

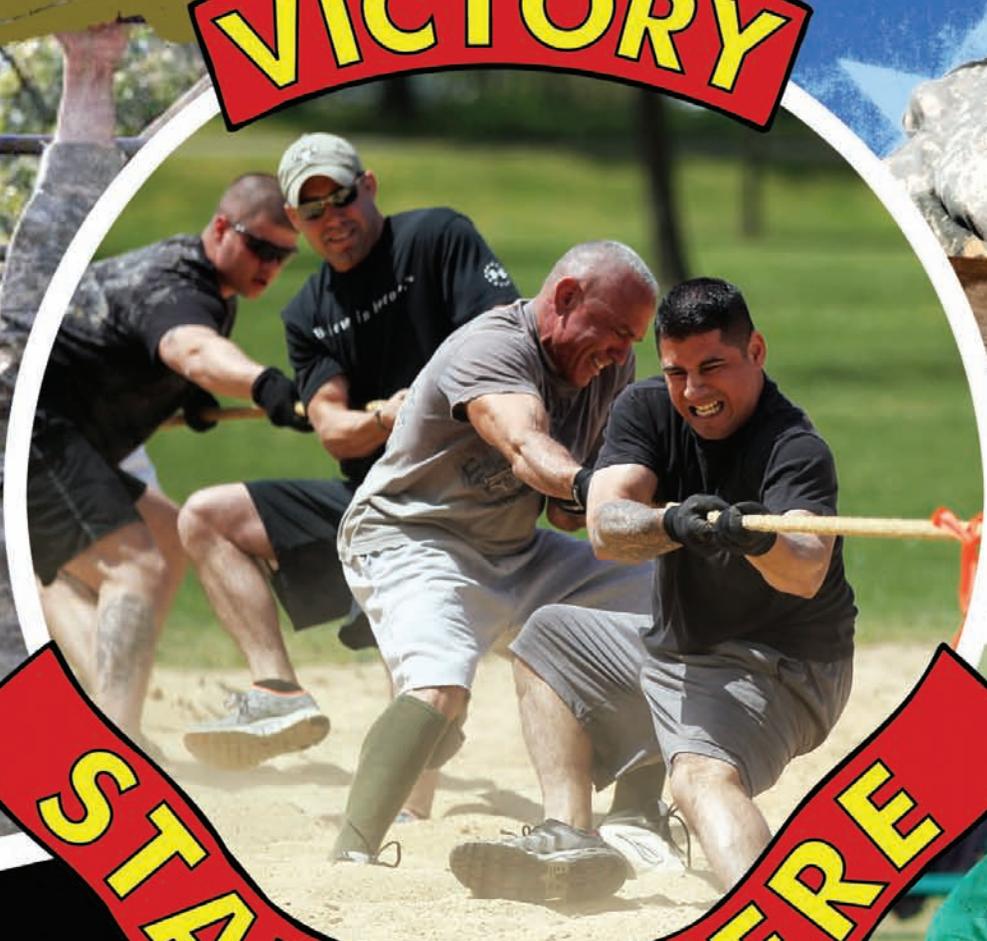
THURSDAY, JUNE 12, 2014

THE FORT JACKSON LEADER

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VICTORY



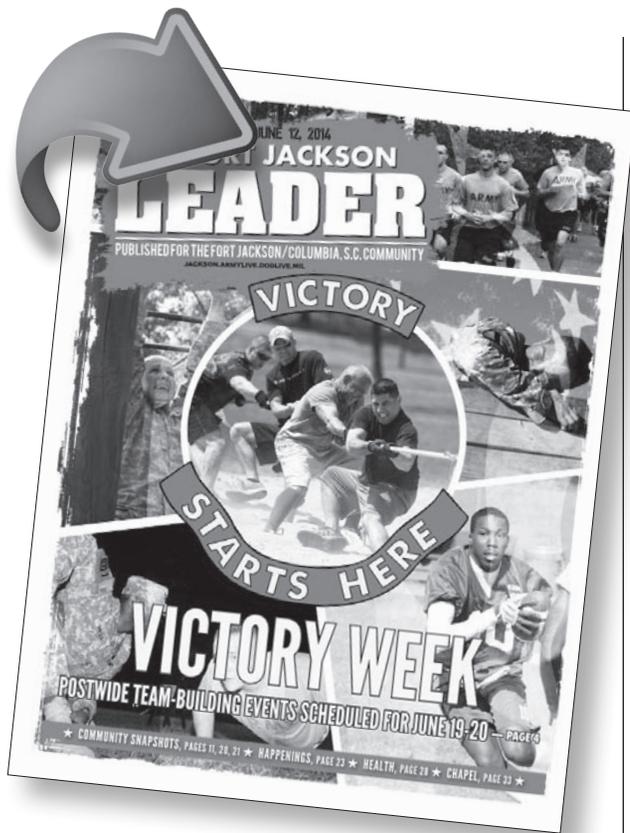
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VICTORY WEEK

