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THE FORT JACKSON LEADER

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HERO DOG
PASSES AWAY

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★ GROUP USES
CREATIVITY TO
FORGE IDENTITY

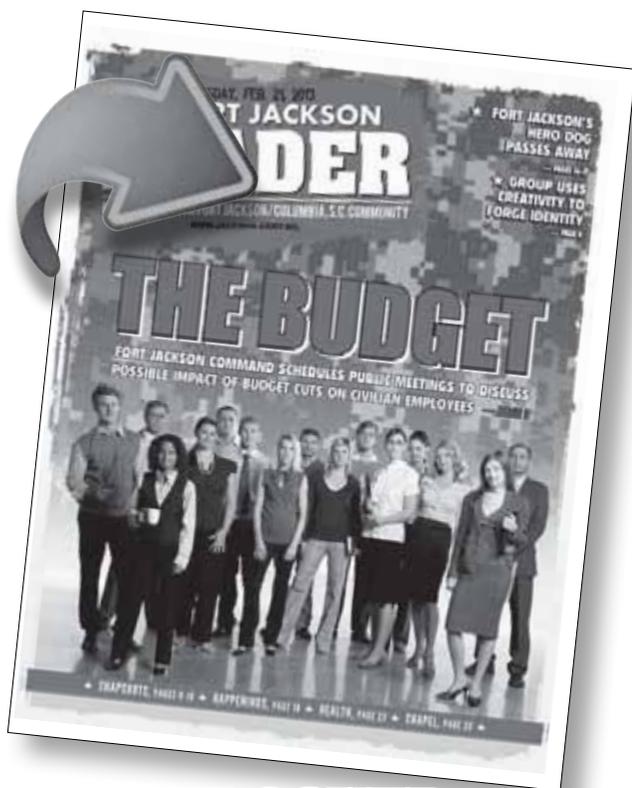
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THE BUDGET

FORT JACKSON COMMAND SCHEDULES PUBLIC MEETINGS TO DISCUSS
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ON THE COVER

Photo illustration by WALLACE McBRIDE

Fort Jackson has scheduled a series of town hall meetings for civilian employees about the potential budget crisis. SEE PAGE 3.



Fort Jackson, South Carolina 29207

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COMMANDER'S CALL

'Health is a top priority'

MACH provides quality care on post

We have been hit pretty hard lately with a number of viruses related to flu and colds. I want to remind all of you that your health is a top priority. As Army medical beneficiaries, you deserve the finest care and support we can provide.

Moncrief Army Community Hospital personnel recognize that paying attention to your unique needs is key to overall patient satisfaction, because they are serving to heal, honored to serve. They are an excellent team of medical professionals who dedicate their lives to ensuring our Soldiers, Families, Civilians, Veterans and Retirees have the best possible health care.

I know our medical personnel will agree with me when I say that it's important that you take every precautionary measure to avoid astringent illnesses. According to the Department of Health and Environmental Control, 15 South Carolinians have died due to the flu-related illnesses in 2012.

That's compared to just one death last flu season. Just so you are aware, the flu season runs from October until May in South Carolina. This month is considered to be the peak time of year for the flu.

Receiving an annual vaccination is just the beginning to staying healthy. We need everyone to be aware of available medical services for families and prevention methods that can improve our readiness. At MACH, we have more than 40 different clinics that provide some type of physical, spiritual or mental health care for beneficiaries of Army medical services. Our professionals make it a priority to keep our Army Family always ready.

As a patient, you can play a vital role in improving your health care by becoming an active, involved and informed participant of the MACH health care team. You will be the center of the health care team.

I encourage all patients — Service members, Families, Retirees and Veterans to inform health care professionals of areas in which they can improve.

In addition, give recommendations about future services that you believe should be made available. Also, ask questions and participate in all decisions about your care. It is MACH's goal to have a resilient, healthy force.

I recently had

the opportunity to visit the pharmaceutical department of MACH and the professionals really impressed me with their ability to track, process and evaluate patient medications. Here are a few tips we all need to know that will help our medical personnel do their jobs better and help keep us healthier: Educate yourself on your diagnosis; pay attention to the care you are receiving; know your medications and know your family medical history.

You have the right to know about your care and be involved in your care. I encourage you to take the necessary precautions to ensure you have the best health care.

During this month, MACH wants to educate Soldiers, Families, and Civilians on how to become involved with the health care experience. MACH will have informational booths located in the main lobby to inform the community about health care and medical services and show appreciation for being a member in the Team Jackson and MACH health care community.

Our hospital is among the first option for Soldiers, Families, Civilians, Retirees and Veterans in the city and local communities. It takes a great number of medical personnel to provide quality services each and every day. Their efforts are critical in helping our community with the quality of care that is comparable to their service to our country and Army.

I want to personally thank our Army medical professionals as they are one of our many key assets that keep us healthy. If you would like more information on MACH and or vaccines, please call the Family Health Clinic at 751-2210.

Army Strong and Victory Starts Here!
Victory 6

By **BRIG. GEN. BRYAN T. ROBERTS**

Fort Jackson
Commanding General



Leader file photo

Moncrief Army Community Hospital personnel provides high-quality health care to the Fort Jackson community.



Follow Brig. Gen. Bryan T. Roberts at www.facebook.com/FortJacksonCommandingGeneral

Employee town halls address budget

By WALLACE McBRIDE
Fort Jackson Leader

About \$1.2 trillion in budget cuts, about half of which come from defense spending, are scheduled to go into effect March 1 if Congress and President Barack Obama cannot reach a deal to avert them. Naturally, Fort Jackson civilian service employees are apprehensive about how those cuts might affect their jobs.

“Will there be sequestration or not?” Brig. Gen Bryan Roberts asked a gathering of MEDDAC and DENTAC employees at the Post Theater Tuesday morning. Fort Jackson’s commanding general has called the first of several civilian employee town hall meetings to address these fears. Unfortunately, he said, there is not much information to be shared.

“We’ll just have to wait and see,” Roberts said. “We’ve been at war for (more than 10) years, and that has cost the country a substantial amount of money. Since we’ve spent so much money on the war, there will be cuts.”

TRADOC’s potential share of the Army’s budget reductions, for example, is about 20 percent of the total budget for fiscal year 2013. Fort Jackson has already reduced its operating budget 5.5 percent for the fiscal year, but has not yet achieved the results required to operate within its fiscal restraints, Roberts said.

“We need to do things more efficiently to make sure we’re not wasting government resources,” Roberts said. “We are not going to let the decisions we make impact our mission. The uncertainty is affecting our workforce, because it’s a fear of the unknown.”

The goal of the town hall meetings is to share available information about the potential impact of sequestration on Fort Jackson’s workforce, he said, but there’s not much information to share at the moment. Command will probably find out what happens the same way everyone else will, he said, by following the media on March 1.

“My intent is to tell you everything about what we know now,” Roberts said. “I know that everybody’s watching television and the news, and talking about it with ... co-workers. I’ve been in the Army for almost 30 years and know the value of being as transparent as possible.”

Services will continue as they did last year, but no new services will be introduced, Roberts said.

“Sequestration is not an Army thing,” said Col. Mark Higdon, commander of Moncrief Army Community Hos-



Photo by WALLACE McBRIDE

Brig. Gen. Bryan Roberts, Fort Jackson’s commanding general, addresses civilian employees during the first of four scheduled town hall meetings on the federal budget crisis. Also pictured are, from left, Brenda Waldrop, director of the Civilian Personnel Advisory Center in Fort Gordon, Ga., Col. Ken Royalty, Fort Jackson chief of staff, and Col. Mark Higdon, commander of Moncrief Army Community Hospital. The next civilian employee town hall meeting is scheduled for March 1.

pital. “This is the U.S.A. that will go into sequestration.”

None of the “phased plans” that have been discussed by Fort Jackson command have included “cutting a single service,” Higdon said. But, decisions made from higher up the chain of command could result in changes that are not currently anticipated.

“Could it come? You’d better believe it,” he said. “But it’s not on the books right now.”

Brenda Waldrop, Fort Gordon Civilian Personnel Advisory Center director, said there has been no talk of furloughs to handle budget cuts. CPAC has outlined possibilities for how to handle “surplus employees” should budget cuts and “greening” force layoffs, but furloughs are not currently part of those plans.

“Furlough is a tool of last resort,” Waldrop said. The secretary of the Army is the approving authority for furloughs.

MEDDAC has approved 400 early retirement positions, Roberts said, and Fort Jackson has already begun to change the way it handles contracts as budget cuts loom. Some contracts will not be renewed, he said, while others will be negotiated on a short-term basis.

“We’re sort of pleading with you all,” Roberts said, “to just hang in there with us.”

The next civilian employee town hall meeting is scheduled from 1:30 to 3 p.m., March 1 at the Solomon Center. It is open to civilian employees of all organizations.

