FORT SAM HOUSTON
News Leader
A PUBLICATION OF THE 502nd AIR BASE WING – JOINT BASE SAN ANTONIO
JULY 22, 2010
VOL. 52, NO. 29
"One Team, Supporting Military Missions and Family Readiness!"

502nd Air Base Wing breaks ground on new headquarters

By Steve Elliott
FSH Public Affairs

With the turn of a shovel July 14, the 502nd Air Base Wing got a little closer to establishing itself on Fort Sam Houston, as Brig. Gen. Leonard Patrick, 502nd ABW commander, was joined by various local and military officials in breaking ground for the wing's new headquarters.

The 25,733-square-foot building, which will be located just a few hundred feet from the Quadrangle on Wilson Street between Stanley and Liscum Roads, will cost approximately $7.4 million and

See GROUNDBREAKING P8

Photo by Steve Elliott
(From left) Dr. Cem Maxwell, deputy director, San Antonio Joint Program Office at Randolph Air Force Base; Brig. Gen. Leonard Patrick, 502nd Air Base Wing commander; and Frank Simas, deputy of the Joint Project Management Office, Fort Worth District, U.S. Army Corps of Engineers turn dirt during the groundbreaking ceremony for the 502nd ABW headquarters building July 14.

VIBRANT RESPONSE

ARNORTH prepares for nuclear disaster aftermath

By Sgt. 1st Class Manuel Torres
ARNORTH Public Affairs

Almost 24 hours after a notional nuclear blast exploded in Indianapolis, planes began arriving in the early morning hours to transport critical assets needed to support recovery efforts.

At the center of the activity, U.S. Army North's Joint Task Force-51 dug in its heels and worked to finalize the critical communication systems and procedures to help support the efforts of the Federal Emergency Management Agency and local state agencies.

Intercom speakers filled the air with "Emergency Signal Messages," which requested the residents stay inside and wait for

See RESPONSE P18

Photo by Dinah Matamoros
A Soldier from the 251st Area Support Medical Company from South Carolina cradles a casualty role-player at the Indiana National Guard's Muscatatuck Urban Training Center in Butlerville, Ind., July 15, during the Vibrant Response 10.2 exercise, which simulates a nuclear blast in an American city.

ARSOUTH hosts staff talks with El Salvador Army delegates

By Alex Delgado
ARSOUTH Public Affairs

A delegation made up of officers from the Army of El Salvador visited U.S. Army South at Fort Sam Houston to participate in an annual military doctrine and training staff talks from July 13 to 16.

The Salvadoran army, known as the Ejercito Salvadoreno, is the land branch and largest of the Military of El Salvador.

The Salvadoran army and

See ARSOUTH P11

Photo by Alex Delgado
Maj. Gen. Simeon Trombitas, U.S. Army South commanding general, speaks with Salvadoran army Col. Victor Daniel Maldonado, Head of Delegation for the Salvadoran army.

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"One Team, Supporting Military Missions and Family Readiness"

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Suicide isn't painless; use the ACE plan to be an instrument of help

By Chaplain (Maj.) Jonathan Wade
332nd Air Expeditionary Wing

In the words of his military friends and co-workers, Rick was one of the greatest guys you'd ever want to meet: A hard-working NCO in a high operations tempo unit, a family man, a compassionate friend always seeking opportunities to help others in his unit succeed.

Rick was humble, they said. He would never take credit for his talents, instead calling it a "team effort."

His supervisors noticed, at times, that Rick was unusually hard on himself and seemed depressed about his job abilities, despite the opinion to the contrary of the entire supervisory chain.

Then, quite suddenly, Rick's attitude perked up. He seemed to enjoy his job. Gone were the self-criticisms that had plagued him in the past. His friends noticed, and remarked about the positive change.

Within a week or two, Rick requested leave so he could take his family on a dream vacation. Word was that it was the best vacation he and his family had ever enjoyed together.

Upon his return from leave, Rick quietly slipped out of his home and into his office in the pre-dawn hours, telling his wife there was unfinished business he had to complete. She thought nothing of it, as Rick often gave up his free time for work needs.

Rick carefully stacked project binders and folders on his desk with notes to co-workers of what was unfinished and how to complete each project. Then Rick drove out to a remote part of the base, put a gun to his head and ended his life.

It's been many years since I cared for Rick's devastated wife, his grieving children, and his friends and co-workers. Despite the time, I have never forgotten Rick or the serious damage that suicide leaves in its wake.

Suicide is about more than just an abrupt, untimely end to a human life. It is about unanswered questions, unfulfilled dreams, possibilities that will never be, a struggle for closure that may never come.

As one child (now an adult) said of his mother's suicide, "For years, I thought that one of the reasons she killed herself was because she couldn't get us to brush our teeth or other things we were supposed to do."

He'll never really know the answer, and will struggle to find one, just as Rick's circle of relationships struggles to this day to understand.

Is there good news? Absolutely. Rick's death taught me early in my career that there is a simple but powerful tool to prevent suicide from taking another life and leaving behind its human wreckage. That tool is you!

As service members, we would fight to the death to save our wingman from death at the hands of the enemy. When we fight, we fight for each other. Whether the firefight is with an external foe or an inter-

See SUICIDE P13

Weekly Weather Watch

	July 22	July 23	July 24	July 25	July 26	July 27
San Antonio	92° Chance of Rain	90° Partly Cloudy	90° Partly Cloudy	94° Partly Cloudy	92° Partly Cloudy	94° Partly Cloudy
Kabul Afghanistan	86° Clear	89° Clear	87° Chance of Rain	91° Clear	93° Clear	93° Scattered Showers
Baghdad Iraq	111° Clear	111° Clear	114° Clear	107° Clear	113° Clear	116° Clear

(Source: Weather Underground at www.wunderground.com)

News Briefs

32nd Medical Brigade

A change of command ceremony will be held July 22, 8 a.m. at MacArthur Parade Field.

Family Medicine Service Relocating

As part of the Base Realignment and Closure transition process, Family Medicine Service at Brooke Army Medical Center will relocate to the Fort Sam Houston Clinic at 3100 Schofield Road from July 22-26.
Accommodations have been made for FMS patients to be seen in the Troop Medical Clinic, 2991 Garden Avenue, for acute appointments only. Appointments must be booked through Consult and Appointment Management Office at 916-9900. FMS will reopen at its new location, in the new FSH clinic, for normal hours of operation on July 27. Call 808-2400.

Chaplain Corps Anniversary

The 235th Anniversary of the U.S. Army Chaplain Corps celebration will be held July 23, 11 a.m. at the Fort Sam Houston Golf Club. Guest speaker is retired Chaplain (Col.) Connie Walker, also known as the "Leaping Deacon." Call 221-2754.

BAMC Military Spectacle Ordering Relocates

Brooke Army Medical Center Military Spectacle Ordering has relocated to the McWethy Troop Medical Clinic at the corner of Garden Avenue and Schofield, across the street from the new Primary Care Clinic. Ordering hours are Monday, Tuesday, Thursday and Friday from 8-11:45 a.m. and 12:45-2:45 p.m. and Wednesday 8-11:45 a.m., excluding federal holidays and BAMC training holidays.