POSTWIDE TEAM-BUILDING EVENTS SCHEDULED FOR JUNE 19-20 — PAGE 4

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ON THE COVER

Photo illustration by WALLACE McBRIDE

Fort Jackson's Victory Week team-building event is scheduled for June 19-20. **SEE PAGE 4.**



193rd welcomes new command team

Above, Brig. Gen. Bradley Becker, Fort Jackson's commanding general, hands the colors of the 193rd Infantry Brigade to its incoming commander, Col. Milford Beagle in a ceremony Friday at Victory Field. Beagle takes over for Col. Joseph McLamb, center, who will deploy to Afghanistan. Beagle previously served as the J5 division chief for the Joint IED Defeat Organization, JIEDDO, at the Pentagon. Left, the 193rd also welcomes its new top enlisted Soldier, Command Sgt. Maj. Cedric Burns, who replaces Command Sgt. Maj. Lloyd Julius.

Photos by SUSANNE KAPPLER



Fort Jackson, South Carolina 29207

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Photo by WALLACE McBRIDE

Soldiers, civilians and family members new to the installation receive information about services offered at the Post Newcomers Orientation June 4 at the NCO Club. The orientation takes place at 9 a.m., the first Wednesday of each month.

Briefing offers tips for newcomers

By WALLACE McBRIDE
Fort Jackson Leader

Wednesday traffic can be a little intense on Fort Jackson.

It might seem like a trivial matter when grouped with topics such as weapons registration, hospital services and religious support. But Family Day activities bring hundreds of visitors to the post every Wednesday, many of them unfamiliar with the installation and surrounding area. If you are new to the post, the additional vehicle and foot traffic can be a bit of a surprise.

It was one of dozens of issues discussed last week during the installation's Post Newcomers Orientation meeting at the NCO Club. Post Command Sgt. Major William Hain cautioned new arrivals to plan carefully for Family Day activities every Wednesday.

"We get the families here and, generally speaking, keep all of the Soldiers here (on post) on Family Day," Hain told the gathering of Soldiers, family members and DA civilians during the orientation. "If you haven't noticed, Wednesday is a little bit of a zoo. It's tough to get parking at the PX. You're not going to Popeye's, Burger King or any of the fast food restaurants on that day. But that's OK."

Post Newcomers Orientation takes place the first Wednesday of each month and includes presentations on topics such as employment readiness, Survivor Outreach Services, commissary hours and online information sources.

"If you had been on this installation 10 years ago, you would be shocked at how different it looks," said Col. Michael Graese, garrison commander. "Close to a billion dollars has been invested in this installation from fiscal year 2008 to fiscal year 2016. The Army understands that Fort Jackson was neglected for years and has put a lot of money into this installation to improve the quality of life for everybody sitting in here."

Hain said the post has a "robust" club system, and that activities for adults, children and entire families are taking place routinely throughout the year.

"You can do a lot of family-rewarding, personally-rewarding things in your off-time," Hain said. "The mission is our No. 1 priority here, but it's not the only thing we've got going on."

"I think it's very helpful, as a newcomer, to know the things that are available," said Staff Sgt. Julius Marmito, 2nd Battalion, 60th Infantry Regiment, who attended last week's session. He said he has never participated in a simi-

lar event at other installations.

Neither had James Roetzel, who attended the session with his spouse, Lt. Col. Lisa Roetzel, recently assigned to MEDDAC.

"We're newlyweds, which is one of the reasons I wanted to bring him," Lt. Col. Roetzel said.

She said she has taken part in newcomer orientations at other hospitals, but never one that covered an entire installation.

"It was interesting to hear about the different things that go on here on post, and the improvements," she said.

Her husband shared a similar sentiment.

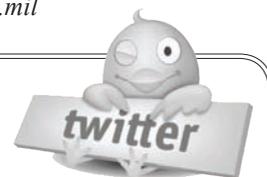
"I don't think it was overwhelming," James Roetzel said. "I thought it was informative, and I'm glad I came."