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Fort Jackson Gate Hours

Gate 1	5 a.m. to 1:30 p.m.inbound and outbound traffic, Monday through Friday 1:30 to 9 p.m.outbound traffic, seven days a week
Gate 2	around the clock, seven days a week Commercial traffic on weekends only.
Gate 4	5 a.m. to 9 p.m. Monday through Friday closed weekends Commercial traffic must use Gate 4 on weekdays.
Gate 5	5 a.m. to 9 p.m. seven days a week



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for breaking news and updates.

Group to explore 'identity' with writing

By **SUSANNE KAPPLER**
Fort Jackson Leader

The military spouse group "Her War Her Voice" is continuing to build and grow its identity on Fort Jackson.

Melissa Seligman, who co-founded the group in 2009 at Fort Riley, Kan. with fellow Army wife Christina Piper, said "identity will be the group's theme this year.

"It seems to be a common theme that women come here from various duty stations and get somewhat lost in the mix," Seligman said. "I'm not sure if that stems from not having the 'family' mentality that often emerges on deployable posts, or if it is because many women have time to think here without the imminent fear of blackouts and dangerous missions."

This year's monthly sessions will focus on helping women rediscover who they are. Seligman invited instructors from various field to help the group accomplish that. In addition, a counselor will be present during each session.

"Often, I find that many people outside of the military want to get involved and want to understand how they can impact and give back to the military," Seligman said. "I believe in forging those connections, and anyone who truly understands that these women are forces of sheer power and will work alongside them to help them achieve their full potential is someone I want to work with."

The next session, which is scheduled



Courtesy photo

Cassie Premo Steele, a published poet and writing and creativity coach, will lead a writing workshop at Monday's Her War Her Voice session.

for 6 p.m., Monday at the Family Readiness Center, will explore "the voice within." The session will be led by Cassie Premo Steele, a published poet and writing and creativity coach.

Premo Steele said the session will be "massage for your spirit."

"We will hear some poetry. We will get comfortable and quiet. We will write. We will create a shared space for each of us to journal and hear the wisdom of the voice

within," Premo Steele said.

Participants will not be required to share any of their writings, she said.

Seligman said that writing is an activity she has found helpful in her own struggles as a military wife.

"I want (participants) to feel and grasp the power of speaking and telling their story, even if it is only to a journal," Seligman said. "I would wager many of us are choking on our own words and stories be-

cause the fear of being ridiculed or told we are 'whining' suffocates us. We all want to be strong military spouses. And sometimes, telling what is hidden is terrifying. I can say, I have found speaking and writing to be the one way I learned to move forward. Once it is out, and it is in written form, new room is made within to begin to heal."

Premo Steele shared a similar sentiment.

"Writing is very powerful and connects us to our youngest selves," she said. "When we first learned to write our names as children, we were learning to be ourselves in the world — make our mark. As women, though, we sometimes tend to make our mark by serving others, and we don't give much time to listening to that small, still inner voice. This workshop is an opportunity to do that."

She said that writing is an accessible way of expression, even during busy times.

"We forget how little it takes to replenish ourselves," she said. "We think, 'Oh, I don't have time for that!' But in an hour you can really rebalance yourself again. And then you realize, 'Hey, I might have 10 minutes while the rice boils. Let me get out my journal.' We start to gain clarity about how to take better care of ourselves in easy ways."

To learn more about Her War Her Voice and upcoming meetings, visit www.facebook.com/HerWarHerVoice.

Susanne.Kappler1.ctr@mail.mil

CG makes AER pledge

Brig. Gen. Bryan Roberts, Fort Jackson's commanding general, signs his pledge to the Army Emergency Relief campaign Feb. 14. The campaign will launch March 1 with a ceremony at 10 a.m. at the Joe E. Mann Center. The AER campaign runs March 1 through May 15.

Photo by WALLACE McBRIDE



Fort Jackson adjusts bugle call schedule

By **WALLACE McBRIDE**
Fort Jackson Leader

Fort Jackson has revised its bugle call schedule for 2013.

“After receiving various observations and recommendations from both units and other post residents, the garrison adjusted the bugle calls to add consistency and predictability,” said Fort Jackson Garrison Commander Col. Michael Graese. “We were able to quickly implement these changes because of a recent software upgrade to Fort Jackson’s Big Voice system.”

Graese said these revisions were prompted by “ICE comments and other forms of recommendations from Team Jackson.”

Bugle calls are musical signals that announce events on an Army installation. Since the Revolutionary War, the Army has used the sound of the bugle to communicate scheduled and non-scheduled events to Soldiers. During the week, the sound of the bugle is heard at Fort Jackson fourteen times a day to signal troops for everything from meal times and recall formations, to rendering honors to the

nation. In the early years of the nation’s independence, each arm and branch of the Army developed its own set of sound signals, such as drum beats in the infantry and bugle calls in the cavalry and artillery.

In a time before radios, bugle calls were the most efficient way for commanders to communicate orders on the battlefield. These musical instruments were also used at camp, though, to help Soldiers keep track of scheduled activities. As the Army developed over the next century, bugle calls were used to unite Soldiers and families as towns were gradually established near forts.

The bugle was essential to all military communication until electronic messaging made it obsolete. The primary bugler was assigned to the headquarters staff and kept close to the commander at the front. Soldiers were quick to learn the calls of the bugle, and on a routine day, at least four, and as many as 10, were made.

Today, these bugle calls are electronic recordings projected over loudspeakers to everyone on post, but traditionally, Soldiers would play a bugle to announce the daily schedule.

Milton.W.McBride3.ctr@mail.mil

FORT JACKSON’S NEW BUGLE CALL SCHEDULE

MONDAY-SATURDAY
5:55 a.m. First Call
6 a.m. Reveille
7 a.m. Assembly (remove road blocks)
7:15 a.m. Mess Call (morning)
Noon Mess Call (noon)
1 p.m. Assembly
4:50 p.m. Recall
4:55 p.m. Assembly
5 p.m. Retreat
5:30 p.m. Mess Call (evening)

8 p.m. Tattoo
8:45 p.m. Call to Quarters
9 p.m. Taps
SUNDAY AND HOLIDAYS
7:55 a.m. First Call
8 a.m. Reveille
3:55 p.m. Assembly
4 p.m. Retreat
8 p.m. Tattoo
8:45 p.m. Call to Quarters
9 p.m. Taps

TRADITIONAL BUGLE CALL MEANINGS

- ★ First call — Sounds as a warning that personnel will prepare to assemble for a formation.
- ★ Reveille — Signals the troops to awaken for morning roll call.
- ★ Assembly — Signals troops to assemble at a designated place.
- ★ Mess call — Signals meal times.
- ★ Retreat — Signals the end of the duty day and lowering of the national colors.
- ★ Tattoo — Signals that all light in squad rooms be extinguished and that all loud talking and other disturbances be discontinued within 15 minutes.
- ★ Call to quarters — Signals all personnel not authorized to be absent to return to quarters for the night.
- ★ Taps — The call signals that unauthorized lights are to be extinguished. It is the last call of the day.

Military Saves Week offers financial advice

From Army Community Services

The Fort Jackson Financial Readiness Program will host a number of events as part of Military Saves Week, which runs Feb. 25 through March 2.

A display booth will be located at the Exchange from 11 a.m. to 2 p.m., Feb. 25. On Feb. 26, an investing class is scheduled from 11:30 a.m. to 1 p.m. The class will be offered in the 193rd Infantry Brigade classroom, 9400 Jackson Blvd. Financial readiness advisers will provide free FICO credit reports for active-duty service members and their families from 8 a.m. to 3 p.m., Feb. 28.

Military Saves, part of the nationwide America Saves program, is part of the Department of Defense’s financial readiness

campaign and has partnered with DoD since 2003. Military Saves is a social marketing campaign to persuade, motivate, and encourage military families to save money every month and to convince leaders and organizations to be aggressive in promoting automatic savings.

The campaign encourages all service members, their families, as well as civilian employees to take the Military Saves pledge. Savers who take the pledge can opt to receive a monthly e-newsletter from Military Saves, as well as a quarterly e-newsletter from America Saves. Military Saves also works with credit unions, military banks and other nonprofit organizations to promote savings and debt reduction. To take the pledge, visit www.militarysaves.org.





Photo by ANDREW McINTYRE

Students with Dent Middle School's Blue Diamond Steel Pans perform during Fort Jackson's Black History Month luncheon Tuesday at the Solomon Center.

