



**OCTOBER IS
 DOMESTIC VIOLENCE
 AWARENESS MONTH.**

The proclamation
 will be read Oct. 1
 with activities
 throughout the month.
 Call 221-2705

Nature Conservancy, U.S. Army partner to protect endangered birds near Camp Bullis

The Nature Conservancy of Texas and the U.S. Army entered into a formal cooperative agreement Sept. 17 to identify and protect habitat for endangered species surrounding Camp Bullis, one of the nation's most important military medic training facilities.

The agreement, known as an Army Compatible Use Buffer, will permanently conserve important undeveloped areas of habitat outside of the Camp for the golden-cheeked warbler, an endangered songbird, and help Camp Bullis continue its critical Department of

Defense medical and combat training operations.

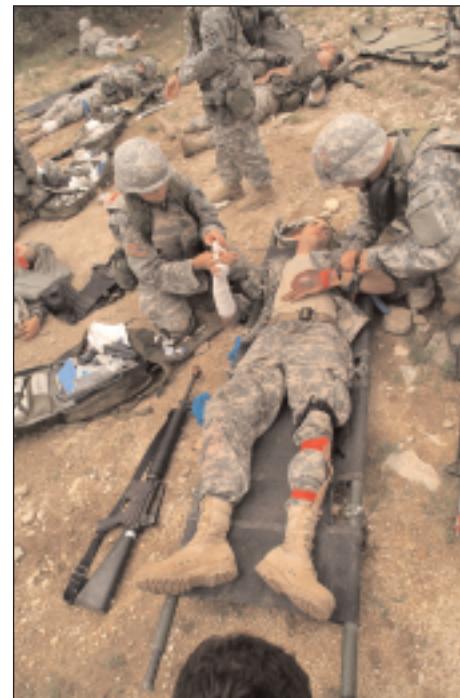
Rapid development of land surrounding Camp Bullis has been a concern to the Army because of the military's longstanding stewardship of habitat on the post. Camp Bullis now supports a robust and growing population of golden-cheeked warblers.

If key remaining habitat within the biological recovery unit where the Camp is located is not protected, continuing increase of the species at Camp Bullis could make training there more challenging in

the future.

"The Nature Conservancy is honored to partner once again with the Army to ensure endangered species habitat remains undeveloped," said Laura Huffman, state director for The Nature Conservancy of Texas. "For nearly 20 years we've worked with the military at Fort Hood to protect golden-cheeked warbler habitat. This latest agreement reaffirms that our two organizations have a lot in common and can forge dynamic, effective partnerships that

See Bullis, P4



Future U.S. Army combat medics practice the rescue and treatment of a downed helicopter crew during advanced individual training on Camp Bullis, Texas, a sub-installation of Fort Sam Houston. San Antonio and other neighboring jurisdictions recently teamed up to protect the camp's expanding training mission in the nation's third-fastest growing metropolitan area

Photo by Neal Snyder

Construction and renovation in preparation for IMCOM realignment

Realignment of U.S. Army Installation Management Command to Fort Sam Houston will require renovation of at least five historic structures and construction of two new buildings.

Buildings 2264 through 2266 are being renovated as administrative space for IMCOM headquarters. These three-story structures were built as infantry regimental headquarters

and an infantry battalion barracks between 1928 and 1929.

Building 2270, the Fort Sam Houston Theatre, originally opened as a movie theater in 1935, is being renovated and expanded to house live performances. More than 14,000 square feet of the building will be restored and a 26,000 square foot addition will be attached. The project is slated to finish June 2011.

Construction mobilization for Buildings 2264 and 2266 is scheduled to begin in October. Mobilization for construction of the IMCOM headquarters buildings and the FMWR instructional facility is expected to occur early 2010.

In a related effort, other historic structures are being renovated for use by IMCOM-West and the Army

See IMCOM, P12

'Embracing' BRAC

New public awareness program up and running

Spurs great and now NBA Hall of Famer David Robinson and Spurs Championship Coach Gregg Popovich are two of San Antonio's more famous citizens. They also have military backgrounds and choosing to make San Antonio their homes in common. They both are now giving of their time to be spokespersons for City of San Antonio's new "Embrace BRAC San Antonio" public awareness program.

"When we were thinking about who might make great spokespersons for the Embrace BRAC campaign, David

Robinson and Coach Popovich jumped to the top of the list," said Thompson Marketing President Matt Mohr.

"They have so much in common with what the San Antonio BRAC project is about and are both nationally-known, we decided to approach them both. We were very fortunate that both stars agreed to participate."

The City of San Antonio's "Embrace BRAC" campaign is designed to raise the awareness in San Antonio about

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Joint basing FAQs for Army civilian personnel

On what day will I transfer from being an Army to Air Force employee?

For operational purposes, the transfer is effective Oct. 1, 2010. However, a request has been submitted to the Department of Defense to make the effective date Oct. 10, 2010, which is the first day of a pay period. For Nonappropriated Fund, the effective date will be Oct. 1, 2010.

I am a General Schedule employee now. Will I fall under the National Security Personnel System?

No. All transferring employees will transfer "as is," which means that upon transfer you will be in the same pay system as you are in the day before you transfer.

Will my grade or pay change?

No. All transferring employees will transfer "as is."

Will my pay periods and pay dates be the same?

The pay periods are the same; however, the pay dates are different. All federal employees get paid after the pay period ends, and the length of time between the end of the pay period and the pay date varies among agencies. In short, Air Force employees are paid more quickly after the end of the pay period, as compared to Army employees. Assuming our request to have the personnel and pay systems effective date established

as Oct. 10, 2010, this is how your pay dates would fall during the transition period:

Pay Period 26 Sep – 09 Oct 2010 will be paid on Oct. 20, 2010 from Army.

Pay Period 10 Oct – 23 Oct 2010 will be paid on Oct. 27, 2010 from Air Force.

Will my leave balances transfer?

Annual Leave, Military Leave, and Sick Leave balances will all transfer. Any regular Compensatory Time balance remaining will be paid as a lump sum (at the overtime rate). Compensatory Time for Travel balances will

transfer. Time Off Award balances are neither transferred nor paid in lump sum; therefore, any Time Off Award balance remaining at the time of transfer is forfeited.

How will my Leave and Earnings Statement and W2 be affected by the transfer?

Your Air Force LES will look the same as your Army LES. You will continue to receive an LES from the Army for a few pay periods AFTER the transfer, and those LESs will show zero pay for that pay period, but it will show your Army year-to-date figures. You will receive two separate W2's in early 2011 for

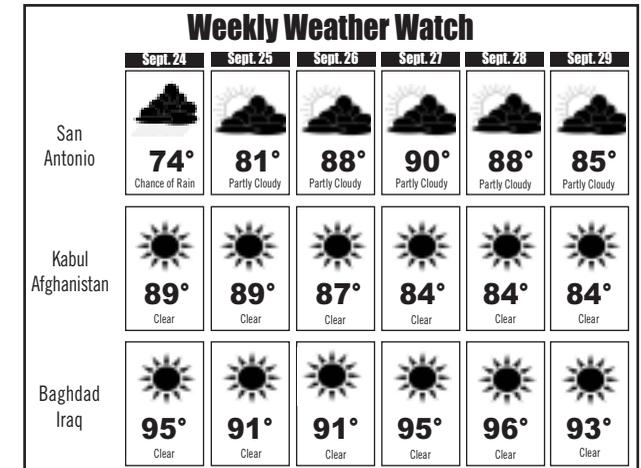
your 2010 tax filing.

Where do I find Joint Base job announcements?

All job announcements for appropriated fund positions are adver-

tised through USAJobs, and they can be found at www.usajobs.gov.

(Source: Civilian Personnel Advisory Center)



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

News Briefs

Buddy Walk

The Down Syndrome Association of San Antonio will sponsor a Buddy Walk Sept. 26 at the BG Johnson Track, MacArthur Parade Field, located on Stanley Road between Schofield and Worth roads. Walk-day registration starts at 7 a.m. with entertainment and exhibitors. Participants 16 years old and older must carry photo identification — driver's license, school I.D. or Texas Standard I.D. All vehicles must have a current inspection and registration sticker and proof of auto insurance. Enter Fort Sam Houston through the Walters Street or Harry Wurzbach gates. For more information, visit www.dsasa.org.

Pre-command course

A pre-command course will be held Sept. 28-Oct. 1 for new first sergeants and company commanders. The intent of the course is to provide new company leadership a full understanding of garrison resources available to assist them during their time in command. The briefings will start at 8:30 a.m. in Building 2398, across from the lemon lot on Scott Road. The briefings will come from various garrison organizations the first three days and a tour of training facilities at Camp Bullis on the fourth day. For more information or to register, call 221-9561 or 221-1586.

Hispanic Heritage Month celebrations

"Embracing the Fierce Urgency of Now" commemoration celebration Oct. 2, 11:30 a.m.-1 p.m. at the Sam Houston Club. Guest speaker is Command Sgt. Maj. Maria Martinez, senior enlisted adviser, to the Director of the Army Diversity Office Pentagon, Washington, D.C. For more information, call 295-6295/0561.