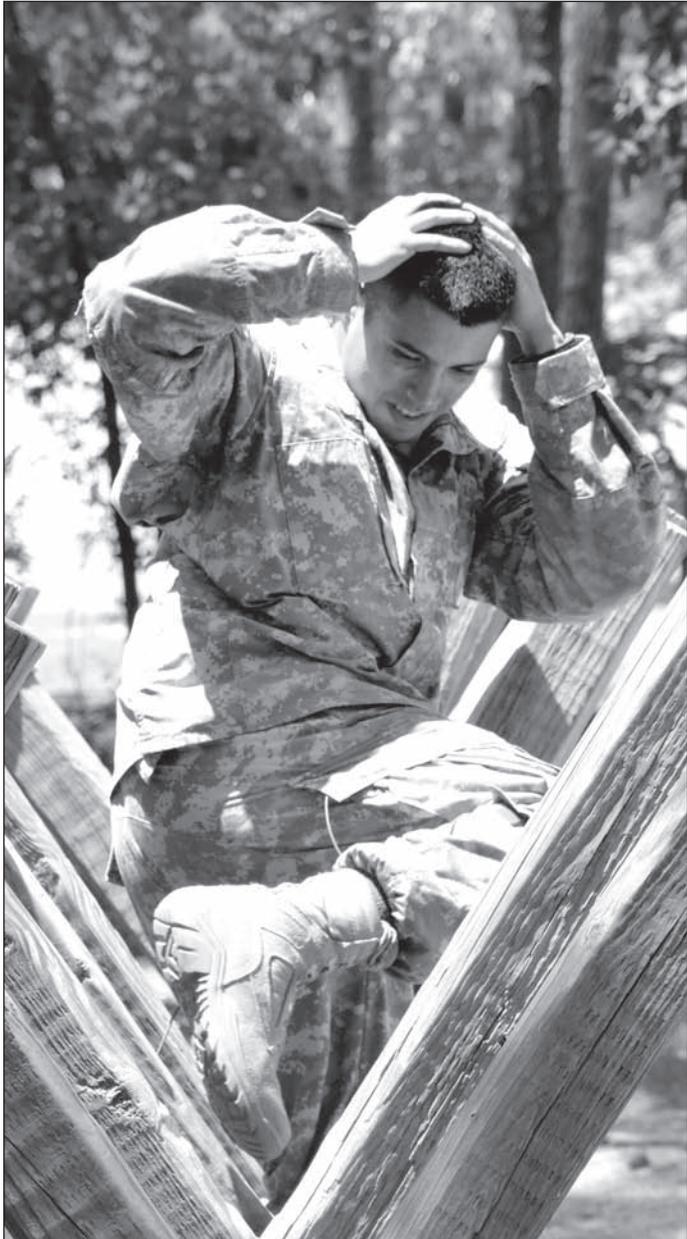
The Army is in a transitional stage, Fort Jackson Commanding General Brig. Gen. Bradley Becker told last week's attendees, but reminded them that the post's mission remains critical.

"We know from history that our country will call upon us again, and it's the Soldiers we train here at Fort Jackson who will be required to answer that call," he said. "It could be a year from now, it could be 10 years from now, but it all begins here at Fort Jackson."

Milton.W.McBride3.ctr@mail.mil

Follow the Leader at www.twitter.com/fortjacksonpao





Photos by ANDREW McINTYRE

Fort Jackson's best compete

Above, Staff Sgt. Ryan Skelton, a drill sergeant with Company D, 3rd Battalion, 34th Infantry Regiment, navigates an obstacle at the Confidence Course Tuesday as part of the installation's Drill Sergeant of the Year competition. Competitors were required to complete each obstacle without falling to receive a satisfactory score. Left, Staff Sgt. Jason Bedoya, U.S. Army Drill Sergeant School, climbs over an obstacle at the Confidence Course Tuesday. Bedoya is one of three competitors in this year's Noncommissioned Officer of the Year competition. For the results, see next week's *Leader*.

Victory Week events set



U.S. Army photo by SHEILA PETERSON

Country star James Otto will perform a free concert at 7 p.m., June 19 at Hilton Field as part of Fort Jackson's Victory Week.

Leader Staff Report

An air assault demonstration will be held at Hilton Field in conjunction with the Basic Combat Training graduation of the 2nd Battalion, 39th Infantry Regiment at 9 a.m., June 19.

