certification gives me more credibility when I am teaching my students. And, when I go back to my clinical duties, I will be viewed as

an expert because of my credentials."

In addition to educating her students on the importance of oral health, Nixon also stresses the importance of earning DANB certification.

"My advice for up-and-coming dental assistants is to invest the time into earning CDA certification," she said. "Not only will it make them more marketable when job searching, but the knowledge they gain makes them better assistants."

"Being involved in improving others' oral health is a very rewarding endeavor," she continues. "It gives me great satisfaction to make people want to smile!"

(Source: 59th Medical Wing Public Affairs)

59th MDW, Wilford Hall Auxiliary team up to help save infant lives

By Tech. Sgt. Christopher Carwile
59th Medical Wing Public Affairs

With help from the Wilford Hall Auxiliary, the Air Force's 59th Medical Wing is helping babies born at the San Antonio Military Medical Center sleep safely.

"We're part of a coalition of six neonatology groups in San Antonio focusing on a safe-to-sleep campaign to reduce sudden unexpected infant deaths, or SUIDs, due to unsafe sleep environments," said Maj. Nicholas Carr, SAMMC staff neonatologist and member of the 59th Medical Group.

SAMMC is the first Texas hospital to receive "Silver-Certified Sleep Leader" certification from

the National Safe Sleep Hospital Certification Program. The Safe To Sleep campaign focuses on modeling a safe sleep environment for newborns in the hospital and on teaching new parents ways to continue these practices at home.

In support of the initiative, the Wilford Hall Auxiliary donated 1,000 Halo SleepSacks to SAMMC's newborn and neonatal intensive care unit service March 23. A new SleepSack – a type of wearable blanket – is given to parents of every baby delivered at SAMMC.

SleepSacks provide a sense of comfort, while removing the need for a blanket that could cause suffocation. They also help infants stay on their

backs as they sleep.

In addition to using a wearable blanket, parents are encouraged to use a firm mattress and remove unneeded objects from cribs, such as toys, bumpers, and siblings, according to the American Academy of Pediatrics and the National Institute of Child Health and Human Development.

"We want to create a culture of safety for parents when they and their newborns go home," Carr said. "This gift gives parents something to take home to create a safe sleep environment."

"Sudden infant death is the number one cause of infant death throughout the nation – from ages 1 month to 1 year – so this is an important

message and goal for us," he added.

The National Safe Sleep Hospital Certification Program is run by Cribs for Kids, who sets the criteria for hospitals to be designated as Bronze-, Silver- or Gold-Certified Safe Sleep Hospital, Leader or Champion.

With the award as a Silver-Certified Safe Sleep Leader in hand, 59th MDW and SAMMC medical providers have started working toward a new goal – becoming Gold-Certified Safe Sleep Champions.

"Many Wilford Hall Auxiliary members have had their children delivered here," said Kelly Banachowski, WHA service chair, "so why not

give back and support such a great campaign and our military community."

Learning about your child and how they

should sleep is important, Banachowski said. "Having these SleepSacks is great. That peace of mind is worth any amount of money."



Photo by Tech. Sgt. Christopher Carwile

Kelly Banachowski, Wilford Hall Auxiliary service chair (left), presents Jasmine Reese (right) with the first neonatal intensive care unit Halo SleepSack March 23 at the San Antonio Military Medical Center. Reese received the gift before leaving SAMMC with her newborn daughter. Donated by the WHA, the SleepSacks are used at SAMMC to promote the safety of sleeping newborns.

Watch for effect of smartphones on vision and health of service members

As much as we depend on our mobile devices for viewing and responding to emails, checking the weather, reading headline news and posting status updates on Facebook, our smartphones may be causing vision problems.

Staring at those tiny screens can bring on an array of eye issues, such as blurred vision, headaches, sore eyes, muscle strain and dry eye.

“When you are using smartphones, both the screens and what we are trying to see are typically very small, and this taxes any individual’s ability to focus on and resolve the content being viewed,” said Felix Barker, O.D., an optometrist with the Department of Veterans Affairs who works

with the Department of Defense/VA Vision Center of Excellence.

“For example, if you’re looking at the same print on a computer screen, not only is the screen larger but so is the print, making a computer monitor much easier to see than a smartphone.”

Barker also said smartphones require holding the device closer to the eyes, increasing the demands on vision.

“The closer a person holds something to the face, the more the eyes try to converge, meaning that they turn closer together,” he said. “When you spend an excessive amount of time on smartphones, you can put a lot of stress on your vision and cause blurred or

even double vision.”

Use of smartphones can also cause another eye-related problem: sleeplessness. Many contain blue light, which can disrupt the production of melatonin, a hormone that helps regulate the sleep cycle. Barker suggests limiting smartphone usage at bedtime.

“Our brains begin to produce melatonin when we are ready to go to sleep, and blue light interferes with that process,” he said.

He highlighted other key factors for service members that can affect their success using mobile devices.

“There are a significant number of warfighters who have been exposed to blast injuries who have

vision problems,” he said. “They can often have trouble converging their eyes and being able to focus their vision. Or they may think their cognitive ability to perform daily tasks has been inhibited by the blast injury, when in fact poor performance is due to poor vision.”

Age is another factor that can affect the ability to use mobile devices. “There’s a natural loss of visual focus that occurs in our midlives,” Barker said. “Around the age of 40 it becomes critical and that’s about the time when people need reading glasses.”

Smartphone use can aggravate symptoms of post-traumatic stress disorder as well. “Someone with



Courtesy photo

Sleeplessness is just one of several potential outcomes from the extended use of smartphones.

PTSD may be confused about what is really limiting their ability to perform routine visual tasks, like viewing information on their smartphones,” he said. “They may be thinking, ‘I can’t cope.’ This is

another reason why it’s very important – especially for people who have been deployed – to get regular vision examinations.”

(Source: <http://www.Health.mil>)

News Briefs

Continued from P3

Cole High School Senior Events To Be Streamed Live

The Robert G. Cole High School senior awards, graduation ceremony, and behind-the-scenes pre-graduation show will all be streamed live this year on the Internet for those people who cannot attend in person. Senior awards can be viewed from 9:30-11 a.m. May 27 at <http://the-cube.com/e/638605>. The pre-graduation "red carpet" behind-the-scenes show is available from 5:15-5:50 p.m. May 31 at <http://the-cube.com/e/638605>. The 2016 Cole High School graduation can be viewed from 6-8 p.m. May 31 at <http://the-cube.com/e/638611>. All these events will be streamed using The Cube website (<http://www.the-cube.com/>) which requires a free account. To sign up and follow the Fort Sam Houston Independent School District Cube channel at the same time, start at <http://the-cube.com/cube/fsh-isd> and click the "follow" link.

Voting Assistance

The Joint Base San Antonio Voting Assistance Program office is located at JBSA-Fort Sam Houston, 2380 Stanley Road, building 124, first floor. Assistance is available by appointment only between the hours of 9-11:30 a.m. and 1-2:30 p.m. Call 221-VOTE (8683) for more information.

Check Military, CAC, Dependent ID Expiration Dates

All Defense Enrollment Eligibility Reporting system, Common Access Card and military ID card locations throughout Joint Base San Antonio are by 100 percent appointment only and wait time for an appointment can be up to 30 days. Civilian and military members need to remember when their CACs and military IDs expire and schedule renewal appointments appropriately. Appointments can be made online at <https://rapids-appointments.dmdc.osd.mil>.

Travel Offices Moving

The Passenger Travel Element and the Commercial Travel Office are moving from building 367 to building 1161 May 7-8/ The offices will open at their new location May 9. Call 221-4925 for more information.

METC Nutrition and Diet Therapy Program conducts situational exercise

By Capt. Todd Heer
Nutrition and Diet Therapy
Program director
Medical Education and Training
Campus

Army nutrition and diet therapy students at Fort Sam Houston's Medical Education and Training Campus conducted an Army situational training exercise as their culminating training event before graduating as 68M Nutrition Care Specialists.

The Feb. 22 exercise scenario involved a mass casualty situation in the San Antonio area that required the METC campus to be activated as an overflow patient hold and treatment facility.

The students were tasked to conduct nutrition screenings on admitted patients, provide nutrition education to patients and ward staff,



Pvt. Alexis Balasky (left), Medical Education and Training Campus Nutrition and Diet Therapy program student, screens simulated patient Pvt. Abbegail Alvaranga (right). During this screening, the nutrition care specialist finds out vital information from the patient, such as food likes or dislikes and food allergies.

ensure that patients were receiving the correct diets per their medical condition and to provide patients with their modified therapeutic diets.

The students also faced challenges such as equipment failures, loss of electronic medical charts, difficult patient personalities and

running out of nutrition formulas to support tube feeding.

"Students are graded on their ability to modify diets for their patients, conduct patient education and their ability to think critically," said program NCO in charge Sgt. 1st Class Kathia McConnico.

"The situational exercise is also a leadership experience and teambuilding exercise," McConnico said.

The students are divided into teams with opportunities for team leaders to take charge of their teams and accomplish the mission.

"Student leadership is naturally tested when stress is added to the personalities of each student," she added. "They each get an opportunity to experience how challenging it can be to complete a mission, with a timeline, while leading their peers."

The diet office team conducted the nutrition screening, patient education, verified

the accuracy of the diets and served as the main connecting points between the patients and the diet technicians preparing the diets in the kitchen and patient tray service area.

The team leader had to ensure the patients were all screened within a specified timeline, the patient consults were completed and the diets were all delivered to the patients.

The kitchen and patient tray service team received the patient diets from the team working in the diet office. They had a challenging task, because in this scenario, the kitchen was not supplied to feed patients during a mass casualty situation.

The team leader had to survey and organize available ingredients and food items to support patient feeding while ensuring the food was medically appropriate for the patients. This included utilizing the Operational Rations-Unitized Group Ration that is typically utilized in a combat support hospital. Since the UGR and field feeding are part of the Army curriculum, it is available to the students and was incorporated into the exercise.

Throughout the situational training exercise, the students are expected to be dietitian extenders, since there is only one dietitian to support the mission in this scenario. They were tested on their ability to think critically while performing all essential program tasks



Photos by Lisa Braun

Pvt. Stephen Fata, METC Nutrition and Diet Therapy program student, ensures that the correct menu items are on a tray prior to delivery to a patient during a Feb. 22 situational exercise at Fort Sam Houston, as accuracy is a vital part of patient tray service.

utilizing all the materials they used during training. Students also had to provide their recommendations to the dietitian.

The nutrition and diet therapy program trains to standard and the students may be faced with repeating tasks that they are not initially successful at completing.

This exercise is conducted very early in the development and implementation phase of the program, after just three STXs. Following each iteration and after-action review, the situational exercise evolve to incorporate more realistic training to facilitate meaningful learning. This will include adding an exercise component at Camp Bullis utilizing a containerized kitchen by September 2016.



Pvt. Jinsam Ma (left), METC Nutrition and Diet Therapy program student, counts the carbohydrate choices on a diabetic tray to ensure that his patient does not exceed the amount of carbs allowed per meal as instructor Staff Sgt. James Rafetto (right) observes.