Brooke Army Medical Center will hold a Hispanic Heritage Month celebration Oct. 8, 12-1 p.m. in the Medical Mall. For more information, call 916-0830.

"Embracing the Fierce Urgency of Now" extravaganza Oct. 15, 10 a.m.-1:30 p.m. at the Jimmy Brought Fitness Center. Event includes dancers, vendors, food tasting and Latino band. For more

See BRIEFS, P4

14 Countries participate in PANAMAX with U.S. Army South

Story and photos by

Arwen Consaul

U.S. Army South Public Affairs

More than 700 U.S. and Partner Nation personnel worked with U.S. Army South for the simulated ground portion of Fuerzas Aliadas PANAMAX '09, a multinational, joint forces 12-day exercise focused on the defense of the Panama Canal.

ARSOUTH conducted FA PANAMAX at Fort Sam Houston and Camp Bullis from 13-21 Sept. The U.S. Army worked with the armies of 14 nations to include Argentina, Belize, Brazil, Canada, Chile, Colombia, Dominican Republic, El Salvador, Guatemala, Nicaragua, Panama, Paraguay, Peru and Uruguay.

Multinational forces protecting the canal approaches were organ-

ized under Multi-National Force-South and commanded by U.S. Army Maj. Gen. Keith M. Huber, ARSOUTH commander.

"Fuerzas Aliadas PANAMAX is one of the largest multinational exercises in the world focusing on ensuring the defense of the Panama Canal, one of the most strategically and economically crucial pieces of infrastructure in the world," Huber said.

PANAMAX began in 2003 with three countries: Panama, Chile and the United States. This is the first time for many service members to participate.

"This is my first PANAMAX," said Maj. Raul Pineda, Guatemalan Army. "We are sharing a lot of information when we do this exercise with so many countries."

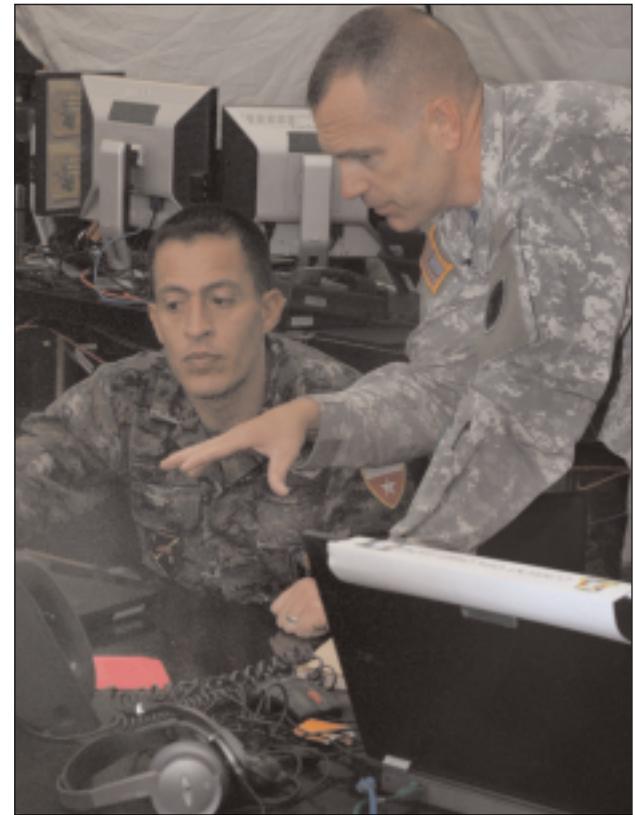
Participating in an exercise with so many people from different

countries, services and backgrounds is what makes FA PANAMAX so beneficial. Working together and learning from each other promotes trust and fosters willingness for continued collaboration and teamwork. This opportunity strengthens our ability to operate together which ultimately strengthen security of the hemisphere.

"PANAMAX is a great experience to work with other coalition forces and countries, to come together and work as one," said Capt. Juan Flores, El Salvadoran Army.

Lt.Col. Jose Sosa, Guatemalan Army and member of the Central American Armed Forces Conference agreed. "I look forward to building a better relationship with countries all over Latin America and their armies."

Virtual land-based



Guatemalan Army Maj. Raul Pineda works alongside Maj. Brian Pederson, U.S. Army South Plans and Operations, at the Forward Command Post at Camp Bullis, Texas during PANA-MAX 2009

training in San Antonio focused on command and control, stability opera-

tions, humanitarian assistance and disaster-relief operations.

Hiring Heroes helps match employers with job seekers

Story and photo by Lori Newman

Fort Sam Houston Public Affairs

About 400 job seekers braved the rain Sept. 22 to attend the Hiring Heroes Career Fair at the Sam Houston Club.

The Hiring Heroes program was established in 2004 to help wounded service members and their Family members find employment opportunities.

"We are so well received when we come to San Antonio and the support on the installation is incredible," said Carin Otero, director of the Recruitment Assistance Division, Department of Defense Civilian Personal Management Service.

"We have an assortment of federal agencies, whether it's DoD or other federal agencies and the private sector," Otero said. "The



Bill Abel, a recruiter with the Texas Highway Patrol, discusses job opportunities with retired Pfc. George Nkonge Sept. 22 during the Hiring Heroes Career Fair at the Sam Houston Club.

agencies do a lot on the spot interviews and then follow up." A resume writing workshop was also held Sept. 21 which about 100 job seekers attended. Volunteers were also on

hand during the career fair to help attendees prepare their resume.

Spc. Domien Bunting, a wounded warrior from Brooke Army Medical Center, attended both the resume writing workshop and the career fair.

"I'm looking for a job in information technology," Bunting said. "I think this is a good opportunity to meet prospective employers."

"I have been to the last three (Hiring Heroes) career fairs here," said Bill Abel, a recruiter with the Texas Highway Patrol. "We recruit a lot of veterans to become state troopers and to fill other positions within the department."

"It's definitely worthwhile for veterans to attend these career fairs," said Abel.

"When we were here in March there were 68 job offers for attendees," said Otero.

BRIEFS, from P3

information, call 295-6295/0561

Jadwin gate closure

The Jadwin gate for commercial traffic will tentatively close Oct. 6 for a period of 6-8 weeks. Commercial traffic will be detoured through Walters Street and Schofield/Binz Engleman gates. All commercial traffic with three axels or more must enter through the right visitor's lane at the Walters Street gate. All commercial traffic with two axels will enter through Schofield/Binz Engleman Gate.

Columbus Day Commissary hours

Holiday hours for Columbus Day, Oct. 12, are 9 a.m.-5 p.m. No Early Bird shopping.

BAMC flu vaccines

Brooke Army Medical Center will provide flu vaccines to beneficiaries 18 years and older, Oct. 14, 16, 27, 9 a.m.-4:30 p.m. at Army Community Service, Building 2797. The flu vaccine will also be offered Oct. 28 and 30 from 9 a.m.-4:30 p.m. for beneficiaries who are 5-years-old and above. During November, the flu vaccine will be offered Nov. 13 and 24 for beneficiaries' ages 18 years of age and up, and Nov. 20 for ages 5-years-old and up. The flu vaccine will also be offered to retirees only at Retiree Appreciation Day, Nov. 7, Willis Hall, Building 2840. All beneficiaries may receive their flu vaccine in their enrolled clinic or the BAMC allergy and immunization clinic beginning Dec. 2, during usual clinic immunizations walk-in hours. For a complete list of clinic walk-in times and update information on the flu fair dates, visit www.sammc.amedd.army.mil or check with the BAMC information desks, at either side of the main entrances.

BULLIS, from P1

result in measurable conservation benefits for endangered species."

"This cooperative agreement is essential to allowing us to continue our Defense Department training missions at Camp Bullis," said Col. Mary Garr, garrison commander at Fort Sam Houston.

"With The Nature Conservancy's help, we look forward to acquiring conservation easements outside of the

Sgt. Audie Murphy Club inducts new member

Story and photos by Esther Garcia
Fort Sam Houston Public Affairs

Staff Sgt. Gregory Whitehurst became the newest member of the prestigious Sgt. Audie Murphy Club on Sept. 16 at an induction ceremony held at Blesse Auditorium, Willis Hall, joining an elite group of non-commissioned officers who lead by example.

The club recognizes non-commissioned officers who set the highest standards of leadership, excellence and exemplify the characteristics of Audie Murphy, a great American hero.

A legend in his own time, Audie Murphy was the highest decorated Soldier in WWII. After being refused enlistment in both the Marines and Paratroopers for being too small, 5 feet 5 inches tall, and 110 pounds, Murphy enlisted in the Army a few days after his 18th birthday. After basic training at Camp Wolters, Texas and advanced training at Fort George G. Meade, Md., Murphy was sent overseas.

Murphy was assigned to the famous 15th Infantry Regiment of the 3rd Infantry Division where he fought in North Africa, Sicily, Italy, France, and Germany.