The demonstration is part of the post's Victory Week, a two-day event that begins with a postwide run at 6 a.m., and will have military demonstrations, sporting events, an ironman physical fitness competition and a free concert featuring country music artist James Otto at 7 p.m., June 19. Officials will also implement a Fort Jackson Hall of Heroes to honor and recognize individuals who have served at Fort Jackson and who have left an indelible mark upon the installation.

The public is invited to view the demonstration, the concert and the other events of Victory Week.

"My intent is to provide Soldiers, family members and civilians with a team-building event that showcases our installation. Our post is a great place to live and work and this is our opportunity to conduct a fun, yet challenging series of events designed to forge teams at Fort Jackson," said Brig. Gen. Bradley Becker, Fort Jackson's commanding general.

Sporting events include soccer, flag football, volleyball and tug-of-war and will take place at Hilton Field. In addition, teams will navigate a combat assault course that includes marksmanship, four obstacles and a mystery event.



LEADER DEADLINES

Article submissions are due two weeks before publication. For example, an article for the June 26 *Leader* must be submitted by today.

Announcement submissions are due one week before publication. For example, an announcement for the June 26 *Leader* must be submitted by June 19.

Send your submissions to FJLeader@gmail.com.

For more information, call 751-7045.



Photo by WALLACE McBRIDE

Mary Reardon and her daughter, Megan, 15, are recognized for their volunteer efforts by the national Red Cross in a ceremony Friday at Fort Jackson. Both are involved in the VolunTEEN program, which gives Fort Jackson teenagers the opportunity to help the community throughout the school year.

Mother, daughter receive Red Cross honors

By WALLACE McBRIDE
Fort Jackson Leader

Two Fort Jackson volunteers were recently recognized for their efforts by the American Red Cross.

Mary Reardon was named Region East Volunteer of the Quarter, while her daughter, Megan, 15, was named Region East Youth Volunteer of the Quarter and Services to Armed Forces Service Delivery Outstanding Volunteer.

Both are involved with the post's American Red Cross VolunTEEN program.

"I have to say that national headquarters and, I'm sure, the Fort Jackson Red Cross office, are delighted to have you on the team," said Anne Solis, national headquarters services armed forces volunteer adviser for the Red Cross. The Reardons received their awards during a ceremony on post Friday, with Solis addressing them via telephone from Washington.

"We're even more excited to have you on the team for a while longer, and we hope to hear wonderful things from you further down the road," Solis said.

Mary Reardon, a safety specialist with the Fort Jackson Safety Office, became involved with the post's VolunTEEN

program in early 2012 and has worked to provide the group with a sense of military organization. A retired Army major, she started her military career at Fort Jackson in 1982 with Basic Combat Training, returning again in 2000 as a BCT company commander and aide to the commanding general.

Consequently, VolunTEEN meetings now follow the Army format, she said.

"The leadership gets together, prepare slides and make presentations," she said. The volunteers discuss recent actions, as well as events taking place in the near and distant future.

"And Megan has designed a website to provide more information. And if kids miss a meeting they can go there and find out what's going on," Mary Reardon said.

Before volunteering with the post's Red Cross chapter, she said, her experience with the group was limited to donating blood.

"This year, (the volunteers) took the (VolunTEEN) program beyond the gates of Fort Jackson," said Wilfredo Solis, Red Cross station manager for Fort Jackson. "They participated with the local community Red Cross chapter in Columbia. They participated with the USO, as well. Now we can say this is a Red Cross program for the whole community here in the Midlands."

Representatives of the VolunTEEN program participated in the post's influenza preparation event in January, as well as National Fire Prevention week, disaster preparedness presentations at the Post Exchange, and even promoted the Red Cross by marching in the city's St. Patrick's Day parade in downtown Columbia.

Megan Reardon, a rising sophomore at Ridge View High School, has been a volunteer with the Red Cross since she was in the sixth grade. She served as vice president of the group during the previous school year, but will become its president when the new school year begins in August.

She said her favorite part of the VolunTEEN program are the people involved.

"They have a great attitude," she said. "They just want to help. All of their parents motivate them to be involved."

"Megan is focused, well organized, enthusiastic and competent," said Wilfredo Solis. "She has exceptional oral and written skills and has very strong work ethics. She reports early to set up and prepares discussion points during their monthly meetings. Megan's strong organizational skills, innovation and positive attitude and inclusive nature have contributed greatly to the success of the VolunTEEN program here at Fort Jackson."