'New BAMC' marks 20th anniversary

By Lori Newman
BAMC Public Affairs

Brooke Army Medical Center celebrated the 20th anniversary of the opening of "New BAMC" April 13 with a ceremony in the San Antonio Military Medical Center Medical Mall.

BAMC's history dates back to 1879 when the first post hospital opened as a small medical dispensary located in a single story wooden building on Fort Sam Houston.

Following years of planning and construction, on July 18, 1995, the new seven-story

medical center built on the eastern edge of Fort Sam Houston was turned over to the BAMC commander and on March 16, 1996, the new facility was officially dedicated.

On April 13, 1996 – 20 years ago – the "New BAMC" officially opened with the transfer of all inpatients from "Old BAMC" to the new campus.

Guests were treated to a slide show of photographs from the past and a walk down memory lane from guest speaker Dr. Gregg Anders, then-chief of pulmonary and critical

care. "The conga line of convoys left the old main hospital and the Beach Pavilion at the corner of Stanley and Allen roads and the ambulances wound their way down the hill to this facility," Anders said. "They moved about 40 patients that day.

"It went off almost like clockwork, but one of the ambulances got separated and pulled up to the wrong entrance," he said. "That caused quite a bit of radio chatter."

Anders said he was one of the last people to leave the old building.

"I knew something

historic had occurred," he said.

The doctor said many changes have occurred since then.

The 2005 Base Realignment and Closure Act called for consolidation of medical resources within the San Antonio area. These actions included a plan to significantly expand the capacity at BAMC and transfer all inpatient care and trauma services from then-Wilford Hall Medical Center to BAMC.

The expansion included the new addition of the consolidated tower, which opened in September 2011, and the hospital was renamed the San Antonio Military Medical Center.

"Since 9/11, the focus of this building has

forever been changed," Anders said. "We have sustained combat operations and the subsequent casualties that have occurred since that time. That has changed how we work here."

Today, the 425-bed Joint Commission-accredited facility remains the only Level I Trauma and burn center within the Department of Defense. BAMC is a proud partner of the San Antonio Military Health System, designed to optimize clinical care, educational training, and business operations for all military treatment facilities within the San Antonio area.

This was the first of several celebrations to come. October of this year will be the fifth anniversary of the consolidated tower and

February 2017 will be the 10th anniversary of the Center for the Intrepid.

"These are all organizations on our campus and part of the overall command," said Army Col. Mark Swofford, BAMC deputy commanding officer. "It is important to highlight all of these steps in our history and the evolution of the facility and honor those who serve here."

"We have always viewed this as a special place; I have and I know you have as well," Anders said. "It's important that we see each other and recognize each other for the commitments we have made to this place and the people who are not just customers – they are our patients."



Photo by Robert Shields

(From left) Master Sgt. John Beall, Carolyn Putnam, Dr. Gregg Anders and Brooke Army Medical Center Deputy Commanding Officer Col. Mark Swofford cut the cake to celebrate the 20th anniversary of the "New BAMC" building April 13 in the San Antonio Military Medical Center Medical Mall. Putnam has worked at Brooke Army Medical Center for more than 55 years. Anders was the chief of chief of pulmonary and critical care 20 years ago when patients were moved from main post to the new facility.

Know the left and right limits of your participation in partisan political activities

By Cherish T. Gilmore
Army Materiel Command
Public Affairs, Huntsville, Ala.

As the presidential election nears, personnel should re-visit the regulations that govern military and all Federal civilian employees concerning their participation in the political process.

The Hatch Act restricts the political activity of Federal civilian employees, including Department of the Army Civilians. The law was amended in 1993 to allow most employees to engage in certain types of political activity while in their personal capacity. Department of Defense Directive 1344.10 outlines rules governing political activity by members of the armed forces.

"Neither the Hatch Act nor the DOD Directive 1344.10 restrict civilian employees and military members from exercising their right to vote," said Lawrence J. Wilde, Army Materiel Command's ethics counselor.

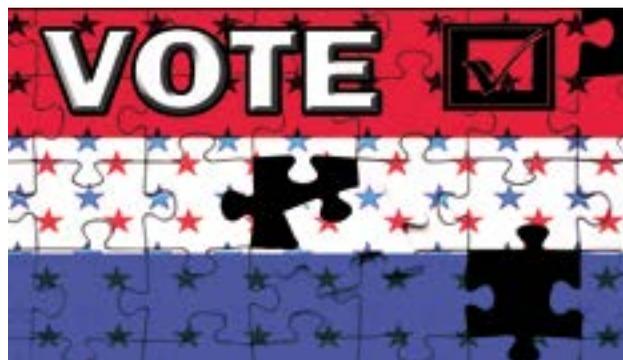
The restrictions pertain

to participation in partisan political activities.

"We encourage voting," Wilde said. "Know the left and right limits of your participation in partisan political activities. If you'd like to become involved with a political campaign, it's a good idea to seek advice from your legal office first."

Understanding what restrictions can apply depends on your status as a federal employee. The Hatch Act classifies employees into two groups: a "less restricted" group and "further restricted" group.

"The vast majority of DOD employees are classified as less-restricted employees," explained Wilde. "Further restricted employees include career senior executive service employees, political appointees, and employees of certain federal agencies like the National Security Agency, Federal Bureau of Investigation and Defense Intelligence Agency."



Courtesy illustration

Less restricted employees may actively participate in partisan political activities such as making phone calls for a candidate in a partisan election, working for a political party to encourage voting, or handing out campaign literature.

The Hatch Act dictates, however, that none of these activities may be done while on duty or by using their official position, in a federal building or vehicle, while wearing a federal uniform or insignia, or by using official resources, like computers.

"Although employees may contribute money

to candidates, no federal employee, military or civilian, may solicit or accept campaign contributions at any time," said Wilde. "So, for example, if a civilian employee is working the phone bank for a candidate, they may not read any part of a script that solicits contributions even though the employee is off duty and totally anonymous to the potential voter."

This also applies in the world of social media.

"Employees may not forward by email or social media any websites or posts that solicit or contain a link for campaign dona-

tions," Wilde said.

The rules for further restricted civilian employees and military personnel are stricter. Both must refrain from any political activity that could associate DOD with a partisan political candidate, group or activity.

"This means that military personnel may not campaign for a political candidate in a partisan election, speak at a partisan political gathering, hand out campaign literature, or solicit campaign contributions," Wilde said. "They may not place a political sign on the lawn of their government quarters. On social media, they may follow, friend or like a party or a candidate, but may not post, forward, share, or re-Tweet links and comments from them. If a member of the military or a further restricted civilian employee 'likes' a candidate or political group, the privacy settings on social media sites should be changed to preclude others from seeing these

preferences."

Wilde singled out four rules to keep handy for all federal employees and military members:

- Do not solicit campaign donations on or off duty.
- Do not wear campaign buttons on duty, in a federal facility or in uniform.
- Do not forward partisan political articles, websites, or political cartoons while on duty, in a federal building or using a government computer.
- Do not invite subordinates to political events, or use your rank or official position in any way to influence the political process.

Violations of the Hatch Act are investigated by the Justice Department Office of Special Counsel. Punishments include the full range of administrative disciplinary action, to include removal. Members of the military may face discipline for violating DOD Directive 1433.10 and pertinent provisions of the Uniform Code of Military Justice.

Fort Sam Houston Elementary School Student Council wins national award

The Fort Sam Houston Elementary School Student Council has been selected as an American Student Council Association "Council of Excellence."

Since 1987, the National Association of Elementary School Principals has recognized the outstanding efforts and hard work of student councils throughout the nation with this prestigious award. This award honors excellence in leadership, citizenship and community service.

To be considered, the student council had to complete an application that included detailed descriptions of two projects. The elementary school council highlighted their San Antonio Food Bank drive, and a chain link fence art project in which they used plastic inserts in the fence to create Cougar Paws to promote school spirit.

For the application, they also had to provide a copy of their constitution, an explanation of their election process, recommendation letters

from their principal and their Student Council president, and photos of the activities.

Dr. Tonya Hyde, Fort Sam Houston Elementary School principal, was thrilled about the recognition.

"One of our core beliefs is that we are all leaders in our school community. This recognition shows that we are truly living out that belief," Hyde said. "Our student council is a vital part of our school's success and we are proud of all they have accomplished."

The council will receive an official certificate and letter of congratulations for display and will also be listed on the National Association of Elementary School Principals website for the accomplishments. The Student Council is sponsored by fifth-grade teacher Brandon Jones, fifth-grade teacher Sage Blount and first-grade teacher Ariana Rios.

(Source: Fort Sam Houston Independent School District)



Courtesy photo

The Fort Sam Houston Elementary School Student Council has been selected as an American Student Council Association "Council of Excellence."

PCS made easier during peak household goods shipping season

When permanent change of station orders are received, do not hesitate to prepare and submit shipment of personal property requests to your local Personal Property Processing Office to book move dates. Being proactive and prepared helps to maximize the potential to receive desired move dates.

The Defense Personal Property System (<http://www.move.mil>), or DPS, online website to request shipment dates.

If members have difficulties with the DPS system, contact the help desk at 800-462-2176 or 618-589-9445. If it has been six months or more since a member has used DPS, they will need to register as a first-time user again. If it has been less than six months since registration, call the Help Desk to reactivate the account.

Military members and civilian employees must register as first-time users and initiate a request to obtain a User ID in order to access DPS.

After registration, they will receive an email

providing the User ID. Upon receipt, login into DPS to input shipment information.

Users must read the information carefully while beginning the self-counseling process. DPS will generate the Application for Shipment, Department of Defense Form 1299, and Counseling Checklist, or DD Form 1797, that need to be printed for member or employee's signature and date. Signed documents and a complete set of orders need to be submitted to the local PPPO for processing to book the requested move dates.

The Application for Shipment, or DD Form 1299, will not be automatically forwarded for booking. Individuals must hand carry the form to their local PPPO.

First-time movers, and individuals retiring or separating must go to their local PPPO to manually complete shipment documents.

A transportation counselor will provide information on entitlements and be available to answer questions.

When planning a move, members should prepare early and be flexible by providing acceptable alternate dates for pack and pick-up that.

Members should never schedule a pick-up or delivery on the same day they vacate or gain access to a residence.

Additionally, do not schedule two different shipments for pick-up or delivery on the same day. If a member is not available on the scheduled dates, they will be billed for an attempted pick-up or attempted delivery.

Once the shipment is booked, the transportation service provider, or TSP, will send an email you to confirm information and move dates. The TSP's local agent will make contact to conduct a pre-move survey.

Make sure the pre-move survey is done at least five days prior to the first scheduled packing day.

Members can also obtain TSP contact information by logging into their DPS account and

click on the "shipment management" section.

Members should keep in mind that household goods, or HHG, shipments require separate pack dates based on the estimated weight of the property.

Members must provide the pick-up date (last day of the move) when requested by the DPS system and it will automatically populate the pack days. Pack days can range from two to three days depending on estimated weight of goods to be packed and shipped.