Newest member Staff Sgt. Gregory Whitehurst (center) joins his fellow Sgt. Audie Murphy club members for a group photo following his induction into the club Sept. 16 at a ceremony held at Blesse Auditorium, Willis Hall.

Distinguishing himself in the battlefield with courage and valor, Murphy was awarded 33 medals. Among them is the Congressional Medal of Honor, the highest award a Soldier can receive for bravery, and the Distinguished Service Cross, Silver Star and Purple Heart medals. He was also decorated by the governments of Belgian and France for his bravery.

Murphy lived only 46 years, but he made a lasting impression on American history.

Discharged from the Army on Sept. 21, 1945, Murphy went to Hollywood at the invitation of James Cagney. He acted in 44 films and starred in 39 of them. His best known film is "To Hell

and Back," adapted from his best selling book of his war experiences by the same name.

It is the members of the Sgt. Audie Murphy Clubs established Army-wide that keep his legacy and memory alive for all non-commissioned officers and leaders to emulate.

Introducing Whitehurst as "her" Sgt. Audie Murphy, Sgt. Maj. Tabita Scrivens described him as a professional and dynamic leader who stands out in any organization.

Host for the ceremony, Maj. Gen. Russell Czerw, commanding general, Fort Sam Houston and Army Medical Department Center and School, and Command Sgt. Maj. Howard

Riles, presented Whitehurst with the Sgt. Audie Murphy medalion and letters of congratulations.

Riles, who introduced the guest speaker, said to Whitehurst, "Congratulations for reaching another milestone, taking the special honor of being inducted in the Sgt. Audie Murphy Club."

Whitehurst, D Co., 264th Medical Battalion, Sheppard Air Force, said, "It's a great honor to be inducted. It was lots of hard work, but it definitely pays off in the end."

Whitehurst said he went through three levels of oral

See MEMBER, P6

Camp that will protect habitat for endangered species and ensure a realistic environment for medical field training and tactical combat operations training for units of all branches of the United States Armed Forces."

Under the terms of the five-year agreement, the Conservancy will lead efforts on behalf of the Army to identify land within the Golden-cheeked Warbler Recovery Unit surrounding Camp Bullis with appropriate habitat and secure

conservation easements – permanent land-use agreements that limit development and preserve wildlife habitat – with willing landowners who are compensated for the restrictions on their property.

These easements will create permanently protected areas outside of the Camp and will provide mitigation credits, allowing Camp Bullis to continue its military mission by avoiding or reducing restrictions on training areas imposed under of the Endangered Species Act.

The easements may also benefit the Edwards Aquifer, regional water quality, and other rare and endangered plants and animals unique to the region.

The nearly 28,000-acre Camp Bullis is home to five known endangered species – the golden-cheeked warbler, black-capped vireo, Madla's cave meshweaver and two cave-dwelling beetles. The facility straddles Bexar and Comal counties and is a sub-installation of Fort Sam Houston in San Antonio.

The post provides maneuvering grounds and serves as a combat training facility for active duty and reserve Army, Marine, Navy and Air Force units. It has long been considered the premiere medic field training facility in the United States. More than 160,000 soldiers train each year at Camp Bullis and by 2011, every medic in the Armed Forces will conduct field training at the Camp.

(Source: *The Nature Conservancy*)

Four Soldiers honored for service in Iraq, Afghanistan

Story by Maria Gallegos
Brooke Army Medical Center
Public Affairs

Spec. Kevin G. Garcia, Spec. Robert S. Salazar, Spec. Christian A. Willard and Pfc. James R. Gordon were recognized and honored for their selfless service in Iraq and Afghanistan during a ceremony at Brooke Army Medical Center Sept. 14.

Brig. Gen. Joseph Carvalho Jr., commanding general, BAMC and Great Plains Regional Medical Command welcomed the Purple Heart recipients with words of praise for their courage, dedication and sacrifices they made to defend our country for freedom and

democracy.

“They have fought in combat to defend our country and for our freedom,” said Carvalho.

The Purple Heart is awarded to members of the Armed Forces of the United States who are wounded by an instrument of war in the hands of the enemy and posthumously to the next of kin in the name of those who are killed in action or die of wounds received in action. It is specifically a combat decoration and the oldest military honor in the world in use.

On June 25, Garcia, born in Laredo, Texas, serving as an Infantry Mortarman assigned to 1st Battalion, 5th Cavalry Regiment, 2nd Brigade,

1st Cavalry Division was responding to an improvised explosive device strike as a member of the Quick Reaction Force when a second IED exploded resulting in his injuries.

A San Antonio native, Salazar, also assigned to 1st Cavalry Division as an Infantryman, was injured while on a route clearing mission. His vehicle was struck by an IED.

Willard, a combat medic, assigned to 1st Battalion, 7th Armor, 3rd Brigade Combat Team was injured while on patrol when his vehicle was hit with an anti tank grenade.

Gordon, also a Texan, was struck in his vehicle by an IED while on

mounted patrol. He is currently undergoing extensive physical therapy at the Center for the Intrepid.

More than 50 BAMC medical staff, comrades and family members gathered in the ceremony in honor to recognize the four wounded warriors for their bravery, courage and selfless service.

“Thank you for your service and sacrifices you made for us,” concluded Carvalho.



Photo by Kelly Schaefer

Far left, Brig. Gen. Joseph Carvalho Jr., commanding general Brooke Army Medical Center and Great Plains Regional Medical Command and far right, Sgt. Maj. Donna Simmons, Command Sgt. Maj., Brooke Army Medical Center and Great Plains Regional Medical Command stand next to four Purple Heart recipients Spec. Robert S. Salazar, Spec. Kevin G. Garcia, Pfc. James R. Gordon and Spec. Christian A. Willard during the ceremony held at the Brooke Army Medical Center on Sept. 14.

MEMBER, from P4

boards. Members of the board consisting of command sergeants major and sergeant majors from the post community tested Whitehurst on subjects such as leadership, military customs and courtesies, marksmanship, land navigation, the promotion system, education program and soldier support and activities.

Whitehurst's father, Greg, from Winnsboro, Texas, said, "I am very proud of him. He worked very hard to get it. He is dedicated and a great father to his son." Also attending the ceremony was his wife, Alicia,

his son, 5-year-old Austin, stepmother, Terri and sister Lauren.

Sgt. Maj. Richard Henson, guest speaker for the induction ceremony spoke about the NCO Corps. Henson, who has been a member of the Sgt. Audie Murphy Club for 18 years, understands what it means to be exceptional.

"Noncommissioned officers today are trained professionals and stand ready to perform a myriad of tasks, and lead their Soldiers in training as well as in combat as their predecessors did before them," Henson said.

Henson said NCOs face challenges, find solutions, never quit, encourage Soldiers to do better, teach, mentor, and coach Soldiers who will one day take their place.

"NCOs have the responsibility of training young men and women to accomplish their units' missions," said Henson.

"NCOs have and will always be the glue that holds the Army together as more responsibilities have been entrusted in our NCOs by our leaders. Our roles have become more important than ever," concluded Henson.



Maj. Gen. Russell Czerw (far right), commanding general, Fort Sam Houston and Army Medical Department Center and School, and Command Sgt. Maj. Howard Riles (far left), join Staff Sgt. Gregory Whitehurst and his Family, (from left) sister, Lauren; stepmother, Terri; father, Greg; son, Austin and wife, Alicia, who came from Winnsboro, Texas to celebrate Whitehurst's induction into the prestigious Sgt. Audie Murphy Club.

AAFES takes Army Family Covenant message to the streets

By William Bradner
FMWRC Public Affairs

The Army and Air Force Exchange Service hit the road with a message that says the Army cares.

One hundred 18-wheelers will become rolling billboards with the message "Army Family Covenant: Keeping the Promise – Honoring our Commitment to Soldiers and Families" in 4-foot-tall lettering.

Message design includes a photograph of a real Army Family featured in a variety of covenant-related advertisements.

The first truck left San Antonio for Washington D.C. to be displayed at the Army 10-Miler, an annual race that begins and ends at the Pentagon for military and civilian runners.

Beginning in early November trucks will be seen regularly at Fort Sam Houston and on Texas highways between the distribution centers as well as throughout the country. Locally they'll be going between the biggest distribution center in Waco stopping at FSH as well as Fort Hood.

The trucks will spend an estimated 115,000 hours crisscrossing America's highways between AAFES distribution sites and Army garrisons. Industry averages indicate an estimated 69 million people will see the trucks during the next two years and be reminded of the Army's commitment to taking care of Soldiers and Families.

"We wanted some way to reach out to the geographically dispersed," said Robin Hovey-Stapp, the FMWRC marketing

representative who spearheaded the project. "We wanted to get our message in front of parents, grandparents, friends and employees – anyone connected to the Army. Our partnership with AAFES presented the perfect opportunity."

They'll also see the Web resource, ArmyOneSource.com, which is prominently displayed on the rear panel of the trucks.

"ArmyOneSource is the single portal for information for anyone connected to the Army – Soldiers, Family members, extended Family, even friends and employers," Hovey-Stapp said. "Getting the word out – that we care, and that there are resources available to everyone – had to extend beyond the fence lines of our installations.