BAMC Patient Advocacy Relocates

The Brooke Army Medical Center Patient Advocacy Office will relocate to the first floor, Bed Tower, Room 115-8 (inside the Patient Administration Division hallway, near the Information Desk) on July 29. It will re-open for patient assistance on July 30. This office addresses complaints, requests for assistance, compliments, inpatient visits, and ICE resolutions. All phone numbers will remain the same. Call 916-2330.

See NEWS P4

Exchange program benefits U.S., Canadian, Mexican military forces

By Sgt. 1st Class Manuel Torres
ARNORTH Public Affairs

A program established in 1945 has provided U.S. military personnel an opportunity to exchange places with Canadian and Mexican military officers to strengthen alliance and build coalition partnerships with the surrounding nations of the North American Continent.

U.S. Army North currently has 18 Soldiers serving in the Military Personnel Exchange Program in Canada and two in Mexico.

"Canada and Mexico are some of our closest allies in continental defense and the Global War on Terror," said David Morrison, MPEP coordinator for U.S. Army North. "We share a 5,500-mile border with Canada and a 1,969-mile border with Mexico. Our countries are closely linked socially, culturally and economically."

The program, which is part of the Army Chief of Staff's Security Cooperation Plan, has been used as a valuable tool to train and develop officers from different countries to support and assist Army North.

Having exchange officers interact with the Canadian and Mexican commands further enhances the culture of binational operations and mutual understanding and respect, Morrison said.

Cultural and institutional interaction, he explained, is perhaps no more direct than actually mentoring Canadian soldiers in a classroom environment. This helps to enhance their military education on operations in joint, interagency, multinational and public environments.

"This program has allowed me to develop an in-depth understanding of how to work in an international, joint environment at the operational level," said Lt. Col. Jefferey Fritz, Army North, who serves as a directing staff officer at the Canadian Force College, Toronto, Canada.

"It also has broadened my understanding of the geopolitical forces that shape military strategies and helps me solve complex issues."

Fritz recently returned from a deployment in support of Operation Iraqi Freedom, where he served as an operations officer in the Division Operations Center at Contingency Operating Base Speicher, which is located near Tikrit, Iraq.

Fritz is providing a valued service to not only his own country but to Canada, the bordering nation to the north, by providing in depth knowledge of issues in the curriculum such as Leadership and Command Theory, Ethics, War and Society, Operational Functions, Operational Art and Planning, Component Capabilities, Advanced Joint Operational Planning, and Domestic Operations, just to name a few.

"In reality, directing staff officers is a combination of coach, mentor, leader, facilitator, assessor, teacher and guide," Fritz said. "It's our job to ensure we create an environment within which students can grow intellectually and professionally to match their maximum potential."

Not only are exchange officers authorized to teach, they also have positions in command.

Col. Robert Wade serves as the commander of the Information Activities Task Force, a force comprised of 26 Canadian army personnel and civilian staff members.

The IATF is the principle adviser to the commander of the Land Force Doctrine and Training System. Wade has served in command since July 2009 per directive of the Canadian Department of National Defense and the Canadian Land Forces.

Wade has worked with the U.S. Army to create a position to oversee assignments, manage deployments, handle recruiting, selection and retention as well as work to develop and institute doctrine and professional development.

"It's very beneficial to the United States because it allows us to have insight and share information with Canada on our approach to civil military cooperation and psychological operations," Wade said. "This has been a truly rewarding and professionally challenging opportunity. It forces me to keep current on both U.S. and Canadian doctrine while also serving as an ambassador for the U.S. Army to the Canadian army."

The officers who serve as part of Army North's exchange program – be they from the United States, Canada or Mexico – bring with them a multitude of valued experiences. Their participation further enhances the strong bonds of the nations in their mutual interests in providing for the security of their nations.

"It has provided a great window to observe and participate in Canadian culture and thought processes," said Wade. "All in all, a remarkable opportunity that I am truly grateful for."

> **"It has provided a great window to observe and participate in Canadian culture and thought processes."**
> *– Col. Robert Wade*
> *Commander, Information Activities Task Force*

Courtesy photo

U.S. Army North noncommissioned officer serving in the Military Personnel Exchange Program briefs his Canadian army partners on the capabilities of the M-16 rifle during a training event.

News Briefs

NEWS from P3

U.S. Army Soldier Show

The U.S. Army Soldier Show will make two stops in San Antonio. Catch the performance July 25, 2 p.m. at Bob Hope Performing Arts Center, Lackland Air Force Base. Tickets are not required for the Lackland performance, but only DoD I.D. cardholders and sponsored guests of DoD I.D. cardholders are permitted on base. On July 27, the U.S. Army Soldier Show takes the stage at 7 p.m. at Laurie Auditorium on the campus of Trinity University. Due to limited space, tickets are required and have already been distributed for July 27 show.

Tops in Blue

The Tops in Blue will perform July 28, 7 p.m. at Bob Hope Performing Arts Center, Lackland AFB. No tickets are required, but only DoD I.D. cardholders and sponsored guests of DoD I.D. cardholders are permitted on base. Call 671-2619.

Sports Physicals

The Wilford Hall Medical Center Pediatric Clinic at Lackland Air Force Base begins conducting mass annual sports physicals July 30 and Friday afternoons through Aug. 27. These physicals are for WHMC Pediatric Prime patients 8-22 years old. Call 916-9900 to book appointments. Bring patient's military I.D., shot record, third-party liability card and school forms needed to be completed. Bring only the child with the appointment to the clinic and allow plenty of time for parking. Children with special needs must make individual appointments at another time. Call 292-0786.

Great Plains Regional Veterinary Command

A change of command ceremony will be held Aug. 5, 3 p.m. at ACS, Building 2797.

Resident Survey

Fort Sam Houston Family housing residents are receiving assessment surveys via e-mail in order to provide feedback on post housing needs. Answers are strictly confidential. Once the online survey is complete, an entry form for a chance to win a gift card is available. Call 221-0891.

FAREWELL RUN WITH TROOPS

Photos by Esther Garcia

Col. Randall Anderson, commander, 32nd Medical Brigade, along with Lt. Gen. Guy Swan, commanding general, Army North and Fort Sam Houston, led more than 3,000 brigade students, cadre and staff in a two-mile run on the streets of historic Fort Sam Houston July 19. Members of the Army Medical Command Band played for the troops as they crossed the finish line and received cheers of encouragement from Anderson and Swan. Anderson's last day as the commander of the brigade is today, but he isn't going too far, moving to his new assignment at the Army Medical Department Center & School.

GREAT DAY SA HOSTS ARMY

"Military" was the theme for the Great Day San Antonio talk show on Kens TV July 14. Bridget Smith and Eleen Teves, hosts for the show welcomed Cols. Jennifer Menetrez and Mary Ann McAffe, Brooke Army Medical Center, who spoke about the treatment and rehabilitation services offered to wounded warriors at the Center for the Intrepid and Brooke Army Medical Center. Inge Godfrey, Fisher House manager, provided an overview of the Fisher Houses on post. The Army Medical Command "Brass" Quintet provided the background music for the show and 30 Soldiers assigned to 32nd Medical Brigade accompanied by Col. Randall Anderson, commander, and Command Sgt. Maj. Harry Tharp were in the audience. At the end of the show, KENS TV celebrities Jeff Vaugh, Sarah Lucero, Bill Taylor and Joe Renagel came out to meet everyone.