Post celebrates Black History Month

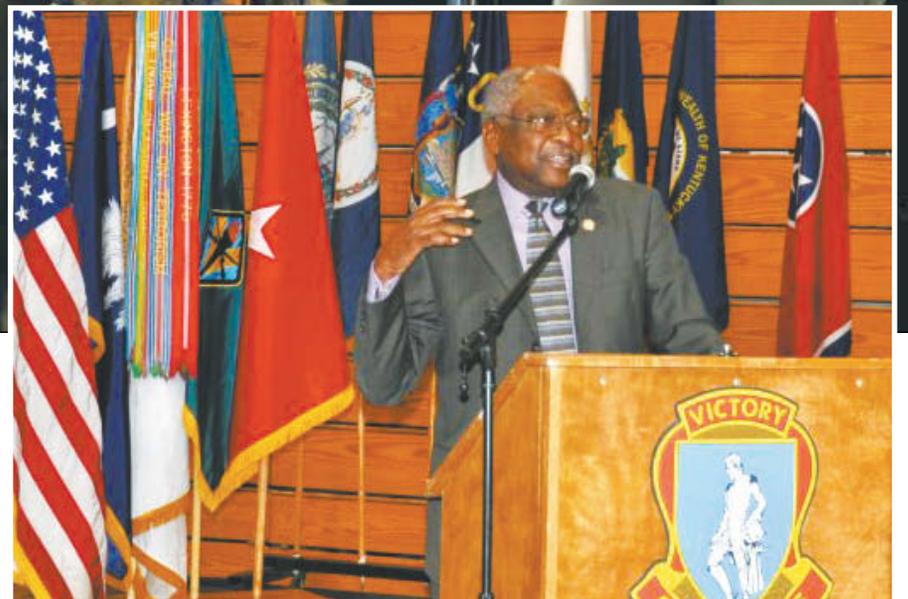


Photo by DAVID SHANES, command photographer

Rep. James Clyburn addresses the crowd as the guest speaker during the Black History Month luncheon, which was hosted by the 165th Infantry Brigade.



Photo by DAVID SHANES, command photographer

Sgt. Marshall Pampkin, 165th Infantry Brigade, recites Martin Luther King's historic, 'I Have a Dream' speech.

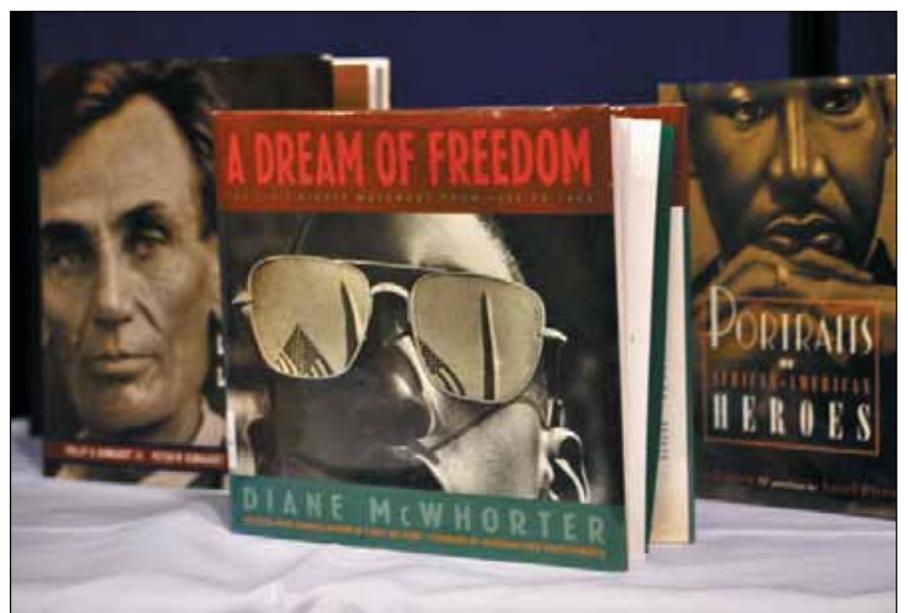


Photo by ANDREW McINTYRE

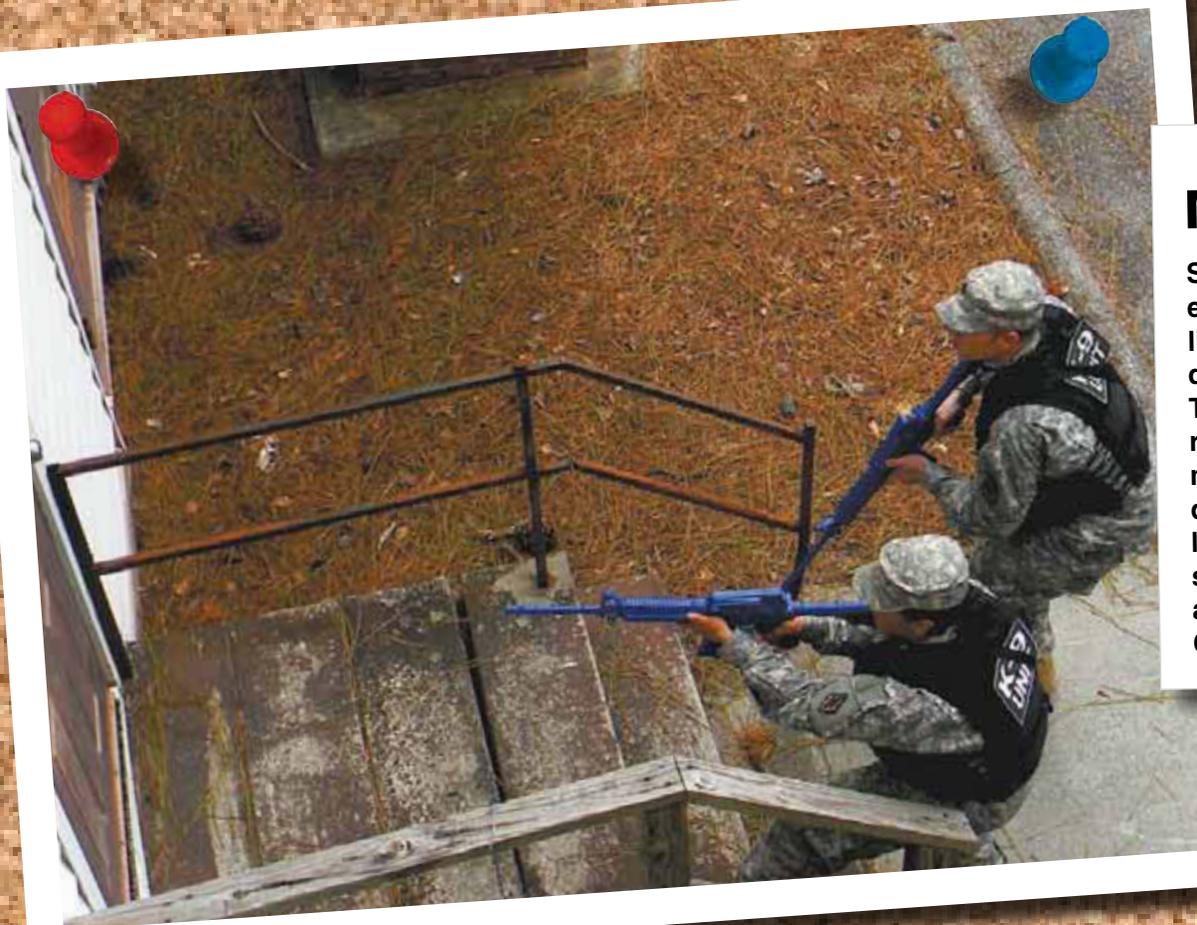
Displays inform attendees about African-American history.



Photo by ANDREW McINTYRE

Media day

A photojournalist takes a photo of Soldiers with the 3rd Battalion, 60th Infantry Regiment training at the Urban Assault Course Feb. 13. Members of the print and broadcast media were invited to spend the day on Fort Jackson to learn more about the installation's mission.



Courtesy photo

MP training

Sgt. Victoria Hernandez and Staff Sgt. Jeremy Pelkey, both with the 17th Military Police Detachment, prepare to enter a building during an active shooter exercise last week. The exercise was part of the unit's training requirements for its annual law enforcement certification. Other topics addressed during the training included South Carolina law, felony traffic stops, sexual assault response, traffic accident investigations, unarmed self defense and control holds, and OC spray certification.



Courtesy photo

SAMC elects new leaders

Members of the newly elected governing council of the Victory Chapter of the Sergeant Audie Murphy Club visit Post Command Sgt. Maj. Kevin Benson. Pictured, from left, are Sgt. 1st Class Eric Crist, incoming secretary; Benson; Sgt. 1st Class Travis Bowen, incoming president; and Sgt. 1st Class Caroline Keller, incoming vice president.



Courtesy photo

DECON training

Fort Jackson's Emergency Management Offices conducted a week of training focused on chemical and biological threat detection and decontamination. The training was attended by members of the Fort Jackson Fire Department, the Moncrief Army Community Hospital decontamination team and Emergency Medical Services.

New staff critical for success of SHARP

By **JADE FULCE**
IMCOM

SAN ANTONIO — U.S. Army Installation Management Command is recruiting and hiring new sexual assault response coordinators and sexual assault victim advocates by October as part of the Army's expanded Sexual Harassment/Assault Response and Prevention program.