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Know ins, outs of REDUX retirement plan

Planning for retirement should start many years before retirement is in sight. Busy lives can sometimes take precedence over making plans for your future. To make your retirement what you want it to be, you must take deliberate steps to achieving your goals. Decisions we make in our early years can greatly impact how we live in retirement.

Service members who accumulate 20 or more years of active service are eligible for military retirement. Only members who entered service after July 31, 1986, may choose between the High-36 and CSB/REDUX retirement plans. High-36 averages the highest salary over 36 months of basic pay and pays 2.5 percent for each year, up to 75 percent of base pay.

The REDUX retirement plan includes a \$30,000 Career Status Bonus, or CSB. These funds, if not placed in a tax sheltered account, are taxed at the federal (and state, if applicable) tax rates. Taxes may be avoided if you serve in a combat zone.

Although \$30,000 sounds inviting, service members need to understand what the implications are if they opt for this plan. At or nearing 15 years of service, service members have the option to take the lump sum payment, which is taxed. These Soldiers will have to serve at a minimum the full 20 years and will experience a reduction in their retirement pay. The REDUX multiplier is reduced from the High-36 multiplier by one percent-

FINANCIAL ADVICE

By ANGELA CROSLAND
Army Community Services
Financial Readiness

age point for each full year if the member's years of creditable service are fewer than 30. So, instead of 2.5 percent for each year served, the service member will receive 2 percent for each year served.

For example, if a Soldier serves exactly 20 years, he or she will receive 40 percent of his or her base pay under REDUX as opposed to 50 percent of the base pay under the High-36 plan. For each year after 20 years of services, the service members under the REDUX plan gradually earns back what was lost. If the service member retires after 30 years, he or she will get 75 percent of the base pay.

However, under REDUX, a Soldier's retirement pay will slowly fall behind that of someone

under High-36 because he or she will receive a 1 percent lower cost of living adjustment annually. An adjustment at age 62 will be made so that the pay will catch up to the High-36 pay. From that point on, though, the Soldier will still receive a reduced cost of living adjustment for life. This could equal the loss of thousands of dollars in retirement pay over the life of the retiree.

Another consideration is how the CSB will be used.

Will it be used to pay down debt, start a business or make a major purchase? Or will it be placed into a sound investment? How the funds are used can make a huge difference in REDUX being a good choice or a bad choice. In every case, REDUX provides less retired pay, but the proper use of the CSB could put the retiree in good financial standing.

Remember, no investment is without risk. Keep in mind that in most cases, once the decision has been made to retire under REDUX and the 15th year of service has been completed, your decision becomes irreversible.

For more information or to speak with a personal financial readiness specialist, call 751-5256.



RETIREMENT
PLANS
AHEAD

News and Notes

1-13 WELCOMES NEW COMMANDER



HUNT

Lt. Col. Bryan Hunt assumed command of the 1st Battalion, 13th Infantry Regiment in a ceremony Tuesday at Victory Field. He replaces Lt. Col. Scott Trahan, who will assume duties as an observer trainer on the Joint Staff, J7 in Suffolk, Virginia. Hunt previously served with the National Airborne Operations Center, U.S. Strategic Command at Offutt Air Force Base, Nebraska.

scheduled for 8 a.m., June 13 on the hospital lawn. Command Sgt. Maj. Timothy Sloan will replace Command Sgt. Maj. Vincent Boyd.

4-10 WELCOMES NEW CSM



SEALS

Command Sgt. Maj. Neal Seals assumed responsibility of the 4th Battalion, 10th Infantry Regiment in a ceremony Friday at Victory Field. Seals replaces Command Sgt. Maj. John White. Seals previously served with the 1st Battalion, 13th Infantry Regiment.

NEW FITNESS PROGRAM TO START

Peak Exercise Performance classes are scheduled to start Monday. PEP combines several exercising techniques such as interval, cross training, circuit training

and power lifting. Classes are scheduled at 5:30 p.m., Monday through Friday at Vanguard Gym. For more information, call 751-5768.

2-345 WELCOMES NEW COMMANDER



CORCORAN

Lt. Col. Joseph Corcoran assumed command of the 2nd Battalion, 345th Regiment in a ceremony Saturday on Fort Jackson. He replaces Lt. Col. Dexter Caston, who will assume command of the 436th Civil Affairs Battalion in Orlando, Florida. Corcoran previously served with the Supply and Services Division, U.S. Army Reserve Command at Fort Bragg, North Carolina.