SILVER STARS FOX VISITS WFSC

The Fox, mascot for the Silver Stars women's basketball team, made a stop at the Warrior and Family Support Center July 20 to deliver tickets inviting wounded warriors and their Families to attend the basketball game July 24 during Military Appreciation Night. The Fox made the rounds at the center entertaining guests by twirling his basketball on the tip of a pencil and taking pictures with Soldiers and their Families.

New play areas promise boundless learning, fun for kids, adults

By L.A. Shively
FSH Public Affairs

Fort Sam Houston Child, Youth & School Services joined Family and MWR patrons to officially unveil five new play areas on post.

The ribbon-cutting ceremony July 16, near the play structure at the Splash Pad, introduced the concept of Boundless Playground to the Fort Sam Houston community.

Boundless Playgrounds are constructed so that children and adults of all ages with disabilities or limited mobility can use the structures alongside those without physical challenges.

Previously the play areas on post did not accommodate people with physical challenges, said Brenda Berry, chief, Child, Youth & School Services. "Now everyone has access."

Berry highlighted the durability and safety features of the design and construction of the play areas during her remarks.

"These are built to last 50 years," she said. "With the rubberized surface, fall zones are made so that the impact would be much less."

Construction for each of the playgrounds cost approximately $350,000 for a total investment of $1.75 million for the state-of–the-art equipment.

Playgrounds are located at Salado Creek Park, CDC Building 2530, Middle School Teen Center Building 2515, Watkins Terrace/Dodd Baseball Fields and at the Splash Pad, between School Age Services and Youth Services on Watkins Blvd.

"It is our duty to provide better and safer play opportunities in a more esthetically pleasing environment," said Michael Waldrop, deputy to the garrison commander. "If I was their age, I'd love it."

Kristen Ignot guided

See PLAYGROUND P7

Photo by L.A. Shively

Alana Ignot, in a wheelchair, twirls plastic balls inside a see-through chamber at one of the five new Boundless Playgrounds on post.

PLAYGROUND from P6

her 8-year-old daughter Alana, in a wheelchair, through the structure, stopping to let her ring giant chimes at one station and twirl plastic balls inside a see-through chamber at another.

"It helps with her development and interactions with the kids," Ignot said. "She loves the music, the sounds and the different things that swirl."

Over at the Splash Pad, children cavorted in the water.

"We get to splash and we get to scream. Those buckets are cool," said 5-year-old Adrian Puentes, referring to suspended buckets that fill with water, then tip over mimicking a waterfall.

"This is the only post that I've been to that has something like this, so it is really beneficial," said Stephanie Wezel, a pre-kindergarten teacher with the Child Development Center.

"If we didn't have this, I guess we'd do water time with a sprinkler and hose, but that's not as much fun. This is something special and they look forward to it."

Photo by L.A. Shively

Nikki Bales, a pre-kindergarten teacher with the Child Development Center, and one of the children in the program, enjoy getting wet under the falling water from a suspended bucket at the Splash Pad.

GROUNDBREAKING from P1

have a 5.5-acre footprint. Officials are anticipating occupancy in July 2011.

"This building is being fast-tracked to get the general and his staff out of their doublewide trailer," said Frank Simas, deputy of the Joint Project Management Office, Fort Worth District, U.S. Army Corps of Engineers. "We plan on being on time and on budget."

"This is truly an opportunity for us to move forward," Patrick told the assembled audience. "Part of the wing's vision statement is to 'Preserve our Heritage.' I promised I would honor that."

The 502d Air Base Wing consists of three major support elements. The Air Force elements are the 802nd Mission Support Group at Lackland and the 902nd MSG at Randolph AFB, while the Fort Sam Houston Garrison is renamed the 502nd MSG.

The Air Force was directed to be the executive agent for the action in San Antonio and this is the largest single Department of Defense installation. One of 12 joint bases within the DoD, the 502nd Air Base Wing will oversee installation support at Lackland and Randolph AFBs and Fort Sam Houston.

While being built in the shadow of some of the post's most historic buildings, the new Headquarter is being built with an eye on the future and will achieve LEED (Leadership in Energy and Environmental Design) Silver certification.

"The project team is incorporating a variety of sustainable design elements including extensive use of local regional, certified wood, and recycled building materials," said H.D. Eisenhauer, chief of engineering for the 502nd ABW. "The facility also incorporates sustainable landscape measures, advanced building commissioning, a rainwater harvesting system for irrigation, a solar water heating system, and reducing the heat island effect with roofing and paving materials."

"This is something we can take great pride in," said Dr. Cem Maxwell, deputy director, San Antonio Joint Program Office at Randolph AFB.

"This may be a new building," Maxwell said, "But it will perform an age-old mission of sustaining our military and sustaining our national defense."

Courtesy illustration

An artist's conception of the 25,733-square-foot building, which will be located just a few hundred feet from the Quadrangle on Wilson Street between Stanley and Liscum Roads. The building will cost approximately $7.4 million and have a 5.5-acre footprint.

Construction on the building is being performed by LeeTex Construction LLC, in partnership with Hill & Wilkinson Ltd., with GSBS Architects out of Salt Lake City as part of the team supporting the prime contractor.

"This project was Air Force BRAC funded and Air Force led, but it would never have been possible without significant support and cooperation from our Army teammates," Eisenhauer said.

"The cooperation of this project is a reflection of the joint basing effort in San Antonio and the collaborative and supportive process it has been," he added. "This includes Fort Sam Houston's Department of Public Works' cultural resources staff, who has helped us ensure the building will adequately respect the historic nature of its site and adjacent historic districts and architecture, in both materials and architectural forms."

"Additionally, the Army Corps of Engineers team, and the San Antonio Joint Program Management Office, have been key members and involved in this project as well," Eisenhauer said. "The success of this project is really a credit to a great team."

"Construction like this means a lot to our military and to the city of San Antonio," Maxwell reiterated. "This is one part of the $8.3 billion impact that BRAC has had on San Antonio."

Sam Houston Club Curbside Gourmet begins delivering convenience Aug. 3

By Valentine Pumphrey
Family and MWR Marketing

Looking for a delicious and speedy lunch that can also be described as the ABC's: affordable, bountiful and convenient? The Sam Houston Club introduces its new Curbside Gourmet lunch truck service starting Aug. 3.

The Curbside Gourmet will replace the club's current lunch buffet program, which will be discontinued July 30 due to scheduled renovations.

The Curbside Gourmet will serve all the Sam Houston Club favorites from 11 a.m. to 1 p.m. in the back parking lot of the club. This includes southern fried chicken, barbecued beef, chicken-fried steak sandwiches and super nachos.

On the lighter side, summer green salads, tasty wraps, fresh fruit cups and baked chicken plates will be available.

The Curbside Gourmet will also offer daily specials that mirror many of the current lunch buffet offerings to include Monday Steak Fingers, Tuesday Meatloaf and Mashed Potatoes, Wednesday Enchiladas, Thursday Chicken and Ribs and Friday Fried Fish and Hush Puppies.

In addition to new menu items, the Curbside Gourmet will also offer a few new services, such as five-day-a-week lunch operation, to-go boxed lunches and the ability to phone in orders.

> **"While the renovation of the Sam Houston Club will take a toll on our patrons, please know that we are not closing our doors,"**
> *– Manuel Valdez*
> *Sam Houston Club manager.*

If an office or unit has a function coming up, orders can be placed 24 hours before the event and it will be ready for pick up at the customer's specified time.