IMCOM will hire 135 people this year in support of the SHARP program, said Ebenezer Williams Jr., IMCOM SHARP program manager.

Lt. Gen. Mike Ferriter, IMCOM commander, exempted SHARP staff from an Armywide hiring freeze Jan. 29, calling them mission-critical.

"I am authorizing the hiring to continue ... to ensure we continue to provide programs and services in support of critical missions, national security, safety of human life and the protection of private property," Ferriter said.

The SHARP program aims to reduce

sexual harassment and assault by creating a climate of respect for the dignity of every member of the Army Family. SHARP does this by trying to reduce the stigma associated with reporting an incident, increase prevention efforts and increase investigation and prosecution capabilities.

"Sexual harassment and sexual assault of any type will not be tolerated," said Rufus Caruthers, IMCOM director of Equal Employment and Opportunity. "It cripples the overall operation. It will not be tolerated and will be dealt with swiftly within the command."

Changes to the program came with the 2012 National Defense Authorization Act. The act requires all brigade-size units, including IMCOM garrisons, to have at least one full-time sexual assault response coordinator and sexual assault victim advocate. Additional sexual assault victim advocates may be added, depending on demographics or unit needs.

Garrison SHARP programs can also offer victims an option and continuity of

care if they choose not to use their command SHARP, said Williams. The senior commander on the installation is ultimately responsible for the program.

After Oct. 1, only armed forces members and Department of Defense civilian employees may be assigned to SHARP positions, the act states. No longer will there be contracted staff after that time.

The act also made changes to training and certification for SHARP personnel. "It is a requirement come Oct. 1, 2013 if you are not credentialed, then you cannot respond to a victim of sexual assault," said Sergio Perez, Fort Sam Houston sexual assault prevention and response program manager.

Perez said the National Organization of Victim Assistance is responsible for credentialing all Army sexual assault response coordinators and sexual assault victim advocates.

In the past, IMCOM garrisons managed the sexual assault prevention and response program under the Family Advocacy Pro-

gram in Army Community Service.

Col. Nancy D. Ruffin, director of the Army Family Advocacy Program manager and chief of Personal and Family Life Readiness branch emphasized that SHARP and FAP are two separate programs with different missions.

"ACS victim advocates are still providing assistance to any victim, whether of sexual assault or of domestic violence," Ruffin said. After Oct. 1, any ACS victim advocate must have SHARP training and credentials to respond to a case of sexual assault, according to Ruffin.

ACS Family Advocacy Program personnel will continue to respond to victims of domestic and child abuse incidents.

Williams said in the interim there are collateral sexual assault response coordinator and sexual assault victim advocate at every installation.

For more information, <https://www.safehelpline.org> or call 1-877-995-5247, the sexual assault support for the DoD community.

News and Notes

TAX CENTER OPEN

The Fort Jackson Tax Center is open from 10 a.m. to 7 p.m., Monday through Friday. It is located at 4283 Jackson Blvd. For more information, call 751-JTAX (5829).

AER CAMPAIGN TO BEGIN

The Army Emergency Relief Campaign is scheduled to begin with a ceremony at 10 a.m., March 1 at the Joe E. Mann Center. The campaign will run March 1 through May 15. Campaign results are expected to be announced June 7.

TOWN HALL MEETINGS SET

Two installation town hall meetings are scheduled for March 12 at the Solomon Center. The first meeting will start at 9 a.m.; the second meeting will start at 6 p.m. Installation representatives will give brief updates on various topics, which will be followed by an open-floor discussion.

LEGAL NOTICES

Anyone with debts owed to or by the estate of Staff Sgt. Charles H. Martin Jr. must contact 1st Lt. Rio Wesson, the summary court martial officer for the Soldier. Martin passed away Feb. 8 in Columbia. To contact Wesson, call 751-7264 or email Rio.W.Wesson.mil@mail.mil.

Anyone with debts owed to or by the estate of Sgt. Maj. Jonathan Burckhalter must contact Capt. Plowden Dickson, the summary court martial officer for the Soldier. Burckhalter passed away Feb. 2 in Florence. To contact Dickson, call (843) 860-2232 or email Plowden.Dickson@us.army.mil.

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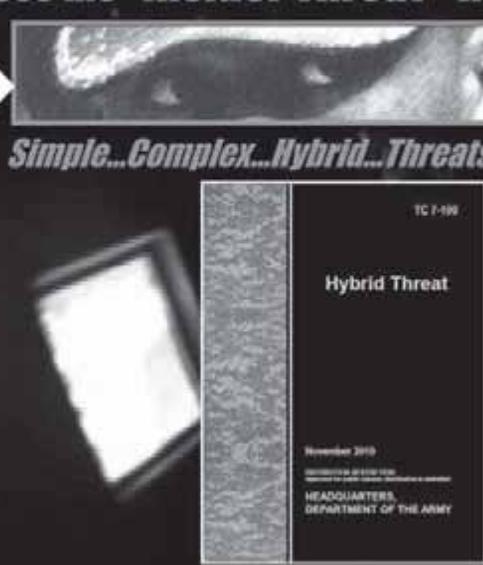
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What is YOUR ROLE?

does the "Insider Threat" Reside?

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JAN 2013
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Third Army hosts medical symposium

From Third Army/ARCENT

SHAW AIR FORCE BASE — With natural disasters like Hurricane Katrina and Hurricane Sandy illustrating the need for planning and coordination between civil authorities, medical leadership and the military, Third Army/ARCENT and its military partners from around the globe gathered at a symposium to set the stage for being as prepared as possible before the next disaster occurs.

Sponsored by U.S. Army Central, the five-day Military Medical Symposium which started in Washington Feb. 4, covered topics ranging from disease surveillance, preparedness and response to chemical, biological and radiological incidents.

“Establishing a prepared response for health care is critical prior to an emergency, being able to coordinate transportation and deploy medical personnel to provide immediate triage will be crucial,” said Brig. Gen. Rex Spittler, Third Army/ARCENT’s director of strategy and effects. “We can’t start the process soon enough because you just don’t know when that emergency will occur.”

Spittler, joined Dr. Jonathan Woodson, assistant secretary of defense (health affairs) and director of TRICARE Management Activity, to officially start the symposium.

Woodson spoke about preparedness and the need for immediate response tactics as he provided insight on which authorities would be the first responders and outlined fiscal aspects on services and long-term medical issues.



Photo by SPC. SHARMAIN BURCH, Third Army/ARCENT

Yemeni Brig. Gen. (Dr.) Abdulkarim Mohammed Saleh Al-Zabidi, deputy director military services (training director) ministry of defense — military medical services training division, speaks at the Military Medical Operations Symposium hosted by the Third Army/ARCENT Surgeon’s Office.

“Collectively, our national defense has overseas labs addressing medical surveillance response as we confront the challenges of strategy and engagement on humanitarian issues,” Woodson said. “On the fiscal end, we need to be fiscally responsible. The challenge is to make the valued statement to be coordinated and

efficient by modernizing our research as we can’t neglect our research portfolio.”

The symposium provided an opportunity for personnel within the Army’s medical community to focus on how to plan, coordinate and execute operations following a natural disaster. Although the goal of the event was to assist medical officials to

improve health care services and response strategies, it also allowed the attendees an opportunity to maintain and establish relationships as they work toward the common interest of health care.

During the days to follow, speakers from Third Army/ARCENT’s 18 partner nations who attended the symposium were given the opportunity to share and discuss their nations’ health care strategies and needs.

Iraqi Brig. Gen. (Dr.) Yasir Kamal Rasheed, dean of the Iraqi military medical institute spoke of the construction of the only military medical training facility in Baghdad. The facility, which graduates 2,700 medical professionals yearly, was completed in February 2010.

“After (Operation Iraqi Freedom), Iraq was left without medical facilities to support (its) needs, but through joint operations (between the U.S. and Iraq) a medical training facility was established to further first aid responders’ abilities to treat patients,” Rasheed said. “With American’s help, we have nine units that work with the surgeon general’s office, including training and logistics support.”

Representatives from Bahrain, the Kyrgyz Republic, Pakistan, Yemen, Lebanon and Egypt also spoke at the symposium.

“We need to build for the new generation,” said Yemeni Brig. Gen. (Dr.) Abdulkarim Mohammed Saleh Al-Zabidi, deputy director military services (training director) ministry of defense — military medical services training division. “We all need proper (military medical) structures to succeed at this goal and we can’t do it alone.”

Sequestration could delay redeployment

By C. TODD LOPEZ
Army News Service

WASHINGTON — The lack of an appropriations bill coupled with sequestration could eventually translate to Soldiers being delayed in their redeployment home from Afghanistan, the Army’s chief of staff said.

Gen. Raymond T. Odierno, speaking at the Brookings Institution Friday in Washington, explained that replacement forces to Afghanistan in 2014 could be affected by a shortage of training dollars and be forced to delay their deployment.