VETERANS BENEFITS FAIR

A benefits fair for combat veterans who

served in operations since Sept. 11, 2001 is scheduled from 11 a.m. to 5 p.m., June 20 at Weston Lake's community house. The fair is hosted by Dorn VA Medical Center. Reservations are required by June 18. For more information, call 776-4000, extension 7303.

ARMY BALL SCHEDULED

Fort Jackson will celebrate the Army's 239th birthday with a ball June 21 at the DoubleTree by Hilton. Social hour will begin at 5 p.m. Tickets cost \$55. Child care will be available at the Hood Street Child Development Center. For tickets, contact your unit representative. To register for child care, call 751-1970.

171ST CHANGE OF COMMAND SET

The 171st Infantry Brigade change of command ceremony is scheduled for 9 a.m., June 25 at Victory Field. Col. H. Clint Kirk will replace Col. Mark Bieger.

Information subject to change.

Advertising in the Leader

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Classifieds can also be faxed to 432-7609 or mailed to P.O. Box 1137, Camden, S.C. 29020.

For display ads, call Betsy Greenway at 432-6157 or email bgreenway@chronicle-independent.com.



Photos by DAVID SHANES, command photographer

Soldiers with the 282nd Army Band perform before the Columbia Blowfish military appreciation night game against the Forest City Owls Saturday at Capital City Stadium. More than 2,800 Soldiers from Fort Jackson watched the Blowfish beat the Owls, 3-0.

Take me out to the ballgame

Columbia Blowfish host military appreciation night



Left photo, Brig. Gen. Paul Chamberlain, commanding general of the Soldier Support Institute, fires up the crowd before the game. Right photo, Soldier Support Institute Command Sgt. Maj. Annette Weber, left, and Pvt. Darian Kaczmar cut the Army birthday cake during the game as Chamberlain looks on.



Photos by SUSANNE KAPPLER

Yuansheng Yang looks over Semmes Lake as he waits for his first catch of the day at the Fort Jackson fishing derby Saturday.

Gone fishin'



Above, Atli Johnston, 4, tries to reel in a fish. Right, celebrity fisherman Hank Parker signs autographs for fans. Parker is a member of the Bass Fishing Hall of Fame and has been hosting an outdoor sports television show since 1985. The Pure Fun Fishing Derby attracted a large number of anglers to Semmes Lake. In addition to fishing, the event offered clinics and children's activities.





Last respects

Former chaplain Tom Finscher reads the names of seven veterans during an interment ceremony Friday at Fort Jackson National Cemetery. The Missing In America Project, in cooperation with the American Legion Post 71 of North Augusta and Post 193 of Chapin, conducted a full military honors funeral for the previously unclaimed veterans. The veterans have collectively served for more than 23 years.

Photo by SGT. 1ST CLASS JOEL QUEBEC, 81st Regional Support Command



POW medal awarded

Photo by DAVID SHANES, command photographer

Lt. Col. Scott Sonsalla, center, commander of the 3rd Battalion, 34th Infantry Regiment, looks on as Command Sgt. Maj. Ellis Kelsey thanks Lenora Stephens for her father's service during World War II at the 3-34's graduation ceremony Thursday. Stephens was presented with the Prisoner of War medal earned by her father, Army Pvt. Adrian Watkins, for his time as a prisoner of war after being captured during the Battle of the Bulge.

Supervision required for children on post

From the Fort Jackson Housing Division

Schools are out for the summer, and families living on post should know the rules regarding the supervision of children.

The following information is an excerpt of the Garrison Commander's Policy Memorandum 5-3-Supervision of Children, dated Oct. 1, 2012. For a complete copy of the policy, call the Housing Office at 751-9339.

Safeguarding children is a parental responsibility. In order to promote their health and welfare, this policy memorandum applies to the care and supervision of all children residing on or physically present on Fort Jackson.

The minimum community standards are provided. During the summer months, children are considered to be in the grade they have just completed and are not in the next grade until they actually start that grade. The limits listed are a minimum basic standard and not a parent's sole determining factor regarding the child's ability to remain alone safely. The regulation should not be used in lieu of parental common sense and good judgment in providing for the safety of a child.

Children identified as having special needs in accordance with AR 608-75, Exceptional Family Member Program, must have their disability considered a primary factor if being left alone. Grade should be a secondary factor in those circumstances.