The Curbside Gourmet's menu is pocket friendly as well, with most items priced at $6.50 or less, and all bunch-a-lunch cards will still be honored. Visit the Curbside Gourmet seven times, and your eighth lunch is on us!

Cash and most major credit cards will be accepted, so there's no need to make a special trip to the ATM or bring the check book.

The Sam Houston Club is undergoing several other changes due to renovations. Sam's Sports Bar will discontinue Friday night services July 23 as the club's administrative and ticket offices take up residence in that space.

While the offices may move, catering reservations and discount ticket sales will still be available for special events and summer travels. The bingo program will also be temporarily discontinued until further notice beginning on July 31.

What is the end state of all of this renovation? The Sam Houston Club will become the Sam Houston Community Center. It will still continue to operate as a premiere catering and conference destination during the day, and by April 2011, it will also function as a recreation center for student Soldiers at night.

A Java Café is also slated to open in the spring in the former Sam's Sports Bar. The cafe will offer daily caffeine infusions and brew Starbucks coffee, as well as a variety of grab-and-go snacks to include pastries, sandwiches and wraps.

"My mom always said that anything worthwhile is worth waiting for. It'll be a better, more fun and exciting place for our Soldiers and their Families."

To place orders for 10 or more Curbside Gourmet lunches beginning Aug. 3, call 954-2011 at least 24 hours in advance.

For more information regarding Sam Houston Club operations, call 224-2721/2723 or visit http:// fortsamhouston-mwr.com.

ARSOUTH from P1

Army South delegations shared information on a wide range of topics, including logistics and operations in combating common threats in the region. The delegations also explored ways where both armies could contribute to regional stability through cooperation and friendship.

"I would like to emphasize the importance of these bilateral talks, which have been very well organized and productive." said Col. Victor Daniel Maldonado, head of delegation for the Salvadoran army.

"We have met all the objectives we had set for ourselves and solidified very important agreements with Army South that will help develop and modernize both of our institutions in our quest for stability and peace in the region."

Photo by Alex Delgado

Dan Meyer, U.S. Army South deputy director, speaks with El Salvador army Maj. Angel Francisco Banos during Staff Talks being hosted by Army South July 13-16.

The week-long visit consisted of briefings and discussions where both sides shared important information that can be applied by both armies in future joint operations. The talks concluded with closing remarks by Maj. Gen. Simeon Trombitas, U.S. Army South commanding general.

"It is an honor to have the Salvadoran army delegation here participating in these talks," Trombitas said.

"Because of their participation and commitment to our common efforts, I have no doubt that we will continue to work together toward a secure future for Central and South America."

SUICIDE from P2

nal battle against an emotionally crushing problem, we are the instrument of help that can rescue our friend and all those who love and care for him or her.

How? By simply remembering and implementing the ACE plan.

A: Ask your friend how he is doing. Most people will typically respond "okay," because we use the "how ya doin'?" question as a common greeting. Take the time to ask him how he is really doing.

Sometimes all a person needs is someone to listen to them. So, talk less, listen more and let your friend share his story with you.

If you suspect he may be self-destructive, ask him directly if he is thinking of killing himself. Is that uncomfortable? Yes, but it can be the most important question you ever ask. Get over the discomfort and ask him.

What if the answer to the question is "yes?"

C: Care for your friend. Don't leave him alone. Calmly control the situation by continuing to listen without judging him. Your job now is to care for your friend until you can get him to competent emergency care. Let him know that there is help available to navigate him through his troubles to a place of hope and peace.

E: Escort your friend to the emergency room. His emotional wound is as life-threatening as a shrapnel wound to the heart.

Don't leave your friend alone until you find the expertise to help him. He may give you many reasons he doesn't want to seek help, and you will have to be persistent and truthful. He may ask about how this affects his career and family. You can't tell him what you don't know. Let the experts handle that. What he needs now is someone to help him.

Remember, you are the best tool for helping a suicidal friend or co-worker.

Army releases new video to combat suicides

By Alexandra Homely-Brown
Army News Service

The Army released a candid suicide prevention training video July 15 in an effort to deter the increasing number of suicides amongst troops.

Simultaneously released July 15 was the Army's suspected total number of suicides for the month of June – 32 – a record high. The uptick in numbers is a setback for the Army, which had seen a decline in suicides this year among active-duty Soldiers up to this point.

Replacing last year's scenario-based training videos, the new 15-minute film titled "Shoulder to Shoulder: I will never quit on life," features frank interviews of troops and their Families. Several of the Soldiers featured in the video speak of failed attempts at suicide and their path to receiving help.

The video will be incorporated into the Army's annual suicide-prevention training program which every Soldier is required to participate in.

"The impact on the Army for this issue continues to be one we view very closely," said Col. Christopher Philbrick, director of the Army Suicide Prevention Task Force, in a media briefing.

Philbrick said he is hopeful that the new video will resonate more accurately with troops.

"This is a far better video than last year," noted Philbrick. "I believe this is a valuable tool that is going to improve our ability to reach out and communicate with our Soldiers."

Philbrick explained that after last year's Army suicide stand-down, where all Soldiers were required to participate in training, senior leaders concluded that the approach wasn't working.

"I'd love to tell you it was a hit, but it wasn't," admitted Philbrick. He explained that part of the reason Soldiers weren't connecting with last year's videos might have been because some actors were used in the place of real troops.

He also said this video isn't an "end-all" to the Army's suicide prevention campaign, and there will likely be more videos and training guides produced in the future.

When asked what responsibility the Army feels for Reserve and National Guard Soldiers who commit suicide when not on active duty, Philbrick said, "In my view, they're Soldiers. They are Soldiers 24/7. From the time they raise their right hand and swear the oath that all of us do, they become the responsibility of the U.S. Army."

Philbrick explained that it can sometimes be challenging for reserve-component Soldiers to receive the medical and psychological help they need, as they are not covered by Army medical care when not on active duty and often live far from an installation.

"We consider suicides in the Army National Guard the most extreme and significant indicator of stress on the force," agreed Col. Greg Bliss, chief of the Army National Guard Soldier and Family Support Division.

While there is no single answer as to why Soldiers' suicide rates are increasing, continued deployments aren't the leading cause: one-third of Soldiers who commit suicide have never been downrange.

"People suffer these types of issues every single day," said Philbrick. "That's not unusual, and not unique to the Army. But when they understand that there is help available and they get it, the likelihood of that being a negative event is diminished in measurable ways."

For now, a second Army-wide standdown on suicide prevention isn't planned. The video will be dispersed to troops through their units, and is also available at http://www.preventsuicide.army.mil.

Camp Bullis

An Emerald City in the rough

By Minnie Jones
FSH Public Affairs

Photo by Phillip Morgan-Headquarters, Camp Bullis
An aerial view of the many training sites speckled throughout the grounds of Camp Bullis located about 20 miles northwest of Fort Sam Houston. Camp Bullis has close to 28,000 acres of land and supports field training to all branches of the military.

From a distance, Camp Bullis almost looks serene as it sits surrounded by acres of lush green forest, nestled at the base of the San Antonio foothills. It looks like a place of tranquility, but take a closer look, you'll find Camp Bullis has a lot more going on behind that wall of green forest than meets the eye.