The Department of Defense has already agreed to nearly \$800 billion in cuts, the general said. Sequestration will mean an additional \$500 billion in defense cuts, and shifting funding for improvised explosive device, or IED, detection and electronic warfare equipment from overseas contingency operations budgets to service opera-

tions and maintenance budgets will mean an additional \$100 billion in cuts.

The military is looking now at a possible \$1.3 trillion in defense cuts overall, Odierno said. Compounding cuts to defense budgets is the lack of a confirmed budget for the services — the military is operating now on a “continuing resolution,” which is how Congress funds the government if it has not passed an appropriations bill. A continuing resolution makes military planning difficult.

“Today, in my opinion, the greatest threat to our national security is the fiscal uncertainty resulting from the lack of predictability in the budget cycles,” Odierno said. “Our country’s inability to put its fiscal house in order compromises the future of the joint force, the Army, and ultimately will impact our ability to provide security to our nation.”

Right now, Odierno said, the continuing resolution has created a “mismatch

of funds” that does not leave enough in the operations and maintenance accounts, known as O&M funds. There’s a \$6 billion shortfall there compared to what the Army needs, and sequestration will add another \$5.4 billion to that shortfall.

O&M funds allow the Army to train, so a shortfall in O&M funds means that fewer Soldiers will be able to train for Iraq and Afghanistan.

“We’re funding, totally, Afghanistan. We’re going to fund, totally, Korea, and sustain the readiness level in Korea,” Odierno said. “What that means is the rest of the forces that are now back in the United States will not be able to train. They will be able to do very small-level, squad-level training. They will not be able to do platoon-level, company-level, battalion-level training back at their installations. They will not be able to go out to combat training centers, which is what provides them the final readiness certification at the bat-

alion and brigade level.”

The general said the forces that are slated next to go to Afghanistan are going to be ready to go, insofar as training and equipping is concerned.

“What my concern is, the ones who come after them, they will now be behind,” he said.

What that means for the forces in Afghanistan in 2014 is that they might have to wait to redeploy while the follow-on forces are readied for their deployment.

Earlier this week, he told Congress as much, saying he offered two options to lawmakers on how to keep forces in Afghanistan.

“If I can’t make them up quickly, I then have to send forces that aren’t ready, or I have to extend forces that are already there,” he said. “That’ll be a decision I have to make as we get closer. We will continue to try to divert money so we do not have to extend people in Afghanistan.”

Hero Dog dies

Iraq veteran, celebrated working dog Gabe passes away in his owner's arms

By **WALLACE McBRIDE**
Fort Jackson Leader

"Gabe took his last breath at 12:44 p.m. while I held (him) in my arms."

With those words, Sgt. 1st Class Charles "Chuck" Shuck notified thousands of online followers that his dog, Gabe, had passed away. The notice received almost 5,000 direct comments on Facebook from fans who have followed Gabe during his campaign last year for the American Humane Association's Hero Dog Awards. It was a competition that put him against working dogs from all walks of life, and his victory in October ultimately won thousands of dollars for the nonprofit United States War Dog Association. In recent months, his "Hero Dog" standing also put him in the same room with celebrities like Betty White and Jay Leno.

Just a few years ago, though, his life was less glamorous. Rescued from an animal shelter in Texas, Gabe was trained to become a military working dog, eventually deployed to Iraq where he spent his days searching for explosives, ammunition and other weapons. He racked up 26 "finds" during the 170 combat patrols he took part in, the largest of which was a cache of rounds discovered on the banks of the Tigris River.

He retired in 2009 at the rank of sergeant first class.

Shuck said he took Gabe to Spring Valley Animal Hospital Feb. 12 after the dog refused to eat "for the first time ever." Veterinarians determined the dog was suffering from cancer in his liver and spleen. By the time the illness was detected, Shuck, a drill sergeant leader with the Drill Sergeant School, said it was too late to treat the illness.

He opted to have the dog put to sleep.

Shuck said Gabe was surrounded by his favorite toys and medals when he died. He was 10 years old.

"He went into shock and they gave him transfusions of plasma that night, but he never recovered," Shuck said. "He's pain free, and that's the solace I'm taking for today."

"Shuck and Gabe both risked their lives in service to our nation," said Robin Ganzert, president and CEO of the American Humane Association. "In turn, their service saved the lives of many men and women of our armed forces. Our condolences go out to Sgt. 1st Class Chuck Shuck. But this I know in my heart, even through Gabe has crossed the rainbow bridge, he will live on in the hearts of all of us who fight to give voice to the voiceless and bring love and compassion to at-risk children and animals."

Shuck was paired with Gabe in 2006, with Gabe passing his final military evaluation in Numa, Az., after five months of training. A few weeks later the two found themselves on the ground in Iraq. When Gabe left Iraq, he took with him three Army Commendation Medals and an Army Achievement Medal from the different units, and dozens of coins of excellence.

Gabe received the 2008 Heroic Military Working Dog Award Medal from the American Kennel Club, a national award that included animals from all armed forces.

Shuck was allowed to adopt Gabe in 2009.

"We're just asking people to continue to support Soldiers and military working dogs who are still fighting right now overseas," he said.

Gabe will remain the American Humane Association's 2012 Hero Dog through October, Shuck said. There are no plans to replace him.
Milton.W.McBride3.ctr@mail.mil



Gabe, the American Humane Association's 2012 Hero Dog, died last week from cancer. Left, his campaign for last year's Hero Dog award put Gabe and owner, Sgt. 1st Class Charles 'Chuck' Shuck, brought him into contact with celebrities like Betty White, pictured far left. Above, Gabe's fans respond to the news of his death on his Facebook page.

Leader file photos

CMYK

CMYK

27" WEB-100

Calendar

Monday

Travel Expo

10 a.m. to 2 p.m.; Solomon Center

Tuesday

The ROCKS, Inc. meeting

6 p.m.; Post Conference Room

For more information, email

jacquia.l.robinson@us.army.mil

Tuesday, March 5

2013 Hiring our Heroes veterans event

9 a.m. to noon; Solomon Center

To register, visit www.hoh.greatjob.net.

Wednesday, March 13

Retired Wives luncheon

11:30 a.m.; Officers' Club

RSVP is required by 3 p.m., March 8. To

RSVP, call 788-1094 or 783-1220.

Friday, March 29

Women's History Month luncheon

11:30 a.m. to 1 p.m.; Solomon Center

Tickets cost \$10. For tickets, contact an

equal opportunity adviser or the Equal Employment Opportunity Office.

Announcements

LACROSSE CLINIC

A lacrosse clinic led by players with the Charlotte Hounds is scheduled from 1 to 4 p.m., Sunday at Darby Field. The clinic is open to the Fort Jackson community. For more information, call 751-4251.

DENTAC CLOSURE

All Fort Jackson dental clinics will be closed for training from 12:30 to 4:30 p.m., March 5 and 15. For emergencies, report to the Urgent Care Clinic.

FCC PROVIDER TRAINING

Family Child Care provider training

is scheduled from 8 a.m. to 4 p.m., Feb. 22-29 at the Joe E. Mann Center. Military spouses living on post and off-post child care providers registered with the Department of Social Services may apply to become certified to provide child care to military families in their homes. For more information, call 751-6234.

CYSS LITERARY FAIR

A literary fair is scheduled for March 2 at the Solomon Center. Students 7 to 18 years old are encouraged to submit an original poem or story to School Support Services to be featured in the fair's "Original Poetry and Stories Corner." Submissions are due 5 p.m., Tuesday. For more information, call Ann Gordon at 751-6150.

BASKETBALL TOURNAMENT

A three-on-three basketball tournament is scheduled for 9 a.m., March 30 at Patriots' Park. Players must be 18 or older. Registration is open now. For more information, call 751-7146.

OFFICE RELOCATIONS

The Personnel Movements Branch and Carlson Wagonlit offices have relocated to the Strom Thurmond Building. The Personnel Movement Branch is in Room 107. Carlson Wagonlit is in Room 100.

YOUTH SPORTS REGISTRATION

Registration for track and field (ages 6-14) and soccer (ages 3-5) runs through March 1. Registration for T-ball (ages 3-5), baseball (ages 6-14) and softball (ages 6-14) runs through April 8. For more information, call 751-5040/7451.

SAT, ACT TESTING

The Fort Jackson Education Center will administer SAT testing Friday, March 8, April 5, May 3 and June 7. ACT testing is scheduled for March 15, April 12, May 10 and June 14. Testing is available to eligible service members only. For more information and to register, call 751-5341.

MUSEUM CLOSURE

The Basic Combat Training Museum will be closed Monday through March 8 for outdoor renovations.

LIFEGUARD CLASSES

Family and Morale, Welfare and Recreation is offering lifeguard certification classes every month. For more information, call Amanda Orduno at 751-4796.