When members get to the "View" and "Print" screen in DPS, be sure to double check the move dates to see if they meet their schedule. Reminder: Do not overlap dates if you have multiple shipments.

Member responsibilities prior to move dates:

- Military members must separate military professional books, papers and equipment, or PBP&E, that need to be separately packed. These items must be clearly

identified on an itemized inventory as "Pro-Gear or M-PRO." If a military member declares PBP&E for a dependent spouse, PBP&E must also be distinctly separated and annotated on the inventory as "PBP&E for Spouse or S-PRO." All PBP&E items must be identified at origin so that the weight will not count against the member's authorized weight allowance. If not clearly marked on the itemized inventory, members will not get credit for PBP&E as free weight.

- Residence and furniture must be clean and pest-free.

- members must remove from residence or clearly separate out any items they do not want movers to pack and ship. (i.e. important documents, passports, luggage, keys, money, jewelry, valuables, etc).

Things to be aware of after pick-up:

- If a shipment exceeds the authorized weight allowance, the member must request a reweigh with the TSP prior to accepting the personal property for delivery.

Confirm that a reweigh was accomplished with the driver before any property is off-loaded from the delivery truck to the new residence.

- Claims for loss or damage of personal property must be submitted to the DPS website at <http://www.move.mil>. Service members and civilian employees must submit a claim online within 75 days from the date of delivery. The settlement will be done directly with the TSP. If the member is unable to reach a settlement with the TSP, contact the claims office at http://www.move.mil/dod/claims_css/dod_claims.cfm for assistance.

For more information, contact the local Personal Property Processing Office for guidance prior to making a move. For Joint Base San Antonio-Fort Sam Houston, call 221-1605, 652-1848 for JBSA-Randolph and 671-2821 for JBSA-Lackland.

(Source: 502nd Logistics Readiness Squadron)

DITY moves are now Personally Procured Moves

Throughout a person's military career, moving will probably be the No. 1 stress factor encountered, especially if they choose to do it.

The Department of Defense has taken into consideration that there are still members who would rather move all or a portion of their property themselves.

This type of move, formally known as the do-it-yourself, or DITY, program is now known as a Personally Procured

Move, or PPM. It is an incentive-based program for military members whereby the government pays up to 95 percent of the cost it would have paid a commercial moving company. Civilians are limited to "actual cost" reimbursement not to exceed the government constructive cost.

When members receive orders with a household goods shipping entitlement they have three options:

1. Members can elect

to have the government move all of their property.

2. Members can elect to move all of their property themselves.

3. Members can elect to have the government move part of their property and they can move the remaining part themselves.

If the member chooses the PPM program, there are two available options:

1. The member can hire a moving company to move the property for them.
2. The member can

use their personally owned vehicle or rent a vehicle such as a truck and or trailer and move the property themselves.

In general, PPMs are not for everyone. It is more work for the member and involves a lot of planning and responsibilities.

For more information, contact your local Personal Property Processing Office for guidance prior to making a move. For Joint Base San Antonio-Fort Sam Houston, call



Courtesy photo

The Personally Procured Move, or PPM, is an incentive-based program for military members whereby the government pays up to 95 percent of the cost it would have paid a commercial moving company.

221-1605, 652-1848 for JBSA-Randolph and 671-2821 for JBSA-Lackland.

(Source: 502nd Logistics Readiness Squadron)

Navy Medicine San Antonio takes part in Navy Week

By Petty Officer 1st Class
Jacquelyn D. Childs
NMETC Public Affairs

A Navy Medicine team of San Antonio-area enlisted and officer personnel kicked off San Antonio Navy Week April 18 with events at the San Antonio Aquarium and the San Antonio Boys and Girls Club.

Hospital corpsmen joined Navy Medicine physicians, Navy nurses and Medical Service Corps officers from the Joint Base San Antonio-Fort Sam Houston-based Navy Medicine Education and Training Command, Navy Medicine Training Support Center and Naval Medical Research Unit-San Antonio to give children a hands-on look at science and medicine.

"We set up displays to reach out to the next generation coming up behind us," said Lt. Cmdr. Emily Owens, NMTSC

preventive medicine instructor at the Medical Education and Training Campus at JBSA-Fort Sam Houston. "It's great to show what we do, especially the science. Science is really important, and it's important for the children to be excited about science. I think it's a great opportunity to share with the community."

Hosted by the Navy Office of Community Outreach in Millington, Tenn., the Navy Week program gives Navy Medicine Sailors an opportunity to raise public awareness of the Navy Medicine mission while giving back to the community.

Navy Medicine participates in select Navy Weeks across the nation that are typically held in locations away from the coasts and fleet concentrated areas like Norfolk, Va., and San Diego.

Owens and her team

set up a dozen Navy Medicine displays at the aquarium and later in the day at the Boys and Girls Club. Her table of bug samples and artificial snakes was a magnet for children as she shared the basics of entomological science and its importance to the Navy and medicine.

Another medical display was provided by the NMTSC pharmacy instructors from METC, where they told children about the behind-the-scenes work of a pharmacist and even walked the children through filling a prescription using prescription bottles and little candies.

"The kids really

See NAVY, P15



Photo by Larry Coffey

Chief Petty Officer Dennis Astor, METC preventive medicine technician instructor, "bugs out" the students with his display April 18 at the San Antonio Boys and Girls Club.



Photo by Petty Officer 1st Class Jacquelyn Childs

Rear Adm. Samuel Perez holds a lizard named Java during the kickoff of San Antonio Navy Week April 18 at the San Antonio Aquarium. Perez is the Navy's Board of Inspection and Survey President and is responsible for assessing the material readiness of the fleet.



Photo by Petty Officer 1st Class Jacquelyn Childs

Petty Officer 1st Class Patricia Lopez-Cruz, METC dental technician instructor, talks to children about oral hygiene at a Navy Week event at the San Antonio Boys and Girls Club April 18.



Photo by Larry Coffey

The Medical Education and Training Campus dental technician team of Petty Officers 1st Class Jason McGhee (left), and Raymond Keys (right) dental tech instructors talk to kids about dental health April 18 at the San Antonio Boys and Girls Club.



Joint Base San Antonio FORCE SUPPORT SQUADRON

Monthly Events

May

Bowling

Mother's Day brings bowling specials

Bring mothers out to the JBSA-Lackland Skylark Bowling Center for a day of Mother's Day fun May 7, noon to 3 p.m. Moms bowl for \$1 per game. Rental shoes are regular price. For more information, call 671-1234.

Bring mothers out for a fun family Sunday outing at the JBSA-Fort Sam Houston Bowling Center May 8, noon to 5 p.m. Moms and Grandmothers bowl a game for free. For more information, call 221-3683.

Mothers bowl for free at the JBSA-Randolph Bowling Center May 8, 1-6 p.m., limited to three games per mother, does not include rental shoes. The rest of the family bowls at the special Mother's Day rate of \$2.50 per game with \$2.50 rental shoes. For more information, call 652-6271.

New guacamole burger offered

Try the new guacamole burger during May in Susie's Kitchen at the JBSA-Lackland Skylark Bowling Center. Cost is \$6.50 and includes the burger, fries and a drink. For more information, call 671-1234.

Dead league walking

Join the Walking Dead Bowling League at the JBSA-Lackland Skylark Bowling Center. The league starts May 4, 6:30 p.m., and runs 12 weeks. Champions from the Air Force-wide bowling center that generate the most participants per lane are awarded the Walking Dead grand prize, an all-expense-paid trip to a Walker Stalker Cruise or a cruise of equal value. All participants have a choice of receiving a Walking Dead custom bowling ball or pin. For more information, call 671-1234.

Clubs

Club hosts bingo events

Join the JBSA-Randolph Kendrick Club for the Bingo Extravaganza May 2 and 16 with \$15,000 in total jackpots and a complimentary buffet at 5:30 p.m. Early bird bingo begins at 6 p.m.

The JBSA-Randolph Kendrick Club hosts a Memorial Day Mini Bingo Extravaganza May 30 with \$5,000 in total jackpots and a complimentary buffet at 5:30 p.m. Early bird bingo is held at 6 p.m.

Participate in birthday bingo at the JBSA-Randolph Kendrick Club May 10. Birthday members receive one free machine and cake. This event is open to Randolph club members only and ID and club card are required. For more information, call 652-3056.

Cinco De Mayo is celebrated

The JBSA-Randolph Kendrick Club offers a special discount in honor of Cinco De Mayo May 5, 5 p.m. to closing.

Order a frozen margarita or a margarita on the rocks and receive a complimentary order of nachos or two tacos. For more information, call 652-3056.

Mother's Day is celebrated early

The JBSA-Lackland Gateway Club honors moms with an early Mother's Day lunch buffet May 5, 11 a.m. to 3 p.m. The menu includes roast beef au jus, grilled pork chops, fried chicken, baked chicken, baked tilapia, whipped potatoes with brown gravy, wild rice, macaroni and cheese, California blend vegetables, peas and carrots, soup, a salad bar, desserts and more. Cost is \$10.95. For more information, call 645-7034.

Deck Nights are back

Join the JBSA-Randolph Parr Club on the deck for an evening of relaxation, flavorful food and live music May 5, 5-8 p.m. The bar is available 4:30-8 p.m. and the buffet is open 5-7 p.m. This event is open to all Department of Defense ID cardholders. Cost is \$8 for members, \$13 for nonmembers and \$6.50 for children 6-12 years. Coupons are not accepted. For more information, call 658-7445.

Chef cooks up a special dinner

The chef at the JBSA-Lackland Gateway Club creates a special evening dining experience in the Mesquite Dining Room Fridays, 5-8 p.m. Cost is \$16.95 for members and \$18.95 for nonmembers. The May 6 menu features a bacon-wrapped filet mignon, jumbo shrimp stuffed with crab, Duchess potatoes, broccoli with Hollandaise sauce, a house salad and dessert. May 13, enjoy a T-bone steak with sautéed mushrooms, baked potato, grilled corn on the cob, a house salad and dessert. The May 20 menu includes prime rib au jus, rosemary red potatoes, asparagus, a house salad and dessert. For more information, call 645-7034.

Club provides entertainment

Kick off the month at the JBSA-Lackland Gateway Club in the Maverick Lounge with entertainment by Doggin' Dave Productions for First Friday May 6, 5-8 p.m. Enjoy bar food, cold drinks, friends and music.

The JBSA-Lackland Gateway Club hosts Karaoke Night in the Lone Star Lounge May 7 and 21, 8 p.m. to midnight. Sing or enjoy the entertainment and a frosty beverage with music by DJ Dee Dee.

Enjoy Variety Night at the JBSA-Lackland Gateway Club as DJ LJU plays a wide variety of music in the Lone Star Lounge May 6, 5 p.m. to 1 a.m. DJ J Rock entertains May 13 and Doggin' Dave Productions provides the music May 20. Relax in the lounge or enjoy the weather on the patio with pool tables and big-screen TVs.