Just under 20 miles from Fort Sam Houston, Camp Bullis, named for Brig. Gen. John Lapham Bullis, is a part of the original Leon Springs Military Reservation established in 1917 to provide a place for Soldiers to train and prepare for combat under a growing threat of war in Europe.

Since its establishment, Camp Bullis has a long and proud history of providing support to the military. Although no units were actually stationed there, its record is impressive.

It has hosted several notable infantry divisions, such as the 90th "Tough Ombres," whose original personnel were drafted from the states of Texas and Oklahoma. The division was activated in 1917 during World War I. As one of the most respected and decorated divisions in the U.S. Army, it was the first infantry division associated with Fort Sam Houston.

Other distinguished divisions that also trained there were the 2nd "Indianheads," the 95th "Victory" and the 88th "Blue Devils."

During the 1920s and 1930s, Camp Bullis became a training center for the Civilian Conservation Corps, the Reserve Officer Training Corps and the Officer Reserve Corps.

Camp Bullis was a favorite of Hollywood in the 1920s. Two motion pictures were filmed there: the "Rough Riders" and "Wings." Second Infantry Division and 5th Cavalry Soldiers were used as extras in "Rough Riders" and "Wings" won an Academy Award for best picture in 1927.

By the end of World War II, with most of the infantry divisions gone, a pivotal point in Camp Bullis' history came about in 1946, when the Surgeon General of the Army announced that Fort Sam Houston was going to be the new site for the U.S. Army Medical Field Service School.

This move centralized the Army's medical research and training at Fort Sam Houston, making Camp Bullis the field-training site for the Army's medical schools.

Camp Bullis' mission, like its acreage, has increased over the years, now with close to 28,000 acres. It boasts 20 live firing ranges, a firehouse, an armory and a new medical clinic. It is a state-of-the-art training complex, with an airfield, four drop zones, and maneuvering areas that provide all branches of the military a realistic training environment for almost any type of field training.

The Military Operations Urban Terrain or MOUT is one of two realistic urban training sites that insert military personnel in a realistic training environment, preparing them from various combat scenarios.

Photo by Minnie Jones

Also, included in its arsenal are two realistic urban training areas: the Combined Arms Collective Training Facility and the Military Operations on Urban Terrain compound that inserts military personnel in a realistic training environment, preparing them from various combat scenarios.

Camp Bullis also houses two trainers that are vital to a war fighter's sustainability; the Virtual Combat Convoy Trainer and the HMMWV Egress Assistance Trainer Rollover Simulator.

With the 2005 Defense Base Closure and Realignment Committee implementation in full force, the average student load coming through Camp Bullis this year is estimated at 46,500 and that number is expected to grow in 2011.

At present, the Army Medical Department Center & School is Camp Bullis' biggest user hosting several field training courses under the 32nd Medical Brigade. The 32nd Medical Brigade subordinate units include the 264th, 187th and the 232nd Medical Battalions, and between them, they are responsible for 16 military occupational specialties, 19 officer courses and numerous other training and qualification courses, the 232nd Medical Battalion trains the U.S. Army's combat medics.

In the past, Camp Bullis primarily supported mostly transient personnel, but now it is home for 750 permanent party personnel, the endangered Golden-cheeked Warbler, and four other endangered species that require protection under the Endangered Species Act.

"Camp Bullis is a busy place," said Garrison Manager, Paul Dvorak, Headquarters Camp Bullis, who is responsible for coordinating all activities on Camp Bullis.

Students from the 343rd Training Squadron, Detachment 1, Apprentice Security Forces Course, receive instructions from Security Forces Instructor, Staff Sgt. Colby Benjamin, on fire control measures and defensive fighting positions. The U.S. Air Force is the second largest tenant on Camp Bullis.

Photo by Minnie Jones

The Army Medical Department Center & School is Camp Bullis' biggest user hosting several field training courses under the 32nd Medical Brigade. The 232nd Medical Battalion, a subordinate of the 32nd Med. Bde., trains the U.S. Army combat medics.

Photo by Phillip Morgan-Headquarters, Camp Bullis

Camp Bullis, named for Brig. Gen. John Lapham Bullis, was established in 1917 as a part of the original Leon Springs Military Reservation to provide a place for Soldiers to train and prepare for combat under a growing threat of war in Europe.

Courtesy photo FSH Museum

"Our average training population in a given week is between 2,500 and 3,500. We go above that sometimes, especially this time of year. The average training throughput at Camp Bullis in a year, based on 2008 numbers was about 150,000 people. I expect this number to go up to around 170,000, or so for FY 10 and 11. That's a lot of people coming out here to do a lot of training."

The U.S. Air Force is Camp Bullis' second largest customer. The 343rd Training Squadron, Detachment 1 is the largest Air Force entity on Camp Bullis, teaching the Apprentice Security Forces Course, the Security Forces Ground Combat Leaders Course, and the Basic Security Officers Course.

Camp Bullis also is now the home of the Air Force's 342nd Basic Combat Convoy and Combat course, the Combat Airman Skills Training course, and the 802nd Force Support Squadron's on site Patriot Inn lodging and dining facility.

"There are plans in the works to expand our campus another 17 acres to include additional classrooms, a vehicle parking facility, some hutment-style dorms to create an expeditionary-type environment, a motor pool and another dining facility to accommodate a potential increase in students coming to Camp Bullis," said Mark Stehle, deputy commander, Camp Bullis, 37th Training Group.

The Medical Education and Training Campus, the military's largest medical educational institution, located on Fort Sam Houston, uses Camp Bullis for training. It has positioned four aircraft trainers at the 882nd Training Group's Joint Medical Readiness Training Center to facilitate their field training requirements. The first students began training in June.

In July 2009, an Armed Forces Reserve Center was built at Camp Bullis to accommodate and consolidate Texas' Army Reserve and Army National Guard units. This consolidation was made to enhance unit readiness, increase training opportunities and improve homeland defense capabilities.

Camp Bullis also supports several joint training facilities on its grounds, the Defense Medical Readiness Training Institute, the Combat Casualty Care Course (C4) Tactical Simulation Center for Military Medicine and the Joint Operational Training Detachment.

As an ambassador for San Antonio's military community, Camp Bullis continues to foster relationships between the military and civilian sectors by providing the use of its grounds to local and federal agencies like U.S. Homeland Security Customs and Border Protection, the Federal Bureau of Investigations, the Bexar County Sheriff and the San Antonio Police Departments.

Camp Bullis plays a vital part in the future of the military by providing facilities to more than 5,000 Army, Navy and Air Force JROTC cadets from all over Texas, to participate in annual joint summer camps.

The Federal Bureau of Investigations has been using Camp Bullis' firing range for more than 15 years, said Lt. Eric Vasys, special agent spokesman, FBI San Antonio.

"We are very fortunate to have access to this facility, because most federal agencies rarely have it within the budget to own their own physical firearms range, so we always have to develop relationships with local police departments and sheriff offices. In this case, because San Antonio is such a military town, Camp Bullis has been our primary range … the Army has been very generous and accommodating to us, we are just very lucky to have it."

"What is important, the key – is the land that we have, the acreage that we have contained inside Camp Bullis and how we preserve its capability for the future," Dvorak said. "Encroachment and mitigation of the habitat on Camp Bullis is only a fraction of it - what is important about this place is, will we still be able to do the mission that it has now, and any other additional missions that come along 25, 50 or 75 years from now - is important."