SOCCER SIGN-UP

Letters of intent for unit-level 11-person soccer are due to the Sports Office today. For more information, call 751-3096.

BLACK HISTORY MONTH 5K

Registration for the Black History Month 5K fun walk/run is open. The run is scheduled for 8 a.m., Saturday at Hilton Field Softball Complex. Race-day registration is open from 6:30 to 7:30 a.m. Pets or bicycles are not allowed. For more information, call 751-3096.

SCHOLARSHIP APPLICATIONS

Army Emergency Relief is now accepting applications for the MG James Ursano scholarship. The scholarship program assists spouses and children of active and retired Soldiers in obtaining a four-year undergraduate degree.

Recipients must apply each year and may receive assistance for up to four years. For more information, visit www.aerhq.org.

COMMISSARY NEWS

Students can now apply for the 2013 Scholarships for Military Children Program. The program awards at least \$1,500 at each commissary. Applications must be turned in to a commissary by close of business Friday. For more information, visit www.commissaries.com or www.militaryscholar.org.

THRIFT SHOP NEWS

The Thrift Shop now offers a punch

card that will offer loyalty discounts.

The Golden Carriage Program provides free ball gowns for spouses of active-duty service members E5 and below. No winter clothing will be accepted after March 6.

Housing happenings

RENTAL AGREEMENTS

Rental agreements should include the amount of rent to be paid, the date of the payment and rights and obligations of the tenant and landlord. Fort Jackson housing counselors are available to review your lease. For more information, call 751-5788/7566/9323.

MAYORS NEEDED

The Mayoral Council is looking for volunteers to serve as mayors in the housing community. Child care is provided while performing mayoral duties. Interested residents should call Vicki Greer at 751-7567.

SCHOLARSHIP PROGRAMS

Balfour Beatty Communities Foundation is accepting applications through April 15 from high school and undergraduate students for its scholarship program. For more information, visit www.bbcommunitiesfoundation.org.

RECREATIONAL VEHICLES

Boats, campers, trailers, jet skis and other recreational vehicles must be stored in the RV storage lot on Essayons Way. These vehicles are not permitted to be parked in the housing area. To reserve free space and for more information, call 751-9339.

MUSTACHE BASH

A mustache party is scheduled for 3 to 5 p.m., Feb. 26. The party will include a meet and greet with Joshua Vasallo, author of "Mustache Mayhem and Other True Stories." Registration is required by Tuesday. To register, email ayoungblood@bbcgrp.com.

All events are held in the Community Center, 520 Brown Ave., unless otherwise specified. Call 738-8275 for information.

Third Army recognition

Sgt. Joe Smith, a senior data system integrator, was named Third Army/ARCENT Soldier of the week.

Courtesy photo



Friday, Feb. 22 — 7 p.m.
Mama PG-13

Saturday, Feb. 23 — 2 p.m.
Les Miserables PG-13

Sunday, Feb. 24 — 2 p.m.
Mama PG-13

Wednesday, Feb. 27 — 1:30 p.m.
Mama PG-13

Wednesday, Feb. 27 — 4:30 p.m.
Gangster Squad R

For more listings, visit www.aafes.com or call 751-7488.

Saluting this Basic Combat Training cycle's honorees

DRILL SERGEANTS OF THE CYCLE



**Staff Sgt.
Christopher Perry**
Company A
3rd Battalion,
34th Infantry Regiment

HONOR GRADUATE
Spc. Phillip Jackson

HIGH BRM
Spc. Austin Vailoces

HIGH APFT SCORE
Spc. Nicholas Ryan



**Staff Sgt.
Jonathan Phares**
Company B
3rd Battalion,
34th Infantry Regiment

HONOR GRADUATE
Spc. Jonathan Schellin

HIGH BRM
Pvt. Andrew Grogean

HIGH APFT SCORE
Pvt. Delbert Welch



**Sgt. 1st Class
Lynn Dishon**
Company C
3rd Battalion,
34th Infantry Regiment

HONOR GRADUATE
Spc. Elise Pace

HIGH BRM
Pvt. Morgan Emmet

HIGH APFT SCORE
Spc. Jessica Serrano



**Sgt. 1st Class
Dennis Unger**
Company D
3rd Battalion,
34th Infantry Regiment

HONOR GRADUATE
Spc. Brian Sorenson

HIGH BRM
N/A

HIGH APFT SCORE
Pfc. Tevon Jackson



**Staff Sgt.
Erik Adams**
Company E
3rd Battalion,
34th Infantry Regiment

HONOR GRADUATE
Spc. Mervin Barrow

HIGH BRM
Pvt. Javonte Jenkins

HIGH APFT SCORE
Spc. Said Abouhaaria



**Sgt. 1st Class
Richard Perry**
Company F
3rd Battalion,
34th Infantry Regiment

HONOR GRADUATE
Spc. David Kelia

HIGH BRM
Pvt. Blake Bird

HIGH APFT SCORE
Spc. Danielle Sidell

DISTINGUISHED HONOR GRADUATE

Spc. Jonathan Schellin, Company B

Training honors



THORNBORROW

**Sgt. 1st Class
John Thornborrow**
Drill sergeant of the cycle
Company A
Task Force Marshall



DINSMORE

**Staff Sgt.
Gregory Dinsmore**
Drill sergeant of the cycle
Company B
Task Force Marshall

Want more Fort Jackson news?

**Watch Fort Jackson video news stories
and Victory Updates
at [http://www.vimeo.com/
user3022628](http://www.vimeo.com/user3022628)**

SUBMISSION GUIDELINES

Announcements should be typed and no more than 45 words. All submissions may be edited to comply with *Leader* style and Public Affairs regulations. Send all submissions to FJLeader@gmail.com. For more information, call 751-7045. For information about classified advertising, contact Camden Media Co. at 432-6157. Classified ads may also be emailed to sbranham@ci-camden.com.