Celebrate the middle of the month during We're Halfway There at the JBSA-Lackland Gateway Club Maverick

Lounge May 20, 5-8 p.m. DJ LJU entertains as guests relax in the lounge or on the patio with pool tables and big-screen TVs. For more information, call 645-7034.

Sky Lounge hosts live entertainment

Stop by the Sky Lounge in the JBSA-Randolph Parr Club for musical entertainment provided by the Tobias Band May 6 and by Bugz Garza and the Alliance May 20, 6:30-10:30 p.m. Enjoy hors d'oeuvres 5-6 p.m. Admission is \$3 for members and \$5 for nonmembers. For more information, call 658-7445.

Mothers are treated

The JBSA-Lackland Gateway Club celebrates mothers with a feast in the Fiesta Ballroom May 8, 10:30 a.m. to 2:30 p.m. Enjoy rosemary-crusted prime rib au jus, roasted turkey with champagne mushroom sauce, jalapeno basil pork chops, chicken Bordeaux, baked tilapia topped with shrimp and white wine sauce, seafood Newburg and honey-glazed ham. Sides include bourbon sweet potatoes, a whipped potato bar with assorted toppings, five-cheese macaroni and cheese, rice pilaf with toasted almonds, rosemary red potatoes, corn O'Brien, roasted asparagus, broccoli and freshly baked rolls. The buffet also features a breakfast bar with scrambled eggs, crispy bacon, pork sausage, hash browns, biscuits and gravy, crepes with assorted toppings, grits and cheese and an omelette bar. Salads and desserts are also served. Cost is \$21.95 for members, \$23.95 for nonmembers, \$9.95 for members' children, 6-11 years, \$10.95 for nonmembers' children, 6-11 years, and free for children 5 years and younger. For more information, call 645-7034.

Show mothers they are loved and purchase tickets for the JBSA-Randolph Parr Club Mother's Day Brunch May 8. Seating times are 10:30 a.m., 11 a.m., 11:30 a.m., noon, 1 p.m., 1:30 p.m., 2 p.m. and 2:30 p.m. Cost is \$24.95 per adult member, \$12.50 per members' children, 6-12 years, \$27.95 per adult nonmember and \$14.50 per nonmembers' children, 6-12 years. Children 5 years and younger eat for free. All mothers and grandmothers are entered into a drawing for a chance to win a spa treatment gift certificate. Drawings are held the following day and winners are notified. Reservations and prepayments are required. Refunds are not issued after May 6. For more information, call 652-7445.

Guests fly in to the Auger

Join the party at the JBSA-Randolph Parr Club Auger Inn for "old school" camaraderie, free light refreshment and great music May 13, 5 p.m. Meet neighbors, folks from other squadrons and leadership. There is no cover to join the fun. For more information, call 658-7445.

JBSA FSS

Club displays Ultimate Fighting Championship® fights

Come to the JBSA-Randolph Kendrick Club to view the upcoming Ultimate Fighting Championship® 198 May 14. Watch the Heavyweight Championship with Fabricio Werdum versus Stipe Miocic and the Middleweight Bout with Ronaldo Souza versus Vitor Belfort. Fights are subject to change. For more information, call 652-3056.

Meals are prepared to go

The JBSA-Randolph Parr Club offers adult and child portions of meals to go. Staff is staged outside of the main entrance in the drive-through driveway to greet customers, take orders and provide meals. Meals are available 4-5:30 p.m., while supplies lasts. The May 18 dish includes two slices of homemade meatloaf, one slice for children, mashed potatoes and brown gravy, country-style green beans and a dinner roll. Cost is \$9.95 for nonmembers, \$7.95 for members and nonmembers' children and \$5.95 for members' children. For more information, call 658-7445.

Music is played and food is served on the patio

The JBSA-Randolph Kendrick Club invites guests to rhythm and blues and jazz night on the Nite Club Patio May 20, 5 p.m. The Groove Factory Band plays music while social hour food is served 5-7 p.m. For more information, call 652-3056.

May birthdays are celebrated with a buffet

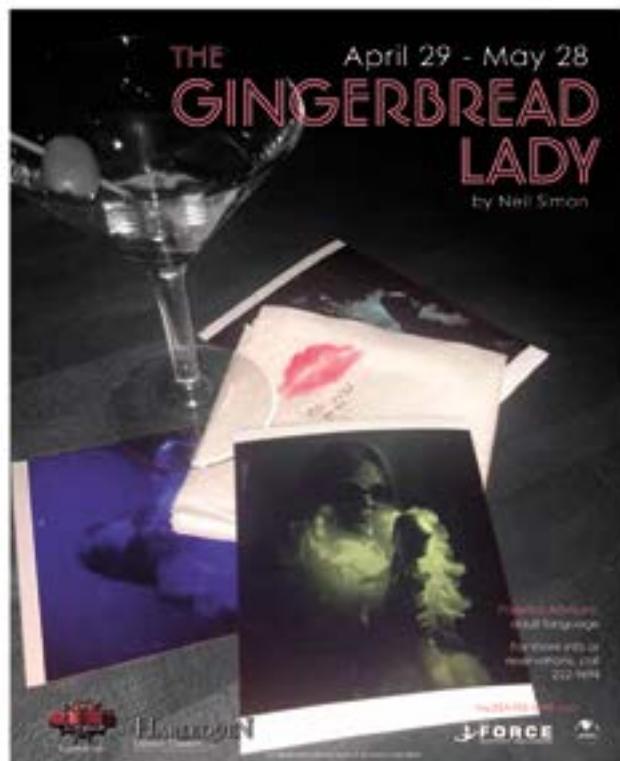
The JBSA-Randolph Parr Club offers a complimentary buffet every month for members with birthdays in that month. Members with May birthdays are honored May 23 and the buffet includes salad, two vegetables, two starches, two entrées, soup and birthday cake. This is free for birthday members. Cost is \$11.95 for members without a birthday in May, \$5.95 for members' children, 6-12 years, \$13.95 for nonmembers and \$7.95 for nonmembers' children, 6-12 years. Children 5 years and younger eat for free. For more information, call 652-4864.

Karaoke contest leads to prizes

Participate in the JBSA-Randolph Kendrick Club Summer Karaoke Contest beginning May 25 on the patio. At least 15-25 contestants are needed per week. Participants may sign up 6-6:55 p.m. and choose a song from a selection of 1,000 top tracks in assorted genres. The first contestant begins at 7 p.m. and is rated on a scale of 1-10 by a panel of three judges. Winners are chosen Wednesday nights and contestants may sign up each week to increase their score and compete in the finale. Participants with the top 10 scores compete Aug. 19 and the top three win prizes. The first-place winner receives a 45-inch smart TV, the second-place winner receives a tablet and the third-place winner receives a champagne brunch for two at the JBSA-Randolph Parr Club. For more information, call 652-3056.

Reservations are made for shrimp boil

Join the JBSA-Randolph Parr Club for all-you-can-eat shrimp, corn on the cob, salad, roasted red potatoes and key lime pie May 26, 5-7:30 p.m. Cost is \$17 per person for members and \$24 per person for nonmembers. Reservations and prepayments are required and begin May 3. Coupons are not accepted. For more information, call 658-7445.



Guests stop by for a burger

The JBSA-Randolph Kendrick Club offers a one-day special in honor of National Burger Day May 28, 11 a.m. to 8 p.m. Enjoy a French Onion Dip Burger with caramelized onions mixed in sour cream and piled on top of an all-American burger, served with pickle slices and a side of seasoned fries. Cost is \$8.95 for members and \$10.95 for nonmembers. For more information, call 652-3056.

Customers are appreciated

Attend Customer Appreciation Night in the Fiesta Ballroom at the JBSA-Lackland Gateway Club with entertainment by Doggin' Dave Productions May 31, 5-8 p.m. Cost is \$10.50 for members and \$12.50 for nonmembers. The menu features won ton soup, a salad bar, Mongolian barbecue, chicken gentle home, fried rice, steamed white rice, shrimp lo mein, stir fried vegetables, egg rolls with plum sauce, ambrosia, fruit cups and fortune cookies. For more information, call 645-7034.

Fresh fish is offered Friday nights

The JBSA-Randolph Parr Club chef prepares a special fish menu for seafood lovers every Friday. The May special includes five pan-seared scallops served with grilled asparagus, rice pilaf and a side salad. Cost is \$13.95 for members and \$15.95 for nonmembers. For more information, call 658-7445.

Community Programs

Shoppers are invited to flea market

Find bargains and treasures at the JBSA-Lackland Skylark Community Center quarterly flea market May 28, 8 a.m. to noon, in the JBSA-Lackland Warhawk Fitness

Center parking lot. Shoppers enjoy music and food. Sellers may rent spaces for \$10 and tables for \$5 each. For more information, call 671-3191.

Equestrian Center

Athletes compete in a pentathlon

Sign up to compete in the Modern Pentathlon hosted by the JBSA-Fort Sam Houston Equestrian Center May 13, 10 a.m. Cost is \$50 and registration ends May 6. If horse training is needed prior to the event, lessons are available. For more information, call 224-7207.

Fitness

Men's soccer camp is ongoing

JBSA-Lackland Fitness and Sports hosts the 2016 All Air Force Soccer Training Camp now through May 5. Practices and games are held at the JBSA-Lackland Warhawk Soccer Field, are free and are open to base personnel. For more information, call 671-2016.

Spinathon offers fun and fitness

Come to the Fitness Center on the JBSA-Fort Sam Houston Medical Education and Training Campus ready to have a sweaty, fun-filled time May 7, 10:30 a.m. to 12:30 p.m. This event is free and preregistration ends May 3. Registration is limited to the first 25 participants. For more information, call 808-5709.

JBSA LACKLAND PERFORMING ARTS GROUP PRESENTS

Lint

The Musical

Arnold Hall Community Center
May 6 & 7



Doors open @ 7:15
Show starts @ 8:00

Adults: \$20 • Seniors: \$15 • Children: \$5
Tech School & Graduating Basic Trainees: \$10
Light Beer & Softers will be served

Phoebe has a problem... No matter where she goes or, she finds herself in a musical. This play will take the audience on a musical journey. If you didn't know the rules going in, you will by the end of the show.
Contains Adult Language

671-3490
www.MYJBSA.FSS-MWB.com

THE FORCE
RECRUITMENT & SELECTION

Armed Forces Day is celebrated with a fun run

Join the Fitness Center on the JBSA-Fort Sam Houston Medical Education and Training Campus in celebrating the sacrifice and dedicated service of Armed Forces members all around the globe May 14, 8 a.m. Check in is 7:30 a.m.

Run or walk in honor of someone special for various units or for fun. This is a free event and the run starts in the JBSA-Fort Sam Houston Aquatic Center parking lot. For more information, call 808-5709.

Zumba® Fest gets participants moving

Celebrate May fitness to the max with two hours of nonstop 80s-themed Zumba® May 14, 9:30-11:30 a.m., at the JBSA-Fort Sam Houston Jimmy Brought Fitness Center. Participants can purchase a T-shirt for \$12. This event is free and is open to all Department of Defense ID cardholders. For more information, call 221-1234.