"The grandmother caring for the child of a deployed Soldier or the spouse of a deployed

Guard or Reserve Soldier may not live on post. We had to seek ways to ensure they knew ArmyOneSource and the Army Family are there for them if they need assistance."

The Army Family Covenant is the Secretary and Chief of Staff of the Army's promise to Soldiers and Families to provide a quality of life commensurate to their service and sacrifice. Through the Covenant, senior Army leadership has spent countless resources expanding programs and services that assist or improve the quality of life for Soldiers and Families.

ArmyOneSource.com is an example of the Covenant's purpose. The single Web portal combines Regular Army, Guard, and Reserve resources and information in one location. It also includes information on

community, state and federal resources available to Soldiers and Families, and is available on a dot-com site so there's no need for logons or passwords to access official Army networks.

"It's a great resource for anyone connected to the Army," Hovey-Stapp said. "If they have a question about support, services, or even recreational activities, available to them, ArmyOneSource will lead them to the answer."

The goal is to provide uniform services, regardless of whether or not the Soldier or Family lives on an Army installation.

The first completed truck will be displayed Oct. 2-3 at the Army Ten-Miler Expo site in the D.C. National Guard Armory parking lot. The rest of the truck fleet will be on the road by the end of November.

Take precautions to prevent burns

By Assistant Chief Terry Davis

Fort Sam Houston Fire and Emergency Services

When we think of things in our homes which might cause burns there are some obvious culprits: curling irons, stoves, radiators, but tap water?

As surprising as it sounds, it's true. Each year thousands of emergency room visits are attributed to scalds – injuries caused by hot liquid or steam. Adults often experience mild scalds, perhaps when washing dishes, and quickly adjust the temperature without a second thought. But older adults and children are much more sensitive and can sustain a burn

in a matter of seconds.

In an effort to prevent scalds and other painful burns, the Fort Sam Houston Fire Department and the National Fire Protection Association have teamed up for Fire Prevention Week to help our community “Stay Fire Smart! Don't Get Burned.” The public safety campaign, which takes place Oct. 4 through Oct. 10, focuses on burn prevention and treatment, as well as ways to keep your home and Family safe from the leading causes of fire.

Simple acts such as setting your water heater's thermostat to no higher than 120 degrees Fahrenheit, and installing “anti-scald” devices

on tub faucets and shower heads can help protect you and your Family from scalds. But these measures alone are not enough. Test your water at the faucet using a cooking thermometer to make sure it is no higher than 100 degrees Fahrenheit. Even if your water heater is set no higher than 120 degrees Fahrenheit, use your wrist, elbow, or the back of your hand as your main guide.

Vigilance is key in burn prevention. Always test the water before placing a child or yourself into the tub. The water should feel warm, not hot. Before you put your child in the tub, test the temperature with your wrist, elbow, or the back of your

hand. If you're using a thermometer with a read-out, remember that bath water should be no more than 100 degrees.

Of course, tap water isn't the only liquid that can cause burn injuries. Other precautions you can take to keep your Family safe from burns include:

- Keep hot foods and liquids away from tables and counter edges so they cannot be pulled or knocked over.
- Never hold a child in your arms while preparing hot food or drinking a hot beverage.
- Teach children that hot things hurt.
- Wear short or closefitting sleeves when cooking.

All the vigilance in the world may not be sufficient to prevent every single scald or burn. That is why it is also important to know how to treat a burn. Run the burned area under cool water right away for 3-5 minutes and then cover with a clean, dry cloth. If the burn is bigger than your fist or if you have questions, get medical help.

In addition to these important burn prevention strategies, FSHFD is encouraging FSH employees and residents and their Families to put their safety first by performing a home hazards inspection during Fire Prevention Week. You can download one from www.fireprevention-week.org.

Common Cents

By Maj. Steve Sheridan
AMEDD Center for Health Care
Contracting

One of the biggest wealth killers today is our love affair with the automobile. So many people have resigned to a \$450+ per month car payment for the rest of their lives.

Instead, if you were to invest that \$450 per month at eight percent per year for 36 years, you'd easily accumulate

over \$1 million.

Plan A – Cash is King

If you can pay cash for your car, than you can afford it. It doesn't take long to be upside down in an auto loan, especially when you owe more than the auto is worth.

Web site www.ncbuy.com/auto has a simple car depreciation calculator.

Plan B – Short Term Loan

Let someone else eat

the initial depreciation with some cash for a down payment and a short term loan (less than two years) with small monthly payments.

When the loan is paid off, keep saving the same amount every month into your "paid for auto" savings account. After about five years of savings, trade up to a better vehicle using Plan A – cash!

For more information call 221-6057.

PLEDGING SUPPORT



Photo by Lori Newman

Sgt. 1st Class Miguel Verdinez, U.S. Army Garrison, fills out the Combined Federal Campaign contribution form Sept. 18. The 2009 CFC runs through Dec. 15. This year's goal is \$138,400. Employees are encouraged to ask for contribution forms from designated volunteers in the organization in order to make a pledge to the agency of their choice. Help improve the quality of life for civilian and military communities by making a CFC pledge. For more information, see a representative or call 221-0679 or 221-1586.

BRAC, from P1

the BRAC project's business and job opportunities associated with the multi-billion dollar military base improvements. The program will also be reaching out to families across the country who will have the chance to move to San Antonio as the military relocates all of its medical training facilities from around the country to San Antonio.

"I'm very proud of my military training and service. I'm also glad our family decided to make San Antonio our home," Robinson said. "This BRAC project is a major boost for San Antonio's economy and I was happy to help in the effort to raise awareness of the enormous military work happening in San Antonio as well as welcoming the families that will be moving here."

The military is investing more than \$3 billion in construction, mostly at Ft. Sam Houston, as part of consolidating its

"This BRAC project is a major boost for San Antonio's economy and I was happy to help in the effort to raise awareness of the enormous military work happening in San Antonio as well as welcoming the families that will be moving here."

— David Robinson, former San Antonio Spur

medical training and research facilities and personnel.

Fort Sam Houston will welcome more than 4,100 new Navy and Air Force students each year in addition to the 5,000 Army students currently training at the post. More than 47,000 students will receive medical training annually at Fort Sam Houston. Once BRAC relocations are completed and missions are running at full capacity in the next couple of years, more than 150,000 Army, Navy and Air Force students will be attending enlisted and officer training programs at Randolph, Lackland and Fort Sam Houston annually.

Additionally, the military is reorganizing San

Antonio's military bases. At the conclusion of this process known as "joint basing," San Antonio will have the largest base operation within the Department of Defense with a workforce of more than 77,000 people.

Robinson and Popovich join San Antonio Mayor Julian Castro and other city and military leaders in a series of videos, TV and radio public service announcements and print pieces to encourage San Antonio's citizens to stay up to date with BRAC happenings while providing a warm welcome to families moving to the city.

"The centerpiece of our program is a feature-rich website that is

not only visually inviting but full of very important information for both of our target audiences," Mohr explained.

"Citizens and entrepreneurs alike can keep up with business opportunities, but families outside of San Antonio can find most of what they'll want to know about their new home. We tried to make the Embrace BRAC website like a 'one-stop shop' but in a concise, friendly way."

For more information on the San Antonio BRAC project, go to www.EmbraceBRAC.org.

(Source: John Boggess, San Antonio Embrace)

VETERANS TREAT WARRIORS

Photo by Lt. Col. William A. McCaskill

Vietnam Veterans and prior Marines Count Buckingham and John V. Caillouegte of the San Antonio Leathernecks Motorcycle Club greet Combat Medical Instructor, Staff Sgt. Maria Esguerra of Company A of the Warrior Transition Battalion on Sept. 16 at Dave and Busters Restaurant in San Antonio. Veterans of Valor, an Indianapolis, Ind. based non-profit organization co-sponsored the free food and games event according to Southwest Airlines Flight Operations Manager and volunteer Captain Len Legge for a group of 480 wounded warriors, Family members, and staff from Warrior Family Support Center and 50 wounded warriors from Fort Hood. Ninety American Legion and Patriot Guard Motorcycle Club members also assisted to make the evening a success.

Thought of the Week

Continual cheerfulness is a sign of wisdom.