At your service

Phone numbers and operation hours for key post facilities

All South Federal Credit Union	782-9830	Monday-Thursday, 9 a.m. to 5 p.m.; Friday, 9 a.m. to 6 p.m.
American Red Cross	751-/4329/5923	Monday-Friday, 8 a.m. to 4 p.m.
Andy's Fitness Center	751-4177	Monday-Friday, 5 a.m. to 9 p.m.; Saturday, 8 a.m. to 6 p.m., Sunday, 10 a.m. to 4 p.m.; call for hours on training and federal holidays
Army Career Alumni Program	751-4109/4104	Monday-Friday, 7:30 a.m. to 4:15 p.m.
Army Community Service	751-5256	Monday-Friday, 8 a.m. to 4 p.m.
Army Continuing Education Services	751-5341	Monday-Friday, 7:30 a.m. to 4:30 p.m.
Army Substance Abuse Program	751-5007	Monday-Friday, 7:30 a.m. to 4:30 p.m.
Basic Combat Training Museum	751-7419	Monday-Friday, 9 a.m. to 4 p.m.; Family Day, 9 a.m. to 6 p.m.
Bowling, Century Lanes	751-6138	Monday, 5:30 to 9:30 p.m.; Tuesday, 9 a.m. to 9:30 p.m.; Wednesday, 8:45 a.m. to 8:30 p.m.; Thursday, Friday, 11 a.m. to 9:30 p.m.; Saturday, 9 a.m. to 10 p.m.; Sunday, 1 to 8 p.m.
Bowling, Ivy Lanes	751-4759	(For use by Soldiers in training): Wednesday, 11 a.m. to 8:30 p.m.; Friday, 5:30 to 9 p.m., Saturday, 1 to 9 p.m.; Sunday, noon to 5 p.m.
Car Care Center	782-1639	Monday-Friday, 8 a.m. to 5 p.m.
Chaplain Museum	751-8827/8079	Monday-Friday, 9 a.m. to 4 p.m.
Child and Youth Services	751-4865	Monday, Wednesday and Friday, 7:30 a.m. to 4:30 p.m.; Tuesday and Thursday, 7:30 a.m. to 6 p.m.
Civilian Personnel Advisory Center	751-3219	Monday-Friday, 8 a.m. to 4 p.m.
Class VI	782-1601	Monday-Friday, 9 a.m. to 7 p.m.; Saturday, 9 a.m. to 8 p.m.; Sunday, 10 a.m. to 7 p.m.
Clinical Army Substance Abuse Program	751-6597	Monday-Friday, 7:30 a.m. to 4:15 p.m.
Coleman Gym	751-5896	Monday-Friday, 5:30 a.m. to 9 p.m.; weekends, training holidays and holidays except Christmas and New Year's Day, 6 a.m. to 2 p.m.
Commissary	751-5789	Sunday, 11 a.m. to 6 p.m.; Tuesday and Saturday, 9 a.m. to 8 p.m.; Wednesday-Friday, 10 a.m. to 8 p.m.
DA Photos (TSC)	751-7592	Monday-Thursday, 8 to 11 a.m. and 1 to 3 p.m.
Defense Military Pay Office	751-6669 (Soldiers)	Monday-Friday, 8 to 11:30 a.m. and 12:30 to 4 p.m. Civilians should call 751-4914.
Dental Clinics	751-5178/6017	Monday-Friday, 7:15 a.m. to 4:15 p.m.
Family Health Center	751-2273	Monday-Friday, 7:20 a.m. to 8 p.m.; training holidays, 8 a.m. to 4 p.m.
Family Life Resiliency Center	751-4961	Monday-Friday, 9 a.m. to 5 p.m.
Florist	738-1812	Monday-Friday, 9 a.m. to 5:30 p.m.
Fort Jackson National Cemetery	699-2246	Monday-Friday, 8 a.m. to 4:30 p.m.
Furniture Store	787-9175	Monday-Friday, 9 a.m. to 6 p.m.; Saturday, 10 a.m. to 5 p.m.; Sunday, 11 a.m. to 5 p.m.
Hospital Retail Annex	782-1263	Monday-Friday, 7 a.m. to 4 p.m.
ID Section	751-7731	Monday-Friday, 8 a.m. to 4 p.m.
Legal Assistance and Claims	751-4287/3603	Monday-Friday, 9 a.m. to 4 p.m.
LCI-SSSC	790-5306	Monday-Friday, 8 a.m. to 4 p.m.
Main Outpatient Pharmacy	751-2259	Monday-Friday, 7:30 a.m. to 5 p.m.
MG Robert B. Solomon Center	751-4056	Monday-Friday, 8 a.m. to 8 p.m.; Saturday, 8 a.m. to 6 p.m.; Sunday, 10 a.m. to 4 p.m.
Military Clothing Sales Store	787-5248	Tuesday, Wednesday, Friday, 9 a.m. to 6 p.m.; Thursday, 9 a.m. to 7 p.m.; Saturday-Sunday, 10 a.m. to 4 p.m.
Movie Theater	751-7488	Hours vary
National Federation of Federal Employees	751-2622	
NCO Club	782-2218	Temporarily closed
Officers' Club	751-4906	Tuesday-Friday, 8:30 a.m. to 4:30 p.m.; Sunday brunch, 11 a.m. to 1:30 p.m.
Palmetto Falls Water Park	751-3475	Closed for the season
Perez Fitness Center	751-6258	Monday-Friday, 5:30 a.m. to 9 p.m.; weekends and training holidays, 10 a.m. to 6 p.m.
Pharmacy Annex (PX mall)	751-2250	Monday-Friday, 9 a.m. to 6 p.m.
Pool, Knight	751-4796	Monday-Friday, 6 a.m. to 2 p.m., 4:30 p.m. to 7 p.m.
Pool, Legion	751-4987	Closed for the season
Post Exchange	787-1950/1951/1952	Monday-Saturday, 9 a.m. to 9 p.m.; Sunday, 10 a.m. to 7 p.m.
Post Library	751-5589/4816	Monday-Thursday, 11 a.m. to 8 p.m.; Friday-Sunday, 11 a.m. to 5 p.m.
Post Office	782-8709	Monday-Friday, 8:30 a.m. to 5 p.m.
Recycling Center	751-4208	Monday-Friday, 7 a.m. to 3 p.m.; Saturday, 8:30 a.m. to 3:30 p.m.
Reuse Center	751-5121	Monday-Friday, 10 a.m. to 2 p.m.
Safety Center	751-6004	Monday-Friday, 7:30 a.m. to 4:30 p.m.
Gate 1 Express	782-2076	Monday-Friday, 7 a.m. to 6 p.m.; Saturday-Sunday, 10 a.m. to 6 p.m.
Gate 2 Express	790-4478	Open 24 hours a day
SSI Retail Annex	738-9189	Monday-Friday, 8 a.m. to 2:30 p.m.
Thrift Shop	787-2153	Tuesday and Thursday, 9 a.m. to 3 p.m.; Wednesday, 9 a.m. to 5 p.m.
Vanguard Gym	751-4384	Monday-Friday, 5:30 a.m. to 9 p.m.; Saturday, Sunday and holidays, 1 to 8 p.m.
Veterinary Clinic	751-7160	Monday-Friday, 8 a.m. to 4 p.m.
Victory Travel	751-5812	Monday-Friday, 8 a.m. to 5 p.m.; closed on federal holidays
Weapons Registration	751-5887	Monday-Friday, 8 a.m. to 4 p.m.

Anything we missed? E-mail us at fjleader@gmail.com.

MACH clinic clears way for travelers

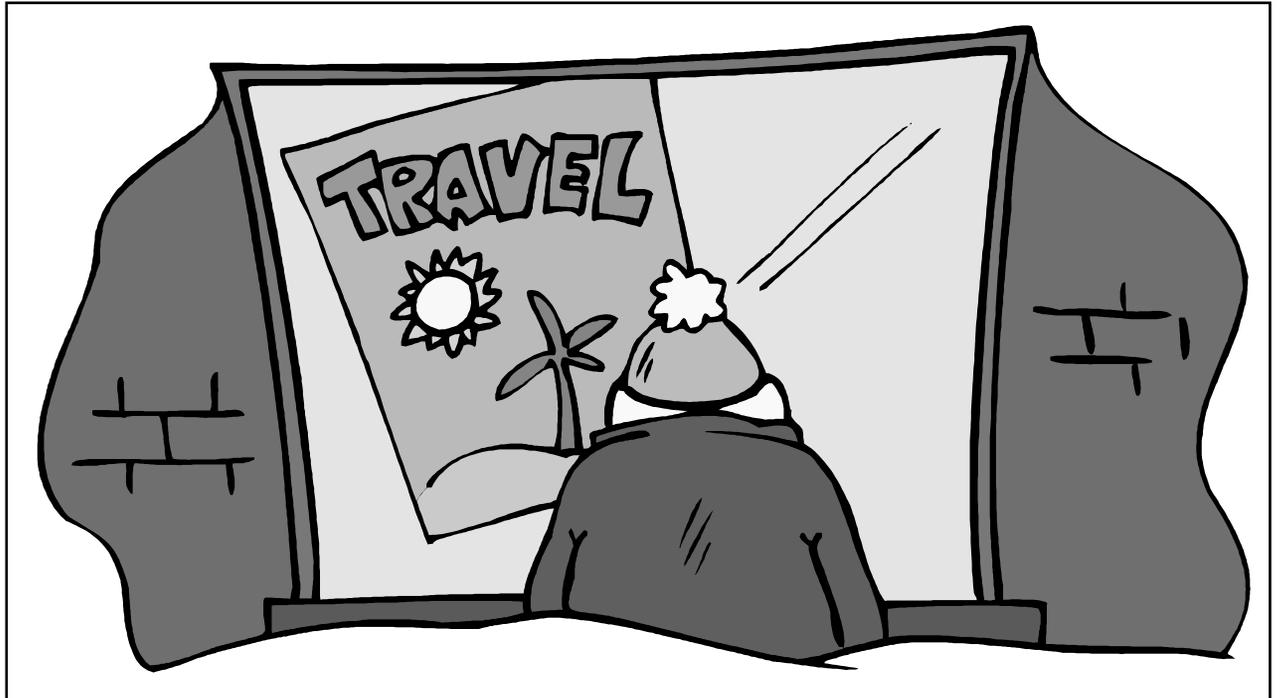
From Moncrief Army Community Hospital

If you are traveling abroad, it is important to first see a travel medicine specialist. The Department of Preventive Medicine Travel Clinic at Moncrief Army Community Hospital offers comprehensive preventive health care for international travelers.

Travel medicine specialists at the clinic will provide a preventive health care plan based on your medical history and individual itinerary. For example, if you are planning to travel to an area with malaria risk, the proper antimalarial medication will be prescribed to you for pickup at the pharmacy.

Immunizations may be recommended to ensure you have adequate protection against diseases to which you could be exposed during your travel. When recommended, immunizations including those against yellow fever, typhoid, meningococcal, hepatitis A, hepatitis B, polio, tetanus, diphtheria and pertussis, varicella, pneumonia and measles, mumps, rubella are provided by the Allergy and Immunization Clinic. Vaccinations should ideally be given six to eight weeks before departure.

Advance preparation and counseling for the prevention and management of illnesses common among travelers can substantially reduce the risk of travel disruption due to medical complications. Your current physical condition, type of areas you will be visiting and the kind of accommodations you will be using are a few factors that are taken



into consideration when you are counseled for your trip.

Health advisories generated by various international sources and the Centers for Disease Controls are reviewed frequently by a travel medicine specialist so that recommendations reflect sound and current advice. Informational handouts, including these up-to-date recommendations,

will be provided to you during your visit.

The travel clinic is open to all TRICARE-eligible beneficiaries, including active duty, family members and retirees.

Travel immunizations, medications and counseling are available by appointment. For more information, call 751-5251.