5K honors fallen soldiers

Join the JBSA-Fort Sam Houston Jimmy Brought Fitness Center and run or walk a 5K in honor of fallen soldiers May 21, 7 a.m. This event is free and is open to all Department of Defense ID cardholders. Sign up the day of the event. The starting and ending point is at building 124 at 2380 Stanley Rd. For more information, call 221-1234.

Marathon training seminar offered

Join the JBSA-Randolph Rambler Fitness Center for a seminar on marathon training at the Health and Wellness Center inside the Fitness Center May 24, noon. During this class, great tips and suggestions for training for a marathon are discussed. For more information, call 652-7263.

Golf

Wednesday night calls for a scramble

Come to the JBSA-Lackland Gateway Hills Golf Course and play nine holes of golf scrambles May 4, with a 5:30 p.m. start time. Teams are paired by blind draw. Entry fee is \$20 and includes green fee and cart rental. Prizes are awarded to the winners of the closest to the pin. For more information, call 671-3466.

Golfers compete in a scramble

Golfers are invited to play in the monthly JBSA-Fort Sam Houston Golf Course Warrior four-person scramble May 6, with a 12:30 p.m. shotgun start. Cost is \$25 for members, \$35 for nonmembers and includes 18 holes of golf, green fees, golf cart, dinner and gift certificates for the winners of longest drive and closest to the pin. The first-, second- and third-place winners also receive gift certificates. For more information, call 222-9386.

Mothers are invited to brunch

Treat mothers to a Mother's Day brunch at the JBSA-Fort Sam Houston Golf Course May 8. Seating times are 9-11 a.m. and 11 a.m. to 1 p.m. The family can enjoy everything from waffles with a fresh cup of coffee or Mimosa to carved tender roast beef paired with a Bloody Mary. Reservations are required. For more information, call 221-5544.

Four clubs chosen for fore tournament

Participate in the JBSA-Lackland Gateway Hills Golf Course Fore Tournament May 14, with 8 a.m. tee times. Pick and play with only four golf clubs in this individual stroke play tournament. Entry fee is \$30 and includes lunch and prizes. For more information, call 671-3466.

JBSA-RANDOLPH RAMBLER FITNESS CENTER
JBSA AEROBATHON
MAY 21
8 a.m. to 1 p.m.
 With Special Guest **Tony Horton**
BeachBody® coach creator of P90X
FREE!

- Two HardCorps 22 workout sessions with Tony Horton
- Kick boxing, Zumba®, cycling, circuit training and more
- Multiple vendors on-site selling health and fitness items
- Giveaways, while supplies last, and prize drawings
- Open to all Department of Defense ID cardholders
- Pre-registration required for Tony Horton sessions

For more information, call 652-9763 or to register for Tony Horton's sessions, email 502fcs.fsk.jbsacommunityevent@us.af.mil

FirstCommand RBFCU FORCE

Membership appreciation day

The JBSA-Lackland Gateway Hills Golf Course staff invites advanced fee holders to Advanced Fee Membership Appreciation Day May 21, 8 a.m. to 2 p.m. Members play a round of golf and food and drinks are served. For more information, call 671-3466.

Annual military golf classic returns

Participate in the JBSA Annual Military Golf Classic May 28-30, with an 8 a.m. shotgun start. The JBSA-Fort Sam Houston Golf Course hosts round one, a scramble, May 28. The JBSA-Lackland Gateway Hills Golf Course hosts round two, modified alternate shot, May 29. The JBSA-Randolph Oaks Golf Course hosts round three, best ball, May 30. Cost is \$130 for Air Force or Army advanced fee payers, \$170 for non-advanced fee payers and Department of Defense ID cardholders and \$185 for civilian players. Pay by phone, in person or by mail to any JBSA golf course. Registration ends May 25 and refunds are not redeemable 48 hours prior to the tournament. This tournament is sponsored by Randolph Brooks Federal Credit Union, Air Force Federal Credit Union, First Command Financial Services and Budweiser®. No Federal endorsement of sponsor intended. For more information, call the JBSA-Fort Sam Houston Golf Course at 222-9386, the JBSA-Lackland Gateway Hills Golf Course at 671-2517 and the JBSA-Randolph Oaks Golf Course at 652-4653.

Information, Tickets and Travel

Mowtown and the Wizard visit the Majestic

The JBSA-Lackland Information, Tickets and Travel has discount tickets for Mowtown the Musical May 3-8 and the Wizard of Oz May 31 to June 5 at the Majestic Theater.

Ticket prices vary depending on performance time and date as well as seats chosen by the customer. For more information, call 671-3059.

Rivercity Rockfest tickets available

Pick up tickets from JBSA-Lackland Information, Tickets and Travel for Rivercity Rockfest featuring Disturbed, Scorpions, Megadeth and more at the AT&T Center May 29, noon to 11 p.m. Save on Ticketmaster® fees; prices are \$44.50 for general admission and \$197.50 for Very Important Person packages. Prices are subject to change as the event date approaches. For more information, call 671-6059.

Theme park tickets are here

Purchase theme park tickets from the JBSA-Lackland Information, Tickets and Travel and save up to \$14 on ticket prices for SeaWorld®. Fiesta Texas one-day admission tickets are \$43.75 for children 3 years and older. Season passes are \$71.25, not including parking, and Gold Season passes are \$83.25 with parking. Get discount tickets for Schlitterbahn also. The park hosts Salute to America's Heroes May 30 with free admission for active-duty military. Dependents accompanying the active-duty member are 50 percent off at the gate. For more information, call 671-7111.

Stop by the JBSA-Randolph Information, Tickets and Travel for discount tickets to Six Flags, SeaWorld® and Schlitterbahn. For more information, call 652-5142.

Library

Participants interact with outdoor story

JBSA Libraries launch StoryWalk® at the JBSA-Fort Sam Houston Quadrangle, May 7, 3-5 p.m. Attendees navigate through the Quadrangle in order to read the next page. StoryWalk® runs Monday through Friday, 8 a.m. to 5 p.m. and Saturday through Sunday, noon to 6 p.m. The program ends May 31. For more information, call 221-4387.

Readers prepare for summer reading program

JBSA Libraries accept registration for the Summer Reading Program, Read for the Win, beginning May 21. The summer reading program begins June 6 and is open to all ages with a range of reading goals and prizes. For more information, call the JBSA-Fort Sam Houston Keith A. Campbell Memorial Library at 221-4702, the JBSA-Lackland Library at 671-2673 and the JBSA-Randolph Library at 652-5578.

Story time is at the library

Enjoy a story or two and an activity at the JBSA libraries. Story time is hosted at the JBSA-Fort Sam Houston Keith A. Campbell Memorial Library Thursdays, 10 a.m., the JBSA-Lackland Library Tuesdays, 10 a.m. and the JBSA-Randolph Library Wednesdays, 10 a.m. Story time helps reinforce a lifelong love of learning in children and includes stories, songs, rhymes and movement activities. A parent or caregiver is to remain in the library during story time. Registration is not required. For more information, call the JBSA-Fort Sam Houston Keith A. Campbell Memorial Library at 221-4702, the JBSA-Lackland Library at 671-2673 and the JBSA-Randolph Library at 652-5578.

The content and layout in the Force Support Squadron section of this newspaper was provided by the Joint Base San Antonio FSS Marketing Team. No federal endorsement of sponsors intended.

JBSA FSS

Military & Family Readiness

Military Spouses are appreciated

In honor of Military Spouse Appreciation day the JBSA-Military & Family Readiness Centers acknowledge the significant contributions, support and sacrifices of spouses. The JBSA-Lackland M&FRC hosts a Military Spouse Appreciation, Commander and Chief on the Home Front May 4, an information fair May 5 and a Tuition Assistance and Scholarship workshop, May 6. A Military Spouse Appreciation table is featured at the JBSA-Randolph M&FRC and the Exchange May 6, 1-3 p.m. For more information, call the JBSA-Lackland M&FRC at 671-3722 or the JBSA-Randolph M&FRC at 652-5321.

Service members prepare for retirement

Join the JBSA-Lackland Military & Family Readiness Center May 10, 11:30 a.m. to 12:30 p.m., at the JBSA-Lackland Wilford Hall Annex to speak with the Better Business Bureau and review emergency savings and how to invest for retirement.

Individuals within four years or less of retirement register for the Four to Go workshop at the JBSA-Lackland M&FRC May 13, 8 a.m. to 4 p.m. Review retirement benefits, Tricare®, Survivors Benefit Plan, education benefits, employment after retirement and the Veterans Affairs process. For more information, call 671-3722.

Exceptional Family Member Program described

The JBSA-Fort Sam Houston Exceptional Family Member Program holds an explanatory workshop May 12, 1-3 p.m. Participants explore three pillars of the program, medical, human resource and family support and what each pillar offers to Exceptional Family Member sponsors and their families. For more information, call 221-2705.

Training focuses on improving instructor skills

The JBSA-Fort Sam Houston Military & Family Readiness Center offers an Instructor Trainer Course May 17-18, 8 a.m. to 3:30 p.m. This is a professional development course designed to improve instructional skills. Participants review platform skills, the adult learner, characteristics of effective instructors, how to manage a learning environment and the preparation process. For more information, call 221-2418.

Key Spouses offered training

Key Spouses and mentors that have attended the initial Key Spouse training are required to attend a Refresher Course, May 10, 9-10 a.m. at the JBSA-Randolph Military & Family Readiness Center. For more information, call 652-5321.

Service members transition from boots to business

The Small Business Administration offers a two-day entrepreneurial workshop, May 24-25, 8 a.m. to 4 p.m. at the JBSA-Randolph Military & Family Readiness Center. Participants review steps for evaluating business concepts, foundational knowledge on developing business plans and information on SBA resources to help access start-up capital and additional technical assistance. Boots to Business is open to all service members and their spouses. Registration is required. For more information, call 652-5321.

Centers close for holiday

The JBSA-Military & Family Readiness Centers are closed in observation of Memorial Day, May 27 and 30. For more information, call The JBSA-Fort Sam Houston M&FRC at 221-2705, the JBSA-Lackland M&FRC at 671-3722 and the JBSA-Randolph M&FRC at 652-5321.

Outdoor Recreation

Concealed handgun licence class offered

The JBSA-Camp Bullis Rod-N-Gun Recreation Center provides concealed handgun license classes May 7 and 21, 8 a.m. to 1 p.m. Successful completion of this class is required for a Texas CHL. To register for a class, visit <http://www.chlregistration.com>. Once on the website, select "register for class." Then select "Dan Willis-Leatherneck Arms." For more information, call 363-2332.

Memorial Day inspires holiday rates

Enhance Memorial Day weekend with a camper or boat from JBSA-Lackland Outdoor Recreation. Holiday rates apply on rental equipment rented May 27-31. ODR offers everything from speed boats, fishing boats and pontoons to campers, sporting goods and camping gear. For more information, call 925-5533.