— German Proverb

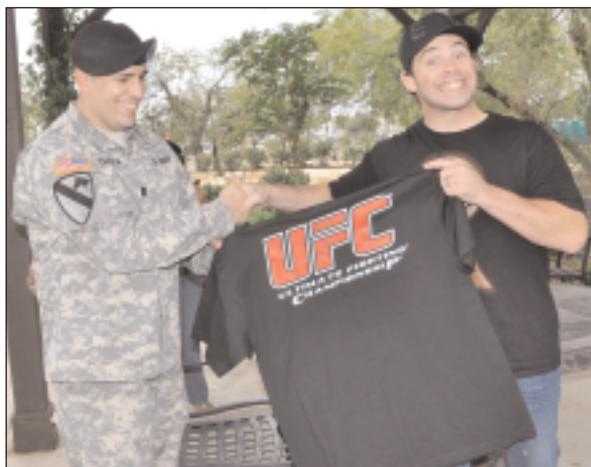
(Source: Bits & Pieces, August 2009)

CAGEFIGHTERS VISIT TROOPS

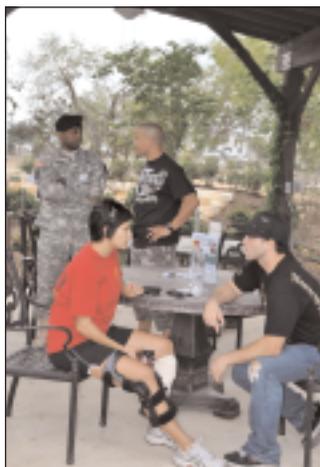


Tony Fryklund (left) and Jens Pulver (right) pose for a photo with wounded warrior Spc. Jason Boamba, a big fan of Ultimate Fighting Championship. (Below) Jens Pulver (seated, right), first Ultimate Fighting Championship lightweight Champion of the World, signs an autograph and talks with Marine Staff Sgt. Nibya Contreras as Tony Fryklund (standing, right), UFC veteran talks with Staff Sgt. Russell Nurse Sept. 18 at the Warrior and Family Support Center. Pulver and Fryklund visited with service members during the Warrior Transition Battalion organization day.

Photos by Lori Newman



Capt. Jesse Tafoya, Headquarters and Headquarters Company, Brooke Army Medical Center, holds up his Ultimate Fighting Championship T-shirt after Jens Pulver signs it Sept. 18 at the Warrior and Family Support Center.



IMCOM, from P1

Environmental Command of IMCOM headquarters. Building 2000, built in 1908 to serve as the installation's new hospital, replacing the hospital that had been constructed in 1886 is a three-story wood and masonry structure with a basement and attic.

It has limestone exterior walls, wooden and masonry columns, wraparound wooden verandas on the

first and second floors, and a wood-framed roof structure. In 1910, two wings were added to the east and west giving the building its current "U" shape.

Modifications to this structure include repairing or replacing failing wooden porch decking, railings, and columns. The exteriors of two existing fireplaces will also be uncovered and preserved.

Buildings 2001 and

2007 were built in 1917 adjacent to the Building 2000 hospital. Building 2001 served as a hospital annex and 2007 functioned as a hospital ward. They both share many of Building 2000's design features and structural materials. Both Buildings 2000 and 2001 are scheduled to be ready for occupancy before the end of this year. Renovations to Building 2007 were completed last fall.

(Source: Joint Program Management Office)

VI to launch new Web-based service

Story by Olivia Mendoza
Fort Sam Houston Visual Information Services

Beginning Oct. 1, Fort Sam Houston Visual Information Services will be using a real-time database to generate work order requests, collect information and assist in managing the installation VI program.

The Visual Information Ordering Site, or VIOS, is an

online work order program that allows Soldiers and Department of Defense civilians to place their graphics, video, photography, audio visual loan and support requests, as well as schedule photo appointments using the office computer.

Customers complete an online Department of the Army Form 3903 request VI support and schedule official DA and command photo

appointments.

With VIOS, customers may cancel a work request at any time by logging into the system before work has started. However, if cancellation is requested once the work request is in production, the customer must contact management. In addition, scheduled DA photos can also be cancelled online or contacting the appointment desk.

Customers must have a current Army Knowledge Online account and can register for VIOS by accessing <https://www.vios-west.army.mil/>.

For more information on VIOS, call 221-4792.

September marks 50th year of service for ARNORTH veteran

By Sgt. Joshua Ford
U.S. Army North Public Affairs

After enlisting as a private a half of a century ago Jim Towle, currently a human resources specialist with U.S. Army North, could not have dreamed he would spend the next 50 years working for the Army.

As a farmer in Brownsville, Texas, Towle remembered all of his friends getting drafted and seeing posters in town that read "Take choice, not chance."

"Then, like now, it was hard to find a good job so I told myself I wasn't going to wait to get drafted," he said. "I went down to the recruiter and told him I wanted to join and that I wanted to go to Europe."

After basic combat training, Towle was stationed in Bamberg, Germany, as a field artillery fire directional analyst with 3rd Battalion, 80th Field Artillery Regiment. During the Cold War the 80th was tasked to defend the Fulda Gap in case of a Russian assault.

Towle manned a 280mm cannon, which was also known as the "atomic cannon" because it was designed to fire atomic weapons. The atomic cannons were

deactivated in the early 1960s as a result of improvements in rocket technology.

After deactivation of the atomic cannon, Towle was transferred to the battalion clerk's office.

"It is a funny story how I got into personnel," Towle.

One day, his platoon sergeant told him he needed to see the first sergeant. When he went to see the first sergeant, he was sent immediately to the battalion commander.

"I thought to myself, 'What have I done to get into this kind of trouble.' I had never met the battalion commander before that day."

As soon as Towle walked into the battalion commander's office, he was informed that he would be the new battery clerk because he was the only Soldier in the unit who could type.

"I looked at the commander and told him I could only type 10 words a minute," laughed Towle. "He still had me go work in the battery clerk's office though."

Soon after he settled into his new job, Towle met his future wife, Jutta, at an American and German friendship club. They were married four

months later and she has been at his side for the past 48 years.

"When we met, I thought he was just another Soldier that thought everything was bigger in Texas. Four months later, we were married," Jutta said.

The couple recently celebrated their 48th wedding anniversary.

"She sacrificed a lot for me," said Towle. "Jutta was a master hair dresser in Germany and ran her own shop. She left it all behind to come with me."

The Towles ended up in South Carolina, after Germany, where Jim deployed to Vietnam with the 25th Infantry Division. During his tour of duty in Vietnam, Towle earned a battlefield promotion from personnel sergeant to chief warrant officer and was transferred to the 1st Infantry Division.

"All of this time and I had never received any training in personnel. It was all on-the-job training," he said.

He spent a year in Vietnam before returning home.

"Without trying to be brave, it was more a fulfillment and was rewarding in the sense that basically we were doing what the Army is doing right



U.S. Army photo

Pvt. Jim Towle (far left sitting) along with his fellow Soldiers (1961) served with the 3rd Gun Battalion, 80th Field Artillery Regiment during his first tour of duty. His unit was tasked to defend the Fulda Gap in Germany during the Cold War. September marks Jim Towle's 50th year of dedicated service to the U.S. Army.

now," said Towle. "We were defending the American way of life in Vietnam. The only difference is we didn't have the support from the American public that the armed services have today."

Later, Towle was sent back to Europe and then to Fort Sam Houston. He ended his active-duty career in the military at Fort Sam Houston in 1979 at the rank of chief warrant officer three.

He started working for 5th Army, now U.S. Army North, in 1985 and has served in four positions since: records manager, command editor, chief of awards branch and human resource specialist.

"Mr. Towle has always been open to taking advice even though he has so much more experience than everybody else in the office," said Chief Warrant 2 Ikechkwu Alumanah, chief of personnel services division, U.S. Army North.

"It has been outstanding working with him. He works hard and is a dedicated employee."

His fellow workers in his office said they enjoy working with him and see it as an honor to be around so much experience every day.

"Mr. Towle has given his entire adult life in service to our nation on either active duty or civilian Army service, whether in combat, the field or garrison," said Col. Joel Williams, chief of personnel. "This humble man of character is a shining example of selfless and dedicated service, and we owe him a great debt of gratitude. It has been my privilege and high honor both to know and have served with him."

Towle said he has one of the best jobs at U.S. Army North because he gets to write good things about good people every day.

"Where else do you get to do anything like that,"

he exclaimed.

Jutta said she would like to see her husband retire soon but isn't sure it will happen.

"It would be nice to see him retire so we can travel and visit our children and grandkids," said Jutta. "I am not sure that is what God has in store for him though."

This month, Towle has 50 years of service to the Army and said he still feels like working.

"I might retire next year," said Towle. "God has given me great health to still be doing what I am doing. It has been a great ride; I have enjoyed it – even the worst of times have also been the best of times."

Jutta said her and her family would do it all over again if they could.

"We had fun living in different places and countries. Our children enjoyed the travel, experience and education. It has been a great adventure," she concluded.

Paralympics sports camp helps active, retired military recognize capabilities

The U.S. Olympic Committee hosted nearly 50 active duty and retired military men and women with physical injuries at a Paralympic Military Sports Camp at Fort Sam Houston, September 16-19.

The camps introduce Paralympic sport to military men and women with physical injuries. All sport clinics are conducted at an introductory level. If participants have an interest in competing in a particular event, U.S. Paralympics will connect them with a program in their community so they can begin to train.

Co-hosted by FSH Family Morale, Welfare and Recreation the event offered participants

an opportunity to recognize their ability to return to living a healthy, active lifestyle.

Paralympics differs from the Special Olympics. Paralympic Games are held every four years to coincide with the Olympic Games. Paralympic athletes compete along similar guidelines as their Olympic counterparts and medals are awarded to winners in each division.