Parents should know the following special provisions:

- A motor vehicle is always considered an unsafe environment and children/youth should not be left in vehicles unattended.
- Playgrounds, parks, basketball courts and similar locations are normally considered a safe environment for children to play, but are not safe if the children are unattended.
- A swimming area is always considered a high-risk environment regardless of the size of the pool. Swimming areas present extreme hazards to children.
- Any person having knowledge of children left unattended on Fort Jackson outside these guidelines must immediately notify the military police.

Violations of this policy may result in child neglect reports to the Military Police at 751-3113. The MPs will take action contingent upon the degree of danger to the child.

Violators of this policy may be subject to a letter of warn-

ing, termination of on-post housing/quarters privileges, loss of access to post and some on-post privileges, and/or an official report of the incident to appropriate child welfare agencies. This could lead to action by law enforcement authorities.

The Army and the local civilian community offer a wide range of child care services and youth activities to help parents provide safe, enriching environments when parents are unavailable. For more information about those services, call 751-4865.

GENERAL GUIDELINES

- Parents are responsible for the welfare and safety of children in the military community.
- Each child is unique. Personality, environment, development progress and maturity level are factors used to determine when children are ready to accomplish activities with little or no supervision.
- The following are minimum community standards, and under no circumstances will these guidelines be reduced. Parents are still required to assess their children and, if necessary, raise the age limits.

| Child | Left home alone | Left home overnight | Play outside unattended | Left in car unattended | Child sit for siblings | Child sit for other children |
|--|--|---|---|---|---|---|
| Newborn through Kindergarten | NO | NO | NO | NO | NO | NO |
| Grades one through five | NO | NO | YES: Under a watchful eye of a responsible caregiver and if sponsor knows location of child | NO | NO | NO |
| Junior High/Middle School grades six through eight | YES: With access to adult supervision — limit four hours | NO | YES: With access to adult supervision | YES: With keys removed and hand-brake applied | YES: Limit four hours | YES: During daylight and evening hours; but not overnight |
| High School — grades nine and 10 | YES | NO | YES: With access to adult supervision and if sponsor knows location of child | YES | YES | YES: During daylight and evening hours; but not overnight |
| High School — grades 11 and 12 | YES | YES: With sponsor in local area and access to adult supervision | YES: With access to adult supervision and if sponsor knows location of child | YES | YES: During daylight and evening hours; but not overnight | YES: During daylight and evening hours; but not overnight |

93-year-old D-Day vet jumps again

By SENIOR AIRMAN ALEXANDER W. RIEDEL
Army News Service

UTAH BEACH, France — The motto of the 101st Airborne Division is “Rendezvous with Destiny.”

In a true rendezvous with history, paratrooper veteran James “Pee Wee” Martin again took to the sky June 5, over Normandy, France, and parachuted onto the one-time battlefield, seven decades after his historic D-Day landing.

A veteran of the elite 506th Parachute Infantry Regiment, wearing his vintage tan paratroop jacket with jump wings and patches, Martin caught his breath and seemed surprised the flight was already over after sliding to a smooth landing.

“It was absolutely wonderful,” Martin told the swarm of reporters. “The best part was when we went out of the door — that was the most exciting part. It’s always exciting until the chute opens.”

But open it did, and Martin floated through the sky over Normandy, attached to his tandem partner Dominic Kervestin, who landed him safely in the same area where he landed in June 6, 1944 — in a field behind Utah Beach.

This time, however, there was no fear for the seasoned paratrooper. While many were concerned about his safety, Martin said he wasn’t worried this time around.

“I wasn’t scared at all,” he said. “There is really nothing to be scared of. Once you get in that plane, you forget about everything. It certainly wasn’t scary today because there wasn’t anybody shooting at me.”

But even a war hero has somebody to answer to. Only minutes after landing, one of Martin’s friends handed him a cell phone for a surprise phone call from his wife, asking if he was safe.

“I really wanted to do this, for one, to show people that just because you’re getting old ... doesn’t mean you have to stop doing things,” he said. “On the other hand, there is a little ego in it, too, because I’m 93, but I can still do this.”

More overwhelming than maybe the jump was the attention by media and spectators waiting for his historic jump.