Archery takes on another dimension

The JBSA-Camp Bullis Rod-N-Gun Recreation Center hosts a three-dimensional archery competition May 28-29, 8 a.m. to 1 p.m. Registration is 8-10 a.m. and the course must be completed by 1 p.m. The fun shoot is \$15, the competition shoot is \$20 and children 12 years and younger participate for \$5. For more information, call 295-7529.

Youth and Children

Summer basketball registration begins

Register youth, 5-14 years, for JBSA-Lackland Youth Programs summer basketball. Cost is \$50 and parents must bring a copy of a current sports physical at the time of registration. Practices begin in June and the season runs July through August. Volunteer coaches are needed. For more information, call 671-2388.

Youth prepare gifts for Mother's Day

Youth are invited to make mothers a special gift at the JBSA-Fort Sam Houston Youth Center, building 1630, May 2, 4:30 p.m. For more information, call 221-3502.

Youth make and bake for Mother's Day

Come to the JBSA-Fort Sam Houston Youth Programs May 7, 2-5 p.m., to make and decorate treats to celebrate mom. Bake cookies, cupcakes and more at the Youth Center, building 1630. For more information, call 221-3502.

National barbecue month is celebrated

Bring a special sauce recipe to the JBSA-Fort Sam Houston Youth Programs May 7, 5 p.m. to celebrate National Barbecue Month. Share with youth and Youth Center staff. All guests enjoy hamburgers, hot dogs and s'mores. Sign up at the Youth Center. For more information, call 221-3502.

Teens discuss current issues

Youth, in ninth to 12th grade, are invited to participate in Teen Talk with JBSA-Fort Sam Houston Youth Programs May 10, 4:30 p.m. Issues discussed include current topics

such as peer pressure, college readiness, bullying and other relevant areas. For more information, call 221-3502.

Mothers and daughters share tea

JBSA-Randolph Youth Programs invites mothers and daughters, 5 years and older, to high tea May 14, noon to 2 p.m. Cost is \$10 per couple and \$5 for each additional child. Reservations end May 9. For more information, call 652-2088.

Football and cheer leading registration begins

Registration for JBSA-Fort Sam Houston Youth Programs football and cheer leading begins May 15. Cost is \$55 per child for both sports. Register at Parent Central, building 2530 on Funston Road and at the Youth Center, building 1630. For more information, call 221-5513.

Summer camp registration continues

The JBSA-Lackland Youth Programs invites children, 5 and in kindergarten to 12 years, to join in summer camp with swimming, bowling, skating and educational activities. Register children Tuesday through Friday, 9 a.m. to 2 p.m. Cost varies according to household income. Registration after May 16 is by space available and is subject to a \$15 late fee. For more information, call 671-2388.

America's kids run

Join the JBSA-Randolph Youth Programs for the America's Kids Run May 21, 9 a.m., at Heritage Park. This event is free and children 5-6 years run half a mile, children 7-8 years run one mile and children 9-13 years and parents run a 5K. Visit <https://www.americaskidsrun.org> to register. Select the "registration button" and select "Randolph" from the drop-down menu. Online registration ends May 20. Registration is open 8-8:30 a.m. the day of the event. For more information, call 652-2088.

Basketball lasts all night

Youth 11 years and older are invited to participate in midnight basketball with the JBSA-Fort Sam Houston Youth Programs May 21, 7 p.m. to midnight. This program is free and youth in sixth to eighth grade play until approximately 9 p.m. Youth in ninth to 12th grade play until midnight. Healthy snacks are served during games. For more information call, 221-3502.

Group discussion focusses on current topics

Youth, in sixth to eighth grade, are invited to participate in a group discussion on teen topics with the JBSA-Fort Sam Houston Youth Programs May 24, 4:30 p.m. For more information, call 221-3502.

STAY CONNECTED

Stay current on Joint Base San Antonio 502d Force Support Squadron events, specials and daily activities.

<http://www.myjbsa-fss-mwr.com>



San Antonio Navy Week supports 'Caps for Kids'

By Burrell Parmer
Navy Recruiting District
San Antonio Public Affairs

Rear Adm. Samuel Perez, Board of Inspection and Survey president, and Rear Adm. Dell Bull, chief of Naval Air Training, along with other Sailors from throughout the country,

were in the Alamo City for Navy Week San Antonio, which ran April 18 through Sunday.

One of the initial events held was in support of "Caps for Kids," a community service program managed by the Navy Office of Community Outreach which brings together Sailors and

young patients in hospitals all over the country.

In support of the program, recruiters from Navy Recruiting District San Antonio visited children at Baptist Regional Children's Hospital to personally deliver more than 25 Navy ball caps which were provided by various naval commands.

According to Julie Emmitt, a child life specialist volunteer with the hospital, the children were excited to see the Sailors and receive the ball caps.

"The kids are so pumped up," said Emmitt, a volunteer for more than 10 years. "The Sailors brought the children hope, dreams and smiles."

Senior Chief Petty Officer Daniel Christmas, NRD Virtual Division leading chief petty officer, was grateful for the opportunity to visit the children.

"It was wonderful to visit with the children and lift up their



(From left) Petty Officer 1st Class Selene Mejia, Navy Recruiting Station Northeast; Senior Chief Navy Counselor Daniel Christmas, Navy Recruiting District San Antonio division leading chief petty officer; and Lt. Sasha Smith, Navy nurse and NRD medical officer programs recruiter, pose with David Gasca of Seguin, Texas, after presenting him with a Navy ball cap at the Baptist Regional Children's Hospital during San Antonio Navy Week April 18 through Sunday.

spirits," Christmas said. "Not only did we present them with a Navy ball cap, but with other items such as Navy lanyards and stress balls."

Lt. Sasha Smith, a Navy nurse and NRD medical programs recruiter, coordinated the visit.

"One of the highlights of our visit was spend-

ing time with a set of 10-month old twins and presenting them with a ball cap," said Smith, Fiscal Year 2015 National Medical Officer Recruiter of the Year. "Not only do we get a chance to see the children, but the program provides an opportunity for engagement with nurses and doctors re-

garding Reserve careers in the Navy."

San Antonio Navy Week is the third of 15 Navy weeks in 2016 that focus a variety of assets, equipment and personnel on a single city for a weeklong series of engagements designed to bring America's Navy closer to the people it protects.



Photos by Burrell Parmer

Petty Officer 2nd Class Jesse Lilley (left), Navy Recruiting Station South San Antonio and Lt. Sasha Smith (right), a Navy nurse and Navy Recruiting District San Antonio medical officer programs recruiter, pose with Jeremy Trejoloquez (center) after presenting him with a Navy ball cap at the Baptist Regional Children's Hospital during San Antonio Navy Week, which ran April 18-24.

NAVY from P10

enjoyed it," said Petty Officer 2nd Class Matthew Sandlin. "I think we were the only ones with an edible display."

San Antonio Navy Week was celebrated in "Military City USA" in conjunction with Fiesta San Antonio. JBSA-Fort Sam Houston is home to hospital corps basic and advanced enlisted medical training schools co-located with the Army and Air Force at METC.

Other Sailors participating in Navy Week and Fiesta are visiting from the USS Constitution and USS City of Corpus

Christi (SSN-705), and locally from Navy Recruiting District San Antonio, Navy Operational Support Center Texas, the Navy Technical Training Center Lackland (Master At Arms "A" School) and Navy Information Operations Command Texas.

Navy Medicine is joining these commands in multiple community outreach events visits to local schools and the Children's Hospital of San Antonio, participation in a Habitat for Humanity build and a multitude of Fiesta activities across the city.



Photo by Petty Officer 1st Class Jacquelyn Childs

Master Chief Renee Byam talks to children about oral hygiene during the kickoff of San Antonio Navy Week April 18 at the San Antonio Aquarium.



Photo by Larry Coffey

Petty Officer 1st Class Jonathan Eimcke, a METC laboratory technician instructor, shows a tapeworm specimen to children April 18 at a local San Antonio Boys and Girls Club.

TRICARE improves mental health care, treatment

People in distress may hesitate to reach out for help due to perceived stigma associated with seeking mental health treatment. This perception and the belief that care may be hard to get, may prevent some people who need care from getting it.

TRICARE has worked hard to eliminate potential barriers to mental health care by removing day limits for certain mental health services.

When a mental health condition requires more intensive treatment than outpatient care, partial or full-time hospitalization may be required. The inpatient psychiatric hospitalization benefit was limited to 30 days per benefit year for adults and 45 days for children or adolescents. You could request a waiver for additional treatment days if needed.

However, inpatient mental health hospital services, regardless of length or quantity, may be covered as long as the care is considered medically or psychologically necessary and appropriate.

Likewise, the psychiatric partial hospitalization benefit previously had a 60 day per benefit year limitation that could be extended with a waiver. This 60-day limitation has been removed to ensure that beneficiaries re-



ceive care for as long as needed.

In addition, the 150-day limit on residential treatment care for beneficiaries under 21 years old has been removed. Although medical determination is still required, there is no day limit.

If you or someone you know requires mental health care, get help. If you believe emergency care is required, you can get emergency psychiatric care without pre-authorization. However, you must get authorization within 72 hours of admission and the 72 hours starts the day after admission.

Medical or surgical care does not and has not historically had day limits on care. Now, thanks to the federal mental health parity law, which requires that mental health benefits be equal to medical or surgical healthcare benefits, the same is also true for mental health care.

For more information about mental health coverage, visit <http://www.tricare.mil/CoveredServices/Mental/Treatments.aspx>.

(Source: TRICARE)

Did you know?

One of the best things about ICE is that people can let service providers know when they do a great job, not just for poor service.

It takes 5 minutes or less to submit a comment at <http://ice.disa.mil>.



Crime and punishment at Joint Base San Antonio

The Joint Base San Antonio Judge Advocate General completed two Air Force courts-martial in the month of March. The results of a court-martial are not final until the clemency and/or appeals process is completed.

After sentencing, members can request clemency. In some cases, this can change the outcome of their case and/or sentence to something less severe. Acquittals are final results. All courts-martial are open to the public and upcoming courts-martial can be viewed at the U.S. Air Force Judge Advocate Generals website at <http://www.afjag.af.mil/docket/index.asp>.

Lt. Col. James M. Hale, 33rd Network Warfare Squadron, JBSA-Lackland, was tried by a general court-martial consisting of officer members March 5 at JBSA-Lackland. Hale was found guilty of one specification of false official statement (filing a false travel voucher) in violation of Article 107, UCMJ; four specifications of attempted

larceny in violation of Article 80, UCMJ; and four specifications of larceny of military property more than \$500, in violation of Article 121, UCMJ. The court members sentenced Hale to forfeitures of all pay and allowances, one month confinement and to be dismissed from the Air Force.

Senior Airman Dennis Fernandez Jr., Air Force Life Cycle Management Center, JBSA-Lackland, was tried by a special court-martial consisting of a military judge March 25 at JBSA-Lackland. Fernandez pled and was found guilty of one specification of wrongful use of methamphetamine in violation of Article 112a of the UCMJ. The military judge sentenced Fernandez to 30 days confinement, reduction to E-1 and a bad conduct discharge.