Contest, coupons, community serve as cornerstone for AAFES' 115th birthday

By Ann Pauleuc
AAFES Public Affairs

Army & Air Force Exchange Service

As the Army & Air Force Exchange Service readies to mark 115 years of service and support to America's military, the Fort Sam Houston Exchange's mission remains basically the same: provide quality goods and services at competitively low prices and generate earnings to support Family and MWR programs.

"AAFES' commitment to Soldiers is as strong as it's ever been," said main store manager Susan Nonamaker. "Whether at Fort Sam Houston or deployed, the exchange is there for them."

Since its establishment in 1895, AAFES has been involved in 14 major contingencies, including the Spanish-American War, World War I, World War II, Korea, Vietnam, Grenada, Panama, the Balkans and Operations Enduring and Iraqi Freedom, along with several dozen humanitarian and disaster relief contingencies.

In the spirit of service and support, the Post Exchange and Exchange Online Store are inviting authorized customers to "celebrate the savings" from July 25 through July 27.

Shoppers who stop by the PX during the three-day period can register to win a $5,000 exchange shopping spree, one of three Samsung LED TVs ranging from 40 to 55 inches and a round-trip for two meet Mario Lopez and attend a taping of eXTRA in Hollywood, Calif.

In addition to the give-aways and sweepstakes, the PX will offer a variety of deals centered on AAFES' 115th birthday. Shoppers using their Military Star® card, for example, will receive $15 off any purchase of $115 or more, as well as 15 cents off per gallon of gas, up to 20 gallons.

A variety of items will also be priced at $1.15, $15.50 and $115 throughout the three-day celebration.

Additionally, several items at http://www.aafes.com, including a Bulova watch, diamond bangle bracelet, Voyager Bluetooth headset and Cuisinart Chef's 10-piece cookware set, will be offered for just $115.

AAFES has the dual mission of providing authorized patrons with articles of merchandise and services and of generating non-appropriated fund earnings as a supplemental source of funding for military Family and MWR and Services programs.

For more information about AAFES, visit http://www.aafes.com/pa/default.asp.

News Leader survey online

Visit http://www.samhouston.army.mil/PAO. For more information, call 221-0615 or 221-2030.

ARSOUTH awards Meritorious Service Medals to foreign liaison officers

By Alex Delgado
U.S. Army South Public Affairs Office

Two foreign liaison officers assigned to U.S. Army South were awarded the Meritorious Service Medal for their valuable service while assigned to the command.

Maj. Gen. Simeon Trombitas, U.S. Army South commanding general, presented the medals to Chilean army Col. Juan Ramirez-Coppola and Colombian army Lt. Col. Erik Rodriguez at a ceremony held in the Old BAMC building June 29.

"These two gentlemen have worked tirelessly to improve and maintain the relationship U.S. Army South has with their respective armies." Trombitas said.

"Their efforts have proven to be critical to the friendship and cooperation between our armies."

Each officer was instrumental in creating a spirit of friendship and cooperation which translated into increased training opportunities and communication.

As a result, the respective armies were effective in dealing with regional threats and promoting regional stability.

Both officers have completed their tenure with Army South and will return home soon.

"It was an honor to serve under this command," Ramirez said. "I would like to thank the staff here for making my family and I feel so welcomed during our time here."

"I feel very proud to have served with such a group of professionals here at Army South," Rodriguez said.

Photo by Alex Delgado

Chilean army Col. Juan Ramirez-Coppola (left) and Colombian army Lt. Col. Erik Rodriguez stand together after being awarded the Meritorious Service Medal June 29. Both are foreign liaison officers assigned to U.S. Army South.

RESPONSE from P1

assistance.

This was the scene this week and last during the Vibrant Response 10.2 field training exercise, held at Camp Atterbury, the Muscatatuck Urban Training Center and other areas in Indiana.

"It's important for the purpose of this exercise to maximize reality throughout," said Lt. Gen. Guy Swan III, commanding general, ARNORTH and Fort Sam Houston.

"The fast pace and the stress and chaos introduced during the exercise help units test their products and processes. This is where units start to see if their systems are actually functioning – everything from their sleep plans to the battle rhythm."

During a catastrophic event such as this, time is of the essence.

"The first 48 hours are critical due to the fact of the amount of personnel and equipment coming to one location," said Maj. Maria Tutt, Chemical, Biological, Radiological, Nuclear and high-yield Explosive officer, ARNORTH. "Ensuring that our subordinate units, other Armed Forces and joint enablers come together and are accounted for, that's the most important first step in the overall mission."

For the exercise, as well as in a real-world application, setting up the command's contingency command post is critical to the success of providing assistance to local authorities. The support includes help in the decontamination process and providing support and aid to the local populace.

Photo by Staff Sgt. Brad Staggs

Soldiers from the Army Reserve's 251st Area Support Medical Company out of South Carolina care for simulated victims at the North Vernon, Ind., fairgrounds on July 14, during Vibrant Response 10.2.

"This event is being put on by members of all services, components, Department of Defense civilians and contractors. I'm impressed by the teamwork and seamlessness of all the players here," Swan said. "This is a model for how we have to operate in a real-world response. The public doesn't care what uniform we're wearing. They expect performance and results."

ARNORTH's mission would be to provide immediate response and necessary assistance to support local, state and federal agencies.

"It's imperative we get coordination done with local law enforcement as soon as possible," said Staff Sgt. John Jenkins, provost marshal's office, ARNORTH. "We look at the force protection aspect for the Joint Operation Area and build a threat picture for DOD forces."

With the support from the various DoD components during the Vibrant Response exercise, joint cooperation is paramount in establishing a working relationship and understanding each other's capabilities before an actual real-world catastrophe happens.

"We need to capture lessons learned on how the exercise is run. The whole CBRNE response enterprise is changing at the local, state and federal level," Swan said. "We need to capture the good tactics, techniques and procedures to train the forces that will be coming on over the next few years."

"We train for missions we hope we never have to execute, but we have to get it right the first time," the general added. "The American public expects it and deserves it."

Rocco Dining Facility Menu

Building 2745, Schofield Road

Friday – July 23

Lunch –11 a.m. to 1 p.m.
Southern fried catfish, sweet and spicy barbecued spareribs, mustard-dill baked fish, meat loaf, grilled liver with onion and green peppers, macaroni and cheese, fried sweet potatoes, red beans and rice, green beans and potatoes, fried cabbage and bacon, corn, green beans

Dinner – 5 to 7 p.m.
Pepper steak, fried chicken, cheese tortellini, Mexicana pork chops, steamed rice, mashed potatoes, glazed carrots, LA-style smothered squash, green peas

Saturday – July 24

Lunch – noon to 1:30 p.m.
Spaghetti with meat sauce, cheese manicotti, chicken cordon bleu, sweet Italian sausages, spaghetti noodles, mashed potatoes, rice pilaf, lima beans, asparagus, French-fried okra

Dinner – 5 to 6:30 p.m.
Chicken tetrazzini, breaded veal steaks, baked chicken, mushroom quiche, cottage fried potatoes, steamed rice, baked potatoes, peas and carrots, Southern-style turnip greens, cauliflower combo