Your health care is a click away

Moncrief Army Community Hospital
Integrated Health Clinic
Medical Home

With online services from Army Medicine Secure Messaging Service you can:

- Book appointments
- Request/review lab and test results
- Request medication refills
- Request a referral
- Email your doctor a question
- Schedule web visits with your doctor

It's health care that clicks.

To register for online services ask your health care team in the Integrated Health Clinic Medical Home or visit: <http://www.relayhealth.com>.



MACH UPDATES

TRICARE CHANGES FOR RESERVES

Beneficiaries enrolled in TRICARE Reserve Select or TRICARE Retired Reserve need to switch to an electronic form of payment. TRICARE now only accepts monthly premium payments using recurring automatic payments by credit or debit card or by recurring electronic funds transfer from a linked bank account. For more information and to set up automatic payments, contact your regional contractor. Contact information is available at www.tricare.mil/contacts.

ACCESS CALL CENTER CHANGE

Moncrief Army Community Hospital beneficiaries will no longer be able to call the Access Call Center to leave a voice

message to request an appointment, effective Friday. Patients may call the Access Call Center at 751-CARE (2273) to schedule an appointment from 7:30 a.m. to 4 p.m., Monday through Friday, or visit www.tricareonline.com

MACH WEIGHT MANAGEMENT

The Pathway is a free weight management program provided by MACH's Nutrition Clinic. Introductory classes are offered 10:15 to 11:15 a.m. and 3:15 to 4:15 p.m. the first Wednesday of the month at MACH, Room 8-85. "Lunch with the Dietitian" will be offered the second Wednesday of the month in the MACH Dining Facility from 12:15 to 12:45 p.m. For more information, call 751-2489.

Like the Leader on Facebook.
Log on to your account
and search for "Fort Jackson Leader."

Leader deadlines

Article submissions are due two weeks before publication. For example, an article for the March 7 Leader must be submitted by today.

Announcement submissions are due one

week before publication. For example, an announcement for the March 7 Leader must be submitted by Feb. 28.

Send all submissions to FJLeader@gmail.com. For more information, call 751-7045.



Parenting takes managing expectations

By **CHAPLAIN (CAPT.) PATRICIA NICHOLS**
4th Battalion, 10th Infantry Regiment

I heard the term, "expectation management," twice this week, so I thought maybe I should explore this topic a bit. However, the biggest thing on my mind right now is the parenting of my children.

Parenting advice abounds — professional and otherwise. Everybody seems to know how you ought to be raising your children. Advice comes from everywhere on boundaries, rules, consequences, rewards, chore charts and schedules — yes, parenting advice is plentiful. But what really, truly works?

A boy takes two cans of soup, his favorite jacket, and his shoes with the floppy shredded shoelaces, and heads out. He has half-done his chores, not completed his homework, not practiced the piano, and mom has just blasted him for wasting time.

He may as well just go away, he thinks. But he might get hungry — thus the soup cans. But somehow he does not make it past the front yard. Dad finds him sitting cross-legged in the grass, soup cans lined up neatly beside him, looking at the stars.

"Thinking about going somewhere, son?"

"No, sir, not really ...," he trails off, and they sit quietly in the dark.

A few minutes later, the boy said, "Wow, Dad, just look at those stars. I think you must be able to see them no matter where you are in the universe. And that one right there — the longer I look at it the brighter it shines."

"Yes, it's bright all right. Well, dinner's ready. Let's go on inside," the dad said.

Sitting around the table a little later, the family sings the blessing, "Thank you, Lord, for your blessings on me," and the boy looks up sheepishly at Mom. Mom smiles at him and thinks, "Patience. It's just going to take time. Just keep on showing him the right way and maintaining the standard. Show him again — for the hundredth time if you have to — how to do it right. Don't despair when he messes up. You mess up, too. You mess up, and God shows you



mercy and incredible patience. Now show that kid what a true apology looks like. Teach him something that's going to serve him well in his future relationships."

Maybe the two are related — expectation management and parenting. Maybe we expect our kids to know and do automatically what we have been knowing and doing for years. Maybe it's time we realize that training our children is a process of directing their growth.

This process involves nurturing, fertilizing, supporting and pruning — and all of this requires time, persistence and hard work. Establishing positive life habits and instill-

ing solid values will not happen overnight, but if we are patient, we will see the fruit of our labor — and we will be glad. We cannot give up.

Galatians 6:9 says, "Don't be weary in well doing: for in due season, we will reap if we faint not." Parenting is not for the faint-hearted. Keep the faith and keep pressing on, friends.

Please stop by to see your unit chaplain — if for nothing else, just to say hello. If the chaplain can help in any way, I'm sure he or she will. He or she is probably out where your Soldiers are, so call first — keep that number handy.

Worship & Praise

PROTESTANT

- Sunday
 - 8:30 a.m. Daniel Circle Chapel Gospel service, Daniel Circle Chapel (first service)
 - 9 a.m. McCrady Chapel (SCARNG), McCrady Training Center
 - 9:30 a.m. Hispanic, Post Theater
 - 9:30 a.m. Main Post Chapel
 - 10:15 a.m. Daniel Circle Chapel Gospel service, Daniel Circle Chapel (second service)
 - 10:45 a.m. Sunday school, Main Post Chapel
 - 11 a.m. Memorial Chapel
 - 11 a.m. Chapel Next, Bayonet Chapel

Protestant Bible Study

- Monday
 - 7 p.m. Women's Bible study (PWOC), Main Post Chapel
- Tuesday
 - 9 to 11:30 a.m. Women's Bible study (PWOC), Main Post Chapel
- Wednesday
 - 11:45 a.m. to 12:30 p.m. Fresh encounter Bible study, Chaplain Family Life Center

- 6 p.m. Gospel prayer service, Daniel Circle Chapel
- 7 p.m. Gospel Bible study, Daniel Circle Chapel
- Saturday
 - 8 a.m. Men's prayer breakfast (PMOC), Main Post Chapel (every second Saturday of the month in the activity room)

Protestant Youth of the Chapel

- Saturday
 - 11 a.m. Daniel Circle Chapel youth group, Dorn VA Hospital (first Saturday of each month)
- Sunday
 - 5 to 6:30 p.m. Club Beyond youth group, Chaplain Family Life Center

CATHOLIC

- Monday through Thursday
 - 11:30 a.m. Mass, Main Post Chapel
- Sunday
 - 8 a.m. IET Mass, Solomon Center
 - 9:30 a.m. CCD (September through May), Education Center
 - 9:30 a.m. Religious ed class for adults (September through May), Main Post Chapel
 - 9:30 a.m. Religious ed class for children (September through May), Main Post Chapel
 - 10:30 a.m. Reconciliation (after Mass or by appointment), Main Post Chapel
 - 11 a.m. Mass (Main Post Chapel)
 - 12:30 p.m. Catholic youth ministry, Main Post Chapel

- Wednesday
 - 7 p.m. Rosary, Main Post Chapel
 - 7:30 p.m. RCIA/Adult inquiry (September through May), Main Post Chapel

ANGLICAN/LITURGICAL

- Sunday
 - 8 a.m. Anderson Street Chapel

ISLAMIC

- Sunday
 - 8 to 10 a.m. Islamic studies, Main Post Chapel
- Friday
 - 12:45 to 1:30 p.m. Jumah services, Main Post Chapel

JEWISH

- Sunday
 - 9:30 to 10:30 a.m. Worship service, Memorial Chapel
 - 10:30 to 11:30 a.m. Jewish book study, Post Conference Room

CHURCH OF CHRIST

- Sunday
 - 11:30 a.m. Anderson Street Chapel

LATTER DAY SAINTS

- Sunday
 - 9:30 to 11 a.m. Anderson Street Chapel

- Wednesday
 - 3 to 5 p.m. LDS family social, Anderson Street Chapel
- Wednesday
 - 7 to 8 p.m. LDS scripture study, Anderson Street Chapel

ADDRESSES, PHONE NUMBERS

- Anderson Street Chapel**
2335 Anderson St., corner of Jackson Boulevard, 751-7032
- Bayonet Chapel**
9476 Kemper St., 751-6322/4542
- Daniel Circle Chapel**
3359 Daniel Circle, corner of Jackson Boulevard, 751-1297/4478
- Education Center**
4581 Scales Ave.
- Chaplain Family Life Center**
5460 Marion Ave (to the side of the POV lot), 751-4961
- Magruder Chapel**
4360 Magruder Ave., 751-3883
- Main Post Chapel**
4580 Scales Ave., corner of Strom Thurmond Boulevard, 751-6469/6681
- McCrady Chapel (SCARNG)**
3820 McCrady Road (located at McCrady Training Center)
- Memorial Chapel**
4470 Jackson Blvd., 751-7324
- Warrior Chapel (120th AG Bn.)**
1895 Washington St., 751-5086/7427
- Installation Chaplain's Office**
4475 Gregg St., 751-3121/6318