Sports offered during the event included sitting volleyball, wheelchair basketball, strength & conditioning, equestrian, archery, track & field, indoor rowing and wheelchair tennis. All sport clinics were led by Paralympic athletes and coach-



Photos by Jeff Huehn

(Above) Participants prepare for action at the Paralympic Military Sports Camp at Fort Sam Houston. (Left) Patrick Tefft, Statesboro, Ga. participates in one of the sports offered to service members during the Paralympic Military Sports Camp at Fort Sam Houston.



Damion Peyton, Ft. Gordon, Ga. throws shot put during the Paralympic Military Sports Camp at Fort Sam Houston. Peyton was named McDonalds Athlete of the Day on the second day of the camp. Each day one participant was named McDonalds Athlete of the Day and one was named Visa Leader of the Day. McDonalds and Visa also sponsored the FSH camp.

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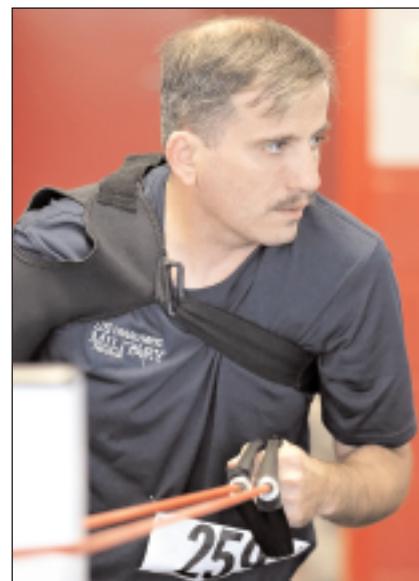
The camp began with a special welcome by Maj. Gen. Russell Czerw, commander FSH and Army Medical Department Center and School, at the opening reception Sept. 15 at the Sam Houston Club.

Activities kicked off Sept. 16 with a welcome by U.S. Army Garrison Commander Col. Mary Garr, and were held at the Jimmy Brought Fitness Center, Salado Park and the Equestrian Center.

Participants traveled to Austin Sept. 18, so they could enjoy an on-water rowing event provided by Paralympic Sport Austin - a program of the Texas Rowing Center.

"Doctors can patch up and heal our bodies, but this program, and having the opportunity to be at this camp - this heals our hearts," said camp participant Al Marconi.

In addition to sports activities, service members were treated to outings off-post



including a visit to the San Antonio USO and a dinner boat cruise at the Riverwalk.

"The USOC Paralympic Military Program isn't just about exposing service members to sport opportunities during a three-day camp and then sending them home to wonder what's next," said John Register, U.S. Paralympics Associate

Director of Community & Military Programs.

"One of our primary purposes is to also connect the participants with ongoing sports programs in their communities so they can continue to be physically active on a regular basis."

(Source: Paralympic Division, U.S. Olympic Committee)

Rocco Dining Facility Menu

Building 2745, Schofield Road

Friday – Sept. 25

Lunch – 11 a.m. to 1 p.m.

Fried Chicken, chicken and sausage gumbo, Cajun baked fish, beef pot pie with biscuits, baked kielbasa sausage, red beans and rice, steamed rice, macaroni and cheese, steamed new potatoes, seasoned collard greens, French fried okra, steamed yellow squash
Dinner – 5 to 7 p.m.
Fried catfish, grilled pork chops, barbecued beef brisket, barbecued chicken, broccoli quiche, baked potatoes, fried rice, rissole potatoes, fried cabbage, seasoned corn, steamed peas

Saturday – Sept. 26

Lunch – noon to 1:30 p.m.

Beef stir-fry, roast turkey, cheese enchiladas, breaded veal steaks, mashed potatoes, steamed rice, savory bread dressing, beets with orange-lemon sauce, steamed broccoli, glazed carrots

Dinner – 5 to 6:30 p.m.

Roast pork loin, Bombay chicken, chili macaroni, hot spiced applesauce, parsley buttered potatoes, steamed rice, mashed potatoes, steamed spinach, creamed corn, seasoned lima beans

Sunday – Sept. 27

Lunch – noon to 1:30 p.m.

Chipper Perch, beef stew with biscuits, cheese tortellini, barbecued spareribs, O'Brien potatoes, steamed rice, seasoned green beans, steamed cauliflower, steamed carrots

Dinner – 5 to 6:30 p.m.

Meatballs with marinara sauce, mushroom quiche, chicken cordon bleu, breaded pork fritters, mashed potatoes, lyonnaise rice, spaghetti noodles, steamed asparagus, steamed wax beans, seasoned pinto beans

Monday – Sept. 28

Lunch – 11 a.m. to 1 p.m.

Stuffed bell peppers, grilled liver and onions, chicken and dumplings, beef lasagna, honey glazed Cornish hens, macaroni and cheese, baked sweet potatoes, Franconia potatoes, Italian-style green beans, steamed yellow squash, French-fried eggplant

Dinner – 5 to 7 p.m.

Turkey tetrazzini, shrimp stir fry, fried catfish, spaghetti with marinara sauce, breaded chicken patties, cottage fried potatoes, steamed rice, hopping John rice, steamed zucchini squash, steamed spinach, stewed tomatoes

Tuesday – Sept. 29

Lunch – 11 a.m. to 1 p.m.

Carne quisada tacos, cheese enchiladas, sweet and sour chicken, meat loaf, lemon pepper baked fish, breaded pork fritters, seasoned pinto beans, Spanish rice, steamed rice, mashed potatoes, Mexican corn, steamed Brussels sprouts, beets in orange-lemon sauce

Dinner – 5 to 7 p.m.

Chicken fajitas, roast turkey, country fried steaks, spicy baked fish, broccoli, rice and cheese casserole, mashed potatoes, steamed

rice, steamed mixed vegetables, steamed asparagus, steamed wax beans, refried beans with cheese

Wednesday – Sept. 30

Lunch – 11 a.m. to 1 p.m.

Beef stroganoff, stuffed pork chops, fried chicken, veal parmesan, grilled tuna patties, red beans and rice, parsley-buttered egg noodles, baked potatoes, fried cabbage, steamed broccoli combo, stewed tomatoes with croutons

Dinner – 5 to 7 p.m.

Grilled Polish sausages, Salisbury steaks, chicken stir-fry, chili macaroni, macaroni and cheese, steamed rice, parsley-buttered potatoes, cauliflower polonaise, steamed peas and carrots, corn on the cob

Thursday – Oct. 01

Lunch – 11 a.m. to 1 p.m.

Sweet and sour pork, yakisoba, turkey pot pie with biscuits, grilled salmon cakes, breaded veal steaks, rice frittata, oven browned potatoes, baked potatoes, fried rice, vegetable stir-fry, cauliflower polonaise, steamed green beans

Dinner – 5 to 7 p.m.

Beef and broccoli, lemon baked fish, country-fried steak, cheese manicotti, mashed potatoes, steamed rice, baked potatoes, seasoned lima beans, fried cabbage, stewed tomato and okra

Menus are subject to change without notice



Cole High School JROTC Senior Army Instructor, retired Lt. Col. Robert Hoffmann explains the importance of respect for the American flag as Cadets Kayanna Wade and Stephanie Aviles prepare to demonstrate its proper folding. The presentation was conducted at Cotton Elementary School in recognition of the 8th anniversary of 9/11.

Cole JROTC helps students commemorate 9/11

Story by Cadet 2nd Lt. Kaitlin Sheridan
Cole Cougar Battalion Public Affairs Officer

Robert G. Cole High School's Junior ROTC helped commemorate the eighth anniversary of 9/11 at Cotton Elementary School in San Antonio on Sept. 11.

Cole's JROTC Senior

Army Instructor, retired Lt. Col. Robert Hoffmann, explained how to fold the American flag and what each of the 13 folds meant while cadets Kayanna Wade and Stephanie Aviles demonstrated.

Next six Cole cadets took charge of a group of about 10 students and did an interactive workshop with them.

After the workshop, a flag detail conducted a reveille and retreat by raising the flags to half staff. A moment of silence followed to remember the nation's fallen.

This was the fifth consecutive year Cole cadets have provided 9/11 support for Cotton Elementary under the JROTC "adopt a school" program.

Fort Sam Houston Independent School District Weekly Campus Activities

Sept. 28-Oct. 3

Fort Sam Houston Elementary School

Parent Teacher Organization Book Fair – all week

Sept. 30

Progress reports sent home

Oct. 1

Early dismissal day, 11 a.m.
PTO sponsored Family night, 5 to 7 p.m.

Oct. 2

Early dismissal day, 11 a.m.

Robert G. Cole Middle and High School

Fall Book Fair in Media Center – all week

Oct. 1

JV Football vs. Cornerstone at Cole, 6 p.m.

Oct. 2

Middle and High School early release day, 12 p.m.
JV/V volleyball at Brooks, 4 and 5 p.m.
V homecoming football game vs. Brooks at Cole, 7:30 p.m.