Sunday – July 25

Lunch – noon to 1:30 p.m.
Swiss steaks with brown gravy, cheese ravioli, baked ham-macaroni-tomato casserole, pork chops with orange sauce, fried rice, mashed potatoes, baked potatoes, corn on the cob, lima beans, wax beans with pimentos

Dinner – 5 to 6:30 p.m.
Chili macaroni, salmon croquettes, herbed Cornish hens, vegetable-stuffed peppers, rissole potatoes, baked potatoes, wild rice, Harvard beets, broccoli

Monday – July 26

Lunch – 11 a.m. to 1 p.m.
Jamaican jerked chicken, Caribbean catfish, cheese quesadilla, ajiaco (beef and pepper stew), gallina guisada (chicken tacos), sweet potatoes, steamed rice, Jamaican beans and rice, fried plaintains, flame-roasted sweet corn and peppers, carrots, Spanish-style beans

Dinner – 5 to 6:30 p.m.
Turkey stuffed bell peppers, beef fajitas, vegetable lasagna, cranberry-glazed chicken breast, breaded pork fritters, O'Brien potatoes, baked potatoes, lyonnaise rice, mixed vegetables, asparagus

Tuesday – July 27

Lunch – 11 a.m. to 1 p.m.
Beef and bean tostadas, beef tamales, Mexican-style pork chops, chicken fajitas, chile rellenos, pinto beans, Mexican rice, fried papas with onions peppers pimentos, steamed rice, calabasita con quesa, Mexican corn, spinach

Dinner – 5 to 7 p.m.
Cheese enchiladas, meat loaf, fiesta chicken and rice, beef yakisoba, salmon croquettes, refried beans with cheese, lyonnaised potatoes, baked potatoes, baked egg noodles and cheese, Brussels sprouts, lima beans

Wednesday – July 28

Lunch – 11 a.m. to 1 p.m.
Stuffed cabbage rolls, apple-glazed corned beef, bratwurst, German-style pork roast, broccoli quiche, parsley-buttered potatoes, steamed potatoes, buttered egg noodles, red cabbage, mixed vegetables, carrots Normandie

Dinner – 5 to 7 p.m.
Braised beef and noodles, roast pork, barbecued chicken, mushroom quiche, baked potatoes, scalloped potatoes, steamed rice, Harvard beets, steamed beets, green peas and carrots

Thursday – July 29

Lunch – 11 a.m. to 1 p.m.
Chicken and broccoli alfredo, veal scaloppini, baked parmesan fish, cranberry glazed chicken breast, cheese manicotti, garlic roasted potatoes, rice pilaf, parsley egg noodles, French-fried eggplant, French-style green beans, glazed carrots

Dinner – 5 to 7 p.m.
Sweet and sour pork, ginger pot roast, baked parmesan fish, cheese tortellini, steamed rice, fried rice, parsley-buttered potatoes, baked potatoes, stewed tomatoes, yellow squash, mixed vegetables

Menus are subject to change without notice

Announcements

Free Missions Baseball Tickets

San Antonio Missions baseball team will host a military appreciation night July 28 at 7:05 p.m. as they take on the Corpus Christi Hooks at Nelson Wolff Municipal Stadium. Ticket vouchers are available at the FSH Ticket Office in the Sam Houston Club, Jimmy Brought Fitness Center, Keith A. Campbell Library, Army Community Service and Parent Central. Limit four vouchers per person with DoD I.D. card. Vouchers may be converted to free general admission tickets at Wolff Stadium or to upgraded seats for a small additional fee.

Smokey Joe's Café

Performances are July 22-24. Dinner is at 6:15 p.m., show begins at 8 p.m. Thursday-$29/general public, $26/military with I.D.; Friday/Saturday $32/general public, $29/military. Call 222-9694.

Survivor Outreach Services (SOS)

Many times after a loved one is lost, there are unresolved issues or questions that surface months or year later. SOS ensures survivors are connected with local support services that include but are not limited to grief counseling, support groups and social events. The SOS staff can assist with understanding and applying for benefits, investing, estate planning, long term life skills education and support to survivors, as long as it is needed. Call 221-1841.

Habitat for Humanity

For the first three weekends in August, Habitat for Humanity will partner with the Fort Sam Houston community and the ACS Volunteer Program to build houses in the San Antonio community. Volunteers are needed, no experience is necessary. Call 221-0516/2418/2584.

Library Operational Hours Survey

Keith A Campbell Memorial Library wants to know what hours best suits your needs. Take a short five-question survey at http://www.usafservue.com/se.ashx?s=3D6717A338998978. Call 221-4702.

Summer Sale at the Golf Club Pro Shop

The sale runs through Aug. 31, save up to 50 percent on clothing and equipment. In-stock items only; all sales are final. Call 222-9386 for more information.

Varsity Sports Tryouts

Flag Football–Aug. 2-6 at the Johnson Track; Soccer-Aug. 16-20 at the Johnson Track; Women and Men's Basketball-Aug. 23-27 at the Jimmy Brought Fitness Center. Individuals interested in coaching must submit their resume to the Sports Office located in the Brigade Gym prior to tryouts. Call 221-3003.

Intramural Sports

Family and MWR patrons interested in intramural flag football or softball must submit a letter of intent to the Sports Office located in the Brigade Gym by Aug. 3. Call 221-3003.

Calendar of Events

July 23

Federal Resume Writing Class

The class is 9 a.m.-noon at Army Community Service, Building 2797. To register, call 221-0427/2418.

Happy Toddler, Happy Parents

The class is 11 a.m.-1 p.m. at ACS, Building 2797. Join this monthly "lunch and learn" to explore new techniques with toddlers. Call 221-0349/2418.

Movie Night at the Flagpole

"Shorts" begins at about 8:30 p.m. at the post flagpole. Popcorn, snow-cones and cotton candy provided. In the event of inclement weather, the movie will be shown in the ACS auditorium. Call 221-2418.

See MWR P23

Announcements

Be 'Green' at AAFES

Army & Air Force Exchange Service-operated retail facilities are rewarding military shoppers through its "Use a Bag, Save the Planet" initiative. Instead of using traditional plastic bags, AAFES is encouraging shoppers to bring their own reusable bags. Shoppers will get five cents back for every reusable bag used. The five-cent credit applies only to shoppers who bring in and use reusable shopping bags (plastic bags do not apply). As such, customers who simply decline a plastic bag, but do not utilize a reusable bag, will not qualify for the five cent credit.

Lose Something?

All found property is kept for 45 days and disposed of unless owner is identified. Call 221-2340 or visit Fort Sam Houston Police Desk, Building 2244.

Program for Exceptional Women

A Garrison/Equal Employment Opportunity program, PEW equips employees with tools for meeting tomorrow's challenges while learning to navigate today's work place. Participants meet once a month for eight months. Supervisory approval required. For pay grades GS9 and below and military E5 and E6. Applications accepted through Aug. 4. Candidates notified of selection no later than Aug. 12. Call 221-1177.

Calendar of Events

July 23

AMC School Supply Drive

Alamo City Chapter, American Society of Military Comptrollers, will sponsor a "Back to School Drive" through Aug. 30. To donate school supplies, call 536-2402 at Brooks-City Base; 221-1309 at Fort Sam Houston; 671-4191 at Lackland AFB; or 652-4408 at Randolph AFB.