During the month of March, Joint Base San Antonio commanders administered 21 non-judicial punishment actions under Article 15 of the UCMJ.

The punishments

imposed reflect the commander's determination of an appropriate punishment after considering the circumstances of the offense and the offender's record. Officers may not be reduced in rank as a punishment.

A suspended punishment does not take effect unless the offender engages in additional misconduct or fails to satisfy the conditions of the suspension. The suspension period usually lasts for six months unless a lesser amount is specified. Administrative discharge may also be an option for commanders after the conclusion of an Article 15, depending on the circumstances.

The following are some of the non-judicial punishment actions that closed out in March. Decisions regarding discharge are not included.

Use of Schedule I, II, or III controlled substances (D-Amphetamine): An airman basic tested positive for D-Amphetamine without a prescription. The

member received forfeiture of \$783 pay per month for two months and a reprimand.

Wrongful use of marijuana: A senior airman tested positive for marijuana. The member received reduction to airman first class, suspended forfeitures of \$1,041 pay per month for two months and a reprimand.

Wrongful use of marijuana: An airman in technical training tested positive for marijuana during a random urinalysis. The member received forfeitures of \$783 pay per month for two months, 45 days restriction, 45 days extra duty and a reprimand.

Wrongful appropriation \$500 or less, conduct unbecoming: A major was observed concealing a make-up brush in a pocket of her airman battle uniform and exiting the store without rendering payment. The member received forfeiture of \$3,763 pay per month

for two months with one month suspended and a reprimand.

Larceny: An Airman in technical training placed a cold sore medication pump in his pocket and left the Fort Lee (N.J.) Post Exchange without rendering payment. The member received forfeitures of \$160 pay per month for two months with one month suspended, and a reprimand.

Larceny: An airman in technical training, noticed a vending machine was left open and placed several items to include candy and food in his backpack without rendering payment. The member received suspended forfeitures of \$250 pay per month for two months and a reprimand.

Dereliction of duty, willful and providing alcohol to a minor: An airman in technical training unlawfully possessed and consumed alcohol in the dormitory and also distributed alcohol to a minor. The

member received a suspended reduction in grade to airman, forfeiture of \$878 pay per month for two months and a reprimand.

Dereliction of duty, willful: An airman in technical training unlawfully consumed alcohol. The member received a reduction to the grade of airman basic, suspended forfeitures of \$878 pay per month for two months and a reprimand.

False official statement: An airman basic provided an Air Force Form 1168 stating she and a male student were about to kiss when a military training instructor walked into the game room. However, video surveillance showed the male student standing up to turn the lights off and they both began to kiss for several minutes. The member received forfeiture of \$365 pay, 14 days restriction and a reprimand.

(Source: JBSA Judge Advocate General)

JOINT BASE SAN ANTONIO



Photo by Sgt. 1st Class Wynn Hoke

The 2016 Texas Cavaliers River Parade kicked off without a hitch as the U.S. Army Golden Knights joined Lt. Gen. Perry L. Wiggins, commanding general of U.S. Army North (Fifth Army) and Senior Commander of Fort Sam Houston and Camp Bullis, on the Army Senior Mission Command float waving to thousands of onlookers along the river parade route at the River Walk in downtown San Antonio April 17.



Photo by Larry Coffey

Navy and Marine Corps Ambassadors take part in the Investiture of King Antonio XCII at the Alamo, one of the Fiesta activities in downtown San Antonio April 17. Pictured from left are Navy Petty Officer 1st Class Calvin Wilburn, Navy Petty Officer 1st Class Kadia Griffin, Marine Corps Sgt. Dawn P. Casiano and Marine Corps Sgt. Thiago M. Alves.



Photo by Luis A. Deya

Members of the 323rd Army Band "Fort Sam's Own" plays an array of patriotic music during Army Day at the Alamo in downtown San Antonio April 19.

FIESTA 2016



Photo by Larry Coffey

Local military leaders from all services were on hand for the Investiture of King Antonio XCII at the Alamo, one of the Fiesta activities in downtown San Antonio April 17.



Photo by Larry Coffey

Air Force and Navy Ambassadors take part in the Investiture of King Antonio XCII at the Alamo, one of the Fiesta activities in downtown San Antonio April 17.



Lt. Gen. Perry L. Wiggins, commanding general of U.S. Army North (Fifth Army) and Senior Commander of Fort Sam Houston and Camp Bullis, gives out official ARNORTH Fiesta medals to children during Army Day at the Alamo April 19 in downtown San Antonio

Photo by Luis A. Deya



The Joint Base San Antonio military ambassadors had the opportunity to view and participate in the American Indian culture and traditions of dance and music at an official Native American Pow Wow at the Woodlawn Lake Gymnasium April 16.

Photo by Kathy Salazar



Photo by Kathy Salazar

Joint Base San Antonio military ambassadors Navy Petty Officer 1st Class Calvin Wilburn and Navy Petty Officer 1st Class Betsy Harrell sample some oysters at St. Mary's Oyster bake reception April 16.



Photo by Kathy Salazar

Lt. Gen. Perry Wiggins, commanding general of U.S. Army North (Fifth Army) and Senior Commander of Fort Sam Houston and Camp Bullis, joined the Daughters of The Republic of Texas and the Military Ambassadors at the Alamo April 16 to pay tribute to the heroes who fought for Texas independence at San Jacinto April 21, 1836.



Employment Readiness Orientation Class

Mondays, 9-11 a.m. Military & Family Readiness Center, building 2797. Learn about employment resources and review services offered. Call 221-2418.

Helping Us Grow Securely Playgroup

Tuesdays, 10 a.m. to noon, Middle School Teen Center, building 2515. An interactive playgroup for infants and toddlers; open to parents and their children, ages 5 and under. Registration not required. Call 221-2418.

Army Pre-Separation

Tuesday-Friday, 8:30-11:30 a.m., Soldier for Life, building 2264. Mandatory counseling for all Soldiers separating from federal service. Begin the process 18 months prior to separation date. Call 221-1213.

Post-Deployment Resiliency

Wednesdays, 1-3 p.m., Military & Family Readiness Center, building 2797. Service members scheduled to deploy, go on temporary duty for longer than 30 days or go on a remote assignment are required to attend this briefing. Registration required by calling 221-2418.

Accessing Higher Education

Monday-Wednesday, 7:30 a.m. to 5 p.m., Education Center, building 2408. A three-day track for those pursuing higher education; service members will review education requirements that support their personal goals. Registration is required, call 221-1213.

TAP-Goals, Plans, Success

Monday through May 6, May 9-13, May 16-20 and May 23-27, 8 a.m. to 4 p.m., Soldier for Life, building 2264. A mandatory five-day session workshop for all service members separating from the military; the GPS workshop is facilitated by the

Department of Labor, Veterans Administration and Military & Family Readiness Center. Prerequisite class is "Pre-Separation Counseling." Call 221-1213.

ScreamFree Parenting

Monday, May 9, 16 and 23, 9-11 a.m., Military & Family Readiness Center, building 2797. This four-part series must be attended in order. The series offers a principle-based approach to parenting that focuses on the parents instead of kids; reviews strategies to stay focused and calm during those frustrating moments. Call 221-2418.

Organization POC VMIS

Wednesday, 10-11 a.m., Military & Family Readiness Center, building 2797. Unit/agency organizational points of contact will receive training with the Volunteer Management Information System. Open to all registered OPOCs. Call 221-2705.

10 Steps To A Federal Job

Wednesday, 9-11 a.m., Military & Family Readiness Center, building 2797. Review the USA jobs website and learn how to search for jobs, track applications, and what to include on a federal resume. This class is taught by a certified federal job search trainer and career coach. Call 221-2418.

Pre-Deployment Resiliency

Thursday and May 12, 19 and 26, 9-11 a.m., Military & Family Readiness Center, building 2797. Training draws heavily on the experiences of service members in order to prepare for the realities and challenges commonly encountered prior to and during a deployment. Call 221-2418.

Microsoft 2013 PowerPoint Intermediate

Thursday and May 12 and 19, 8 a.m. to noon, Military & Family Readiness Center, building 2797. Intermediate level 2 classes build on the skills learned from Foundational classes. Participants will learn how to customize and adjust compatibility issues, insert and edit master slides, utilize sections, apply and

modify themes, and manipulate pictures and graphs. Classes are free and open to all Department of Defense ID cardholders. Call 221-2705.

Newcomer's Orientation

May 6 and 20, 8 a.m. to Noon, Military & Family Readiness Center, building 2797. Mandatory in-processing briefing for all military and civilian personnel newly assigned to JBSA. Service members must coordinate with their unit personnel coordinator or commander support element. Spouses are welcome to attend; all patrons must be seated by 7:50 a.m. Call 221-2705.

Step Families 101

May 9, 23, noon to 4 p.m., Military & Family Readiness Center, building 2797. This two-part series must be attended in order. The step family can be complex when it comes to family relationships. Discuss changes in the family dynamics, evolving roles, and the joys that come from being a stepparent. Call 221-2418.

Air Force Pre-Separation

May 10 and 24, 9 a.m. to noon, Military & Family Readiness Center, building 2797. Airmen planning to separate from the federal service must attend a mandatory counseling. Begin the process 18-months prior to your separation date. Call 221-2418.

Citizenship, Immigration Assistance

May 10, 9 a.m. to Noon, Military & Family Readiness Center, building 2797. Review American customs and cultures, or meet with a U.S. Citizenship & Immigration Service officer for assistance with applications. Eligible patrons will take the Oath of Allegiance at a naturalization ceremony at 2 p.m. May 24. Registration is not required. Call 221-2705.

Accessing Higher Education

May 10-11 and May 23-25, 7:30 a.m. to 5 p.m., Education Center, building 2408. A two-day track for service members that have already obtained a Bachelor's degree and are interested in pursuing higher education. Call 221-1213.

Peer-To-Peer Support Group

May 10, 9:30-11:30 a.m., Soldier & Family Assistance Center, building 3639. Caregivers have the opportunity to build a peer support network, share experiences and information with a safe place to talk. Lunch is provided after the morning session. Call 557-2018.

Army FAP Unit Training

May 11 and 25, 9-11 a.m. and 1-3 p.m., Military & Family Readiness Center, building 2797. Mandated Unit Family Advocacy Training in accordance with Army Regulation 608-18 regarding domestic and child abuse identification, reporting, and prevention. Other topics covered include the Lautenberg amendment, restricted/unrestricted reporting and the transitional compensation program. Seating is limited; reservations will be accepted up to two weeks in advance. Call 221-2418.

General Resume Writing

May 11, 9-11 a.m., Military & Family Readiness Center, building 2797. Learn about the different resume formats and which one to use when writing a non-federal resume. Get tips on how to effectively write summary statements, employment history and more. Call 221-2418.

Family Readiness Group Forum

May 11, 11 a.m. to noon, Military & Family Readiness Center, building 2797. The Family Readiness Group Forum is an open forum that offers networking and an opportunity to discuss issues, share lessons learned, facilitates questions and discussions. Call 221-2418.