Oct. 3

Cross Country San Antonio meet, TBA
Fall play rehearsals in Moseley Gym, 1 to 3 p.m.

Families enjoy Doggie Dip

Story and photo by
Valentine Pumphrey,
FMWR Marketing

Fort Sam Houston Family and Morale, Welfare and Recreation hosted a Doggie Dip and Goldfish Scramble at the Aquatic Center, Sept. 12. The event was designed to promote fun for the entire Family and to coincide with the seasonal draining of the pool.

Dog treats and toys were spread across the children's pool and playground area, then dogs and owners alike splashed in the water despite intermittent rain.

T-shirts were provided to human participants and bandanas were provided



Kodiak, a 16 month old Bernese Mountain Dog, and his owner, LeAnn Cranston, enjoy a refreshing dip at the Fort Sam Houston Aquatic Center.

to canine participants.

PurinaCare Insurance Services, Inc. conducted drawings for a \$50 certificate for dog food, three more dog food certificates and two totes, and provided additional giveaways including mugs, mouse pads, fans and dog bowls. Children also had the opportunity to catch a

goldfish in the baby pools located outside of the Aquatic Center to take home with them.

"We are excited to offer events for the entire Family, including pets," stated Paul Kotchman, marketing manager. "We look forward to many more pet friendly events in the future."



Announcements

Mark your calendars for October

Army Community Service will host several activities in October for Domestic Violence Awareness Month. The proclamation will be read Oct. 1 and there will be lunch time movie dates, the annual "It's Not Easy Being Green" conference, Army Family Action Plan conference, Moving Spaces seminar, Make a Difference Day at the Warrior and Family Support Center, and Oktober Fest. Watch the News Leader for more information about dates, times and locations, or call 221-2705.

The Owl and the Pussycat

The Harlequin Dinner Theatre

presents "The Owl and the Pussycat" a comedy by Bill Manhoff, Thursday through Saturday evenings. Doors open at 6:15 p.m., show beginning at 8 p.m. For reservations, call 222-9694.

Calendar of Events

SEPT. 24

Mandatory First PCS Move

Mandatory First Permanent Change of Station Move class, 2-4 p.m. at Army Community Service, Building 2797. The class offers tips on budgeting, house hunting, resources available from the Army and how to minimize out-of-pocket expenses. To register, call 221-1612.

SEPT. 25

PowerPoint Level 2

Microsoft Office 2007 Power Point Level 2 will be offered 8 a.m.-12 p.m. at Army Community Service, Building 2797, in the computer lab. Registration and completion of PowerPoint Level 1 recommended. Call 221-2518/2705.

Battlemind Pre-Training for Families

Battlemind Pre-Training for

ACS Outdoor Movie Night

Sept. 25 - "Sky High"

8:30 p.m. at the post flagpole

Sept. 26 - "Monsters Inc."

8:30 p.m. at the field between Youth Services and Dodd Field Chapel

Bring the Family out for these Family friendly films and don't forget the lawn chairs! Free popcorn, snow cones and cotton candy will be available. For more information, call 221-2418. In the event of inclement weather the movie will be shown in the ACS auditorium at 8:30 p.m.

Families, 2:30-4:30 p.m. at Army community Service, Building 2797. This training focuses on helping Soldiers and Families prepare for deployment. To Register, call 221-2705 or e-mail smah.acs.mob.deploy@conus.army.mil.

See MWR, P18

MWR, from P17**Margarita & Manicure**

You're invited to the Sam Houston Club's Margarita & Manicure, 4 p.m.-7 p.m. Reservations are preferred. Walk-ins are welcome subject to availability. Tickets are \$12, includes manicure service plus one complimentary drink. Call 224-2721 or 226-1663.

End of Summer Bash

Better Opportunities for Single Soldiers will host an End of Summer Bash, 6-10 p.m. at the Benner Barracks, Building 272. A special guest appearance will be made by John "the human iPod" Taglieri, a one man band playing your favorite songs with an acoustic guitar. Come out for free pizza, drinks and games; bring your guitar for a jam session. Call 221-4242.

SEPT. 28**Intro to Computers**

Intro to Computer class, 8 a.m.-12 p.m. at Army Community Service, Building 2797, in the computer lab. Registration is required. Call 221-2518 or e-mail jennifer.lobo@us.army.mil.

Unit Trauma training

Unit Trauma training, 9 a.m.-2 p.m. at Army Community Service, Building 2797. This training is to assist unit leadership, Family Readiness Group leaders, care team casualty assistance officers, casualty notification officers and community agencies in knowing how to help Soldiers, Families and the unit when a traumatic events occurs. To register, call 221-2705 or e-mail

samh.acs.mob.deploy@conus.army.mil.

Using Credit Wisely

Using Credit Wisely class, 2-4 p.m. at Army Community Service, Building 2797. To register, call 221-1612/2705.

Dad's Difference

Family Advocacy Program will offer Dad's Difference, a three part series Sept. 28, Oct. 5 and 19, 5:30-7 p.m. at Army community Service, Building 2797. This class shows dads how to be involved with their babies from pregnancy to 5-years-old with practical tips to become more connected with their child and supportive to mom. To register, call 221-0349/2418.

SEPT. 29**Identity Theft**

Identity Theft class, 2-4 p.m. at Army Community Service, Building 2797. To register, call 221-1612.

Family Readiness Group Leadership Academy

Family Readiness Group Leadership Academy Sept. 29-30, 8 a.m.-4 p.m. at Army Community Service, Building 2797. This training is for FRG key positions on roles and responsibilities and the communication network through the chain of command. To register, call 221-2705 or e-mail samh.acs.mob.deploy@conus.army.mil.

Women Encouraging Women

Women Encouraging Women lunchtime seminar, 12-1 p.m. at Army Community Service, Building 2797. The topic will be, "Women:

Learn to Understand Your Man, Some Assembly Required." To register, call 221-0349/0600.

Newcomers' Extravaganza

The mandatory Newcomers' Extravaganza is for all permanent party in-processing Soldiers, lieutenant colonel and below, within 60 days of their arrival to Fort Sam Houston will be held from 9:30-11 a.m. at the Sam Houston Club. The extravaganza is an opportunity to learn about Fort Sam Houston and the San Antonio area. For more information, call 221-2705/2418.

SEPT. 30**Word Level 3**

Microsoft Office 2007 Word Level 3 class, 8 a.m.-12 p.m. at Army Community Service, Building 2797, in the computer lab. To register, call 221-2518/2705.

Mandatory Initial First-Term Financial Readiness

Mandatory Initial First-Term Financial Readiness class, 12 p.m. at the Learning Center. Class space is limited. To register, call 221-1612.

OCT. 2**Warriors monthly scramble golf tournament**

The Fort Sam Houston Golf Club will host a warriors monthly scramble golf tournament with a shotgun start at 1:30 p.m. Entry fee is \$25. Participants must be on an authorized pass or leave status. Register at the Golf Club's Pro Shop, or call 222-9386.

Register now for 'It's Not Easy Being Green' Spouse's Conference

The "It's Not Easy Being Green" Spouse's Conference will be held Oct. 15-16 from 8:15 a.m.-2:15 p.m. at the Dodd Field Chapel. Below are the registration form and workshop options available to military spouses.

To register, mail or drop off a check or money order for \$5 (conference fee payable to IMWRF)

with the registration form to: Army Community Service, 2010 Stanley Road, Suite 95, Building 2797, Fort Sam Houston, TX 78234-5095. Registration fees are non-refundable and must be postmarked not later than Oct. 9. Registration is not available on the day of the conference. Children including infants are not permitted to attend.

Limited free childcare is available at Dodd Field Chapel. Participants must pre-register for childcare at Child Youth and School Services Central Registration, at Army Community Service, Building 2797. CYS Services requires an up-to-date shot record at the time of registration.

'It's Not Easy Being Green' Spouse's Conference Registration Form

Name: _____

Address (include city, state and zip):

Phone number: _____

Refer to the list of workshop choices, make three choices per time slot and write the two-character codes below.

Oct. 15

Workshop A	Workshop B	Workshop C
1. _____	1. _____	1. _____
2. _____	2. _____	2. _____
3. _____	3. _____	3. _____

Oct. 16

Workshop D	Workshop E
1. _____	1. _____
2. _____	2. _____
3. _____	3. _____

To register, mail or drop off a check or money order for \$5 (payable to IMWRF) with this registration form to: Army Community Service, 2010 Stanley Road, Suite 95, Building 2797, Fort Sam Houston, TX 78234-5095.

Oct. 15 Workshop options Workshop A – 10-11 a.m.

A-1 "Just Bead It" - jewelry making
A-2 "Money, Money, Money" - personal finance
A-3 "Let's Go Digital!" - digital scrapbooking
A-4 "I Got Bunco" - a fun dice game
A-5 "Puff Pastry" - delicious desserts

Workshop B - 11:15 a.m.-12:15 p.m.