July 24

Military City USA Radio

Hosts John Thurman and Mark Frye chat with John Manguso, director FSH Museum, 8-9 a.m. and again Aug. 14, 8-9 a.m. The show airs on KLUP at 930 on the AM dial.

July 28

Tuskegee Airmen Convention

The San Antonio Chapter of Tuskegee Airmen Inc. host the 2010 Annual Tuskegee Airmen Convention at the Grand Hyatt Hotel, July 28-31.The convention offers opportunity to meet some of the original Tuskegee Airmen, attend workshops, sit in on military relevant panels. Register online at

See COMMUNITY P23

REMINDER CALENDAR

July 23	Dive-In Movie, 8:30 p.m. at the Aquatic Center, "Shark Tale"
July 23	Movie Night, 8:30 p.m. at the Flag Pole, "Shorts"
July 24	Movie Night, 8:30 p.m. at Dodd Field, "Hachi: A Dog's Tale"
July 25	Triathlon No. 4, 6:30 a.m., FSH Aquatic Center
July 25	2010 U.S. Army Soldier Show, 2 p.m., Bob Hope Performing Arts Center, Lackland AFB
July 27	Newcomers Extravaganza, 9:30-11 a.m., Sam Houston Club
July 27	2010 U.S. Army Soldier Show, 7 p.m., Laurie Auditorium (tickets required)
July 29	Consolidated Monthly Retirement Ceremony, 9 a.m., FSH Quadrangle

MWR from P21

Dive In Movie Night

"Shark Tale" (rated G), will begin around 8:30 p.m. at the FSH Aquatic Center. Call 221-4887.

July 24

Movie Night at Dodd Field

"Hachi: A Dog's Tale" begins at about 8:30 p.m. at Dodd Field. Call 221-2418.

July 25

Heart of Texas Triathlon

H-O-T Triathlon participants must swim 200 meters, bike 10 miles and run two miles in immediate succession. Participants must report to the Jimmy Brought Fitness Center between 5:15-5:45 a.m. Open to the public. For fees, registration or additional information, call 221-1234.

July 26

Consumer Awareness

The class is 2-4 p.m. at ACS, Building 2797. Learn how to protect yourself against identity theft and computer fraud, become aware of common frauds. To register, call 221-1612.

Unit Trauma Training

The training is 9 a.m.-2 p.m. at ACS, Building 2797. The intent of this training is to assist unit leadership, FRG leaders, care teams, casualty assistance officers, casualty notification officers. To register, call 221-1829/2705.

July 27

Microsoft Access Level 2

The class is 8 a.m.-noon at ACS, Building 2797 in the computer lab. Basic computer skills, completion of Access Level 2 and registration required. Call 221-2518.

Family Readiness Group Leadership Academy

July 27-28, 8 a.m.-4 p.m. at ACS, Building 2797. This training is provided for FRG key positions on roles and responsibilities and the communication network through the chain of command. To register, call 221-1829/2705.

Newcomers' Extravaganza

The event is 9:30-11 a.m. at the Sam Houston Club. The extravaganza is mandatory for all permanent party in-processing Soldiers, lieutenant colonel and below, within 60 days of their arrival to FSH. Learn about Fort Sam Houston and the San Antonio area and meet representatives from many different organizations, programs and businesses. Call 221-2705/2418.

Mandatory First PCS Move

The class is 2-4 p.m. at ACS, Building 2797. To register, call 221-1612.

July 28

Microsoft Excel Level 3

The class is 8 a.m.-noon at ACS, Building 2797 in the computer lab. To register, call 221-2518.

Mandatory Initial First Termer Financial Readiness

Class begins at noon at the Education Center, Building 2248. Class space is limited. To register, call 221-1612.

Exceptional Family Member Program Support Group

The group meets Wednesdays, 6-7:30 p.m. at School Age Services, Building 1705. To register, call 221-2604.

New Parent Support Program Orientation

The event is 2-3:30 p.m. at ACS, Building 2797. To register, call 221-0349/0860.

Aug. 7

Quarterly Flea Market

The post-wide flea market is 7 a.m.-1 p.m. at Command Pavilion located on Stanley and Harry Wurzbach roads. Sellers must register no later than Aug. 5 with the Outdoor Equipment Center. Call 221-5224 for more information.

Back-2-School Celebration

The event is 10 a.m.-4 p.m. at the Sam Houston Club. Free food, a DJ, karaoke, arts and crafts vendors, moon bouncers, face painting and more. Call 224-2721.

COMMUNITY from P22

http://www.tuskegeeairmen.org/TAI_Convention.html or call 818-6585.

Aug. 10

SEP/GT Improvement

The FSH Education Center is accepting enrollments for the Basic Skills Education Program/General Technical Improvement class, Aug. 10-27. Active duty, reserve and members of other services may attend. Class prepares Soldiers for the ASCT. Seating limited, contact a counselor at the Education Center, Building 2248, 2408 N. New Braunfels Ave. or call 221-1738.

Aug. 14

Community Clean-Up

The American Society of Military Comptrollers will sponsor a community cleanup project 9 a.m.-noon at the Sunshine Plaza Apartments, 455 E. Sunshine Drive. The project involves light cleaning for senior residents. To volunteer, call 536-3549.

Aug. 28

Fifth Annual Ride 4 Troops

Ride begins at Caliente Harley Davidson and ends at Texas Pride in Atkins, Texas. Visit http://www.saridefortroops.org.

For Sale: Two full-size beds with drawers on both sides, $200 each or $350 for both. Call 542-4644 or 542-4615.

For Sale: AR-15 semiautomatic rifle, $1,250; Mossburg 12-guage shotgun, $200; Marlin .22 Magnum, $125. Call 669-4254.

For Sale: Mocha Durapella five-piece theater seating, three recliners and two consoles; $450; butterscotch Durapella sofa and loveseat with nail head detail, $350; 50-inch Mitsubishi rear projection television, $300; LCD TV stand, wood and glass, $150; large wood and slate cocktail table, $80; espresso wine rack, $70. Call 364-2585

For Sale: Lazy Boy recliner, light beige, very good condition, $50; Queen mattress and foundation, very good condition, $50. Call 249-1675

For Sale: Crème leather loveseat, great condition, $100; OEM tires and rims for 2005 Chrysler 300 Limited, only used for six months, $350 obo; Wilson leather left-hand baseball glove, only used for three months; basketball net, $25. Call 823-9312 or 310-1616.

For Sale: Shark Vac, new in box, $95; metal truck bed toolbox, $100; framed Korean flag, 3 feet by 3 feet, $95; framed mirror, 2.5 feet by 3 feet, $50; female dapple Daschund, 18 months old, $100. Call 633-3859.

For Sale: Free Spirit ladies bike, $30; metal four-drawer filing cabinet, legal size, $30; sofa and loveseat, makes into a bed, very light brown, $75; wood desk, $50; game table with four leather seat chairs, $65. Call 241-1291.

For Sale: 2000 Harley Davidson Heritage Softail, under 7K miles, Vance and Hines pipes, H/D Thunderstar Mags and more, very clean, garage kept, all service performed at dealership, $11,500. Call 830-237-8122.

For Sale: Tahoe cargo security shade, like new, $65; 4 foot wide truck bed extender, $225; Stetson brown felt hat, size 7, $75; female Pekingese, 2 years old, shots, registered, $350. Call 221-2690.