Volunteer Advisory Counsel

May 12, 9-10 a.m., Military & Family Readiness Center, building 2797. A monthly meeting for agencies with volunteers to discuss current issues, share program plans, success and proposed events. Call 221-2418.

EFMP: What Does It Mean To Me?

May 12, 1-3 p.m., Military & Family Readiness Center, building 2797. This workshop is designed

to explore how the three pillars of the program (Medical system, human resource, and family support) work and what each pillar offers an exceptional family member, their families, and sponsors. Call 221-2705.

Relocation, Overseas Orientation

May 12, 10-11 a.m. or 2-3 p.m., Military & Family Readiness Center, building 2797. Mandatory for personnel E-5 and below; topics covered include entitlement, shipment of household goods, emotional stressors of relocation, employment, and education. Only one session is needed. Call 221-2705.

Spouse Information Fair

May 12, 9-11 a.m., Military & Family Readiness Center, building 2797. Spouses, service members and civilians new to JBSA looking to connect with local military agencies are welcomed to attend the Spouse Information Fair. Meet with more than 20 local military agencies and learn about services offered. Agencies included: Air Force and Army civilian personnel, legal assistance, exchange and commissary, Spouses Club, Medical/TRICARE, FSS/MWR, School Liaison, Youth Programs, M&FRC and others. Registration not required. Call 221-2705.

Couponing 101

May 12, 10-11 a.m., Military & Family Readiness Center, building 2797. An introduction to the concept of couponing; receive information and resources to help you save more. Call 221-2705.

Car Seat 101

May 16, 1-3 p.m., Military & Family Readiness Center, building 2797. Review the basics of car seat installation and make sure your child is seated properly within their car seat. This class is required before attending the Safety Seat Clinic. Call 221-2418.

Instructor Trainer Course

May 17-18, 8:30 a.m. to 3:30 p.m., Military & Family Readiness Center, building 2797. A two-day professional development course designed to improve instructional skills. ITC modules include

"Platform Skills," "The Adult Learner," "Characteristics of Effective Instructors," "Managing the Learning Environment" and "The Preparation Process." To register, call 221-2418.

Interview, Dress For Success

May 18, 9-11 a.m., Military & Family Readiness Center, building 2797. Take pride in your appearance and follow expected guidelines of what to wear and be prepared for your interview. Discover ways to make a connection. Call 221-2418.

Coffee Talk EFMP Support Group

May 18, 11:30 a.m. to 1 p.m., Military & Family Readiness Center, building 2797. This EFMP support group meets monthly for a casual dialogue to share helpful resources. Join us to review Social Security Disability benefits and review disability laws. Call 221-2705.

Sponsorship Application Training Class

May 18, 2-3 p.m., Military & Family Readiness Center, building 2797. Mandatory training for military sponsors; review the roles and responsibilities or a sponsor as well as helpful resources. The Electronic Sponsorship Application & Training, or eSAT (<http://apps.militaryonesource.mil/ESAT>), provides registration, training certificates, sponsorship duty checklist, new comer needs assessment, welcome packet and links to important DOD and service relocation websites. Call 221-2705.

Family Readiness Group Treasure Training

May 18, 9-11 a.m., Military & Family Readiness Center, building 2797. Mandatory for current and incoming Family Readiness Group treasurers; review regulations for managing covers, FRG informal funds, and fundraising. Commanders, FRG leaders and FRG funds custodians are encouraged to attend. Call 221-2418.

FRG Leadership Academy

May 24, 8:30 a.m. to 4:30



Van Autreve Sergeants Major Association
The Sgt. Maj. Of the Army

INSIDE from P20

p.m., Military & Family Readiness Center, building 2797. This training provides commands with a better understanding of their Family Readiness Groups, how to utilize their volunteers, in addition to their roles and responsibilities to the families. For more information, call 221-2418.

Citizenship, Immigration assistance

May 24, 9 a.m. to noon, Ceremony 2 p.m., Military & Family Readiness Center, building 2797. Review American customs and cultures, or meet with a U.S. Citizenship & Immigration Service officer for assistance with applications. Eligible patrons will take the Oath of Allegiance at a Naturalization Ceremony beginning at 2 p.m. Registration is not required, for more information, call 221-2705.

Salary Negotiations

May 25, 9-11 a.m., Military & Family Readiness Center, building 2797. Learn the art of salary negotiation and tap into the power of social media to find jobs and market yourself. Call 221-2705.

Volunteer Orientation

May 26, 10-11 a.m., Military & Family Readiness Center, building 2797. Volunteers newly assigned to the M&FRC will in-process and receive training on their responsibilities. Call 221-2705.

Safety Seat Clinic

May 26, 9:30-11:30 a.m., Fire Station, building 3830. Make sure your child is safe while traveling on the road by ensuring restraints are properly installed and fit the child ap-

Leon L. Van Autreve Sergeants Major Association meets at 5 p.m. on the third Thursday of each month at the Longhorn Café, 1003 Rittiman Road. All active duty, Reserve, National Guard and retired sergeants major are invited. Call 539-1178.

propriately. Child and vehicle must be present; parents will be seen by appointment only. Call 221-2418.

Volunteer Management Information System

May 26, 9-10 a.m., Military & Family Readiness Center, building 2797. Volunteers will receive hands-on training with the Volunteer Management Information System. Open to all registered volunteers. Call 221-2705.

Basic Budget Management

May 26, 9-10 a.m. and 2-3 p.m., Military & Family Readiness Center, building 2797. This course is required before attending any financial classes and budget counseling, unless referred by your command. A copy of your current leave and earnings statement is needed. Call 221-2418.

Talk Is Cheap

May 26, 1-3 p.m., Military & Family Readiness Center, building 2797. This class is designed to focus on communication skills, listening and speaking skills and understanding the fundamentals of rhythm, tone and emotional factors of communication. Call 221-2705.

Trails & Tales Guided Tour

May 27, 8-11:30 a.m., Military & Family Readiness Center, building 2797. Take a guided tour of Fort Sam Houston; learn about old and new structures that share a rich history dating back more than 150 years. Patrons must be ready for departure by 8 a.m. Due to limited seating, registration is required. To sign up, call 221-2705.

JBSA legal office offers assistance with property damage after hail storm

By Chad Hauge

JBSA-Fort Sam Houston legal office Paralegal specialist

The Joint Base San Antonio-Fort Sam Houston legal office has established a claims process for service members and federal civilian employees who suffered hail damage to their personal property April 12.

The Military Personnel and Civilian Employees Claims Act provides an avenue for compensation for damage to personal property caused by extraordinary acts of nature, like severe weather events. Ultimately the legal office determines whether a weather event is sufficiently "unusual"

SHARP from P2

They weren't mindful of the time. They weren't looking at the clock."

Ultimately, what Glenn said is paramount to preventing the misunderstandings that can have dire consequences is the buddy system that is so popular in the Army.

"It's a matter of policing up each other," she said. "That's what we've got to get comfortable with from the bottom up to the top down, the policing up of one another. If we start policing one another up, then incidents would drop. And so that's a major key. We want the understanding and the good behaviors to spread. We want everybody to be comfortable enough to say, 'Hey, stop that. That's not right.'"

Ensuring that a zero tolerance policy remains

to trigger the act.

Damage from regularly occurring hail storms is not typically covered. However, the storm April 12 was severe enough to invoke the protections of the act. In other words, not all hail storms are designated as warranting compensation.

The act provides assistance to service members and federal civilian employees, but not contractors or non-appropriated fund personnel. It does not provide insurance coverage and is not designed to make the United States a comprehensive insurer of personal property on a military installation.

To qualify, the dam-

an integral part of the Army culture is the responsibility of all who wear the uniform.

"It requires engagement at all levels, not just Soldiers, not just leaders, but everyone must be engaged, especially during this time when we're also combining our forces and when we have females coming into MOSs that are predominantly male," Bryant said.

"That is going to be a challenge, and it's not just going to be from new Soldiers. It's going to be from those old Soldiers, because one of the things that we hear a lot when we train is, 'This is how we've always done it. This is what we're used to.' People have to understand that as times change, so does the Army. We have to evolve with it, if we're going to survive and be successful."

age to the property must have occurred incident to military service or employment. For example, if a car was damaged anywhere on base, such as the commissary, fitness center or on-base housing, the owner may be able to file a claim. However, if it was damaged at the claimant's off-base residence, the owner is less likely to qualify for a claim.

To successfully file a claim, a claimant must first file a damage or loss claim with their private insurer. This insurance settlement paperwork will be part of the government claim.

Because the act is not a substitute for private

insurance, recovery under the act will come after recovery under a private insurance policy, if appropriate.

There is a two-year filing deadline, starting from the date of the incident or when the claimant discovered or reasonably should have discovered the damage.

For Airmen, the process is started online at <https://claims.jag.af.mil>. The Air Force Claims Service Center can be reached at 877-754-1212 for Airmen, 221-1973 for Soldiers, or 757-440-6315 for Sailors. Marines may call 703-784-9533 or email hqmc.claims@usmc.mil.

CHAPEL WORSHIP SCHEDULE

PROTESTANT SERVICES

Sundays

Main Post (Gift) Chapel
Building 2200, 2301 Wilson Way
8 and 11 a.m. - Traditional

Dodd Field Chapel
Building 1721, 5584 Dodd Blvd.
8:30 a.m. - Samoan
10:30 a.m. - Gospel

Army Medical Department Regimental Chapel
Building 1398, 3545 Garden Ave.
9:20 a.m. - 32nd Medical Brigade
Contemporary Service
11:01 - Contemporary "Crossroads"

Brooke Army Medical Center Chapel
Building 3600,
3551 Roger Brooke Rd.
10 a.m. - Traditional

CATHOLIC SERVICES

Daily Mass

Brooke Army Medical Center Chapel
Building 3600,
3551 Roger Brooke Rd.
11:05 a.m., Monday through Friday

Main Post (Gift) Chapel
Building 2200, 2301 Wilson Way
11:30 a.m., Monday through Friday

Saturday

Main Post (Gift) Chapel
4:45 p.m. - Reconciliation
5:30 p.m. - Evening Mass

Sunday

8 a.m. - Morning Mass, AMEDD
8:30 a.m. - Morning Mass, BAMC
9:30 a.m. - Morning Mass, MPC
11:30 a.m. - Morning Mass, BAMC
12:30 p.m. - Afternoon Mass, DFC

JEWISH SERVICES

8 p.m. - Jewish Worship, Friday, MPC
8:30 p.m. - Oneg Shabbat, Friday, MPC

ISLAMIC SERVICE

2:00 p.m. - Islamic Services (Monday through Thursday) BAMC
1:15 p.m. - Jummah, Friday, AMEDD

LATTER DAY SAINTS SERVICES

1 p.m. - LDS Worship, Sunday, AMEDD

BUDDHIST SERVICES

10 a.m. - Buddhist Services, Saturday, AMEDD

For worship opportunities of faith groups not listed here, please visit the JBSA-Fort Sam Houston Chaplain's website at <http://www.jbsa.af.mil/jbsachapel/samhouston.asp>.

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