B-1 "Crafty Signage" - crafty wooden signs
B-2 "Kochen auf Deutscher Art" - German cooking
B-3 "Makeover Madness" - make-up tips
B-4 "Stampin' Fun" - create fun stamp items
B-5 "Get Your Poker Face On" - Texas Hold'em

Workshop C - 1:15-2:15 p.m.

C-1 "Fun in San Antonio" - things to do in the area
C-2 "The Yellow Rose of Texas" - container gardening

C-3 "What's Your color Palette?" - color matching for skin tones

C-4 "Time Management" - using time wisely

C-5 "Sultry Salsa Dancing" - learn to salsa

Oct. 16

Workshop D – 10-11 a.m.

D-1 "You're Hired!" - resume writing

D-2 "Power Yoga" - basic yoga

D-3 "Paper Pizzazz" - scrapbooking

D-4 "Puff Pastry" - delicious desserts

D-5 "Just Bead It" - jewelry making

Workshop E - 11:15 a.m.-12:15 p.m.

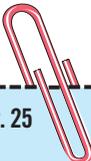
E-1 "Stay Safe, Not Sorry" - self defense

E-2 "Holiday Appetizers" - microwave treats

E-3 "Life is Like a Game of Frogger" - be resilient to change

E-4 "Tame Your Space" - organizing space

E-5 "Get Crafty" - create a craft



REMINDER CALENDAR

- Sept. 25** Friday night pizza and refreshments, 5-7:30 p.m., FSH housing community centers
- Sept. 25** Outdoor Movie Night, "Sky High," 8:30 p.m. at the post flagpole
- Sept. 25-27** Case lot sale, FSH Commissary
- Sept. 26** 5K Fun Run/Walk, 9 a.m., Jimmy Brought Fitness Center
- Sept. 26** Buddy Walk, Downs Syndrome Association, 7:30 a.m.-2 p.m., MacArthur Field
- Sept. 26** Outdoor Movie Night, "Monsters Inc." 8:30 p.m., Dodd field
- Sept. 26-27** Fort Sam Houston Club Championship, 8 a.m., FSH Golf Course
- Sept. 28-Oct. 2** Fall Book Fair, FSH Elementary Library and Cole Media Center
- Sept. 29** FSH Newcomers Extravaganza
- Sept 29-30** Family Readiness Leadership Academy, 8 a.m.-4 p.m., Army Community Service
- Oct. 1** Domestic Abuse Prevention opening ceremony, 9:30-11:30 a.m., Army Community Service
- Oct. 1** Parent Teacher Organization Family Night, 5-7 p.m., FSH Elementary
- Oct. 2** Warriors Monthly Scramble Golf Tournament, 1:30 p.m., FSH Golf Club, \$25 entry fee
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Announcements

NCO Wives Club

The NCO Wives Club meets the first Tuesday of each month at 10:30 a.m. at the Sam Houston Club. Active duty and retired spouses are welcome to join. Call 386-8265 or 314-6377.

Cloverleaf Communicators Club

Meets the first and third Thursday, 11:45 a.m.-1 p.m. at the San Antonio Credit Union, Stanley Road, in the conference room. Open to military, civilians and Family members interested in developing and enhancing leadership and communications skills. Call 221-8785, 221-6517 or 916-3406.

Foster homes needed for military working dogs

Department of Defense Military

Working Dog Breeding Program seeks foster homes for military working dogs. Call 671-3686 or visit www.lackland.af.mil/units/341stmw/index.asp.

Texas Seabees: Deep in the Heart of Iraq

A Fotoseptiembre exhibition of images by L.A. Shively at the Louis J. Blume Library Gallery, St. Mary's University, One Camino Santa Maria, San Antonio. The exhibit is a culmination of five years of her work chronicling training, then deploying with Naval Mobile Construction Battalion-22, also known as the Lonestar Battalion. Gallery hours are Monday-Thursday 7:45 a.m.-Midnight, Friday 7:45 a.m.-5 p.m., Saturday 9 a.m.-5 p.m., Sunday 1 p.m.-Midnight. Call 431-4232, 744-5665. Event is free and open to the public.

Toastmasters

Toastmasters meet on Fort Sam Houston at noon, the second and fourth Wednesday, Call 265-7397.

Calendar of Events

SEPT. 25-27 Renewable Energy Roundup and Green Living Fair

The Renewable Energy Roundup and Green Living Fair will be held Sept. 25-27 at Market Square in Fredericksburg, Texas. The event will feature exhibits and demonstrations, kid friendly activities, music and food. Cost is \$10 Friday or Sunday, \$12 Saturday, \$20 three-day pass and children under 12-years-old are free.

SEPT. 26-27 Volkswalk between Kerrville and Comfort – Cypress Creek

The Kerrville Trailblazers Walking Club will host a Volkswalk at Cypress Creek, located between Comfort and Kerrville, Sept. 26-27. Walks include one 13K, one 10K and two 5K walks. Start time is 8 a.m.-noon. Walk, jog or run at your own pace. Call 830-896-

4156 or visit www.walktexas.org/KerrvilleTrailblazers/.

OCT. 3 Holly Days Craft Fair

The Holly Days Craft Fair will be held Oct. 3, 10 a.m.-4 p.m. at Holy Trinity Presbyterian Church, 16245 Nacogdoches Rd. Free and open to the public. Call 653-5331.

Bike MS: Valero 2009 Alamo Ride to the River

The Bike MS: Valero 2009 Alamo Ride to the River will be held Oct. 3-4. Cyclists begin their ride at the San Antonio Alamodome Oct. 3. To register, visit www.BikeMSTexas.org.

OCT. 5 Military-Civilian Club lunch- eon

The Military-Civilian Club will host a luncheon Oct. 5 at 11:30 a.m.-1:30 p.m. at the Sam Houston Club. The program will be "Native American Celebrations of Traditions Pow Wow" by Erwin J. De Luna, president of the United San Antonio Pow Wow. There will be discussions of dances used in celebrations and dance demonstrations. Call 349-8151.



For Sale Fort Freebies

For Sale: 2007 Ford Ranger, beige and tan, 5-speed, under 6,000 miles, working AC, recent state inspection, bed liner and tool box included, \$12,000; HTC Touch Pro cell phone, good condition, \$200. Call 618-8457.

For Sale: Whirlpool Gold series stainless steel built-in microwave with trim kit, 30-inch wall oven, 30-inch downdraft four burner gas range, and dishwasher, \$1,000 obo for all. Call 254-319-4718.

For Sale: 20.6 cubic foot GE non-frost refrigerator, \$190. Call 216-4027 or 878-5582.

For Sale: German oak shrunk, excel-

lent condition, breaks down to six pieces, solid wood with removal doors, television, china, stereo, and storage units, \$800. Will help move. Call 748-5696.

For Sale: Full-size mattress set, \$100 obo; Red Dot exerciser with DVD, \$50 obo; new L.A.M.B. black purse, \$400; Magnavox 19-inch television, \$30; Samsung 14-inch television, \$25; Copenhagen entertainment center, \$300; Baldwin piano, \$900. Call 651-9046.

**E-mail Fort Freebies to
News.Leader@conus.army.mil
or fax 221-1198.**



Sports

5K Fun Run/Walk

Jimmy Brought Fitness Center will host a monthly Fun Run/Walk, Sept. 26 at 9 a.m. Registration forms will be available on the day of the event. This is a free event open to the community. Event T-shirts may be purchased for \$10. Call 221-1234.

Club Championship

The Fort Sam Houston Golf Club will hold its annual Club Championship Sept. 26-27, 8 a.m. shot-gun start both days. This

exciting 36-hole stroke play event is open to all Fort Sam Houston Golf Club members, active duty military and their Families, DoD employees and contractors assigned to Fort Sam Houston. Interested golfers should register in their respective flights at the Golf Course Pro Shop, from 7 a.m. - 7 p.m. daily. Registration for the event is \$35/members and \$60/non-members. To register, call 222-9386 or visit www.fort-samhoustonmwr.com.

First annual Kalmar Golf Scramble

The 1st annual Kalmar Golf Scramble will be held Oct. 9, 1 p.m. at the Bandit Golf Club, 6019 FM 725, New Braunfels, Texas. Cost is \$125/person and \$500/four-person team. To register, call 860-2631 or 945-9945.

Rambler 120

The fourth annual Rambler 120 Team Challenge, a one-day physical fitness exercise held Oct. 17, Randolph's Recreation Park, Canyon Lake. Teams negotiate through hostile territory while completing four challenges: a 22-mile bike ride, six mile run, two-

mile rafting trip and a mystery event. Registration deadline is Sept. 25. Entry forms at the Rambler Fitness Center and online at www.randolphfss.com. Fee is \$100/team. Awards to top three teams in each division. Call 652-6508.

Combat Medic Run

Family Morale, Welfare and Recreation will host the 29th annual Combat Medic Run/Walk Oct. 31, 6-11 a.m. at the intersection of Worth and Stanley roads. There will be a 5K, 10K, 28-Soldier Formation Run, Five-Soldier Guidon Team Run and 2-mile walk. Event open to the public.