“All the attention (on me) is unbelievable,” he said. “I expected maybe 50 people here. But it’s always a good thing to know that people like you and what you do. Now,



Photo by SENIOR AIRMAN ALEXANDER W. RIEDEL, Army News Service

James “Pee Wee” Martin approaches for a final landing near Utah Beach, France, with tandem jump partner Dominic Kervestin, June 5. Martin, 93, completed the parachute jump on the occasion of the 70th anniversary of the D-Day invasion of occupied France.

of course, when I landed here before, they were all trying to kill me. Now people all want to take a picture and give me kisses on the cheek. It’s quite a change.”

While the jump made for an iconic *deja vu*, Martin said the jump was not so much about looking back as about the freedom that was won during the brutal battles around Normandy’s landing beaches.

“I really don’t look back on the memories too much,” he said. “I like to look at what we’re doing in the here and now, that’s what I’m interested in — and I like being with the people. But I enjoy the interest in history and all the young people who are interested in history. That’s what we’re all about, is the history.”

Also on his mind were the future generations of war fighters following in his jump boots.

“At the time of D-Day, we were almost in a position of losing the war,” he said. “That’s why I joined. And today, I applaud anyone who is willing to serve in the military ... (hang) in there, keep motivated and keep your passion up. You may think it’s terrible today; some of us did at the time. But now, looking back 70 years, it was the best time of our whole lives.”

“There is a great deal of satisfaction from doing what we did (back then), and I’m sure all the young guys out there today will feel the same way when you get there,” Martin said. “You guys can do it, if I could.”

Heroes remembered at D-Day ceremony

By SGT. DANIEL COLE
U.S. Army Europe

COLLEVILLE-SUR-MER, France — President Barack Obama and French President Francois Hollande spoke to more than 10,000 attendees at the Normandy American Cemetery and Memorial June 6, commemorating the Soldiers who gave their lives 70 years ago fighting to end the Nazi reign over Europe.

The event was one of several commemorations of the 70th anniversary of D-Day operations conducted by allied forces June 6, 1944. Roughly 650 personnel from 20 U.S. military units, and six partner nations participated in many events across the Normandy region in tributes to the fallen and living veterans

of World War II, at the invitation of the French government.

“Here we don’t commemorate victory, as proud of the victory as we are,” Obama said in his address to the thousands in attendance. “We don’t just honor sacrifice, as grateful as the world is. We come to remember why America and our allies gave so much for the survival of liberty in this maximum moment of peril. We come to tell the story of the men and women who did it so it remains seared into the memory of the future world.”

During the ceremony, approximately 400 World War II veterans shared the stage with the heads of state and faced the crowd while listening to the speeches, almost all reacting with standing applause and emotion, now sitting only miles from where they fought for their lives.

The spectators sat alongside the cemetery, which holds more than 9,300 white crosses and stars of David, each marking the grave of a Soldier who paid the ultimate price on the 50-mile stretch of beach.

“Nations that once only knew the blinders of fear began to taste the blessings of freedom,” Obama said. “None of that would have happened without the men who were willing to lay down their lives for people they never met and ideals they could not live without.”

Behind the veterans on stage was a garden dedicated to the 1,500 Soldiers missing in action who have yet to return home.

The memorial states, “Here are recorded the names of Americans who gave their lives in the service of their country and who sleep in unknown graves. This

is their memorial. The whole earth their sepulcher. Comrades in arms whose resting place is known only to God.”

The audience stood silently and military veterans presented arms as a 21-gun salute was rendered and Taps was played as the ceremony was coming to an end.

“May God bless our veterans and all those who serve with them, including those who rest here in eternal peace, and may God bless all who serve today for the peace and security of the world,” Obama said, as he ended his speech.

Following their remarks, both presidents walked together to the memorial’s overlook and laid a red, white and blue wreath in front of the memorial to commemorate the memory of the Soldiers still missing in action and the men who never came home.

Army birthday celebrations under way

By **GEORGE MARKFELDER**

U.S. Army Military District of Washington

WASHINGTON — Senior Army leaders held the first of many ceremonies scheduled commemorating the Army's 239th birthday, which is June 14, and celebrated this year's theme — "America's Army: Our Profession."

Under Secretary of the Army Brad Carson delivered the keynote address during an event Friday, sponsored by the National Defense University and conducted in the historic Roosevelt Hall Rotunda at the National War College on Fort Lesley J. McNair. Carson commented how Soldiers today continue the service to our nation at the same level of selfless dedication once provided by Soldiers from the "greatest generation" during World War II.

Throughout the ceremony, Carson spoke on the idea of looking forward, while also reflecting on the past and the sacrifices made in the last 239 years.

"Our beginnings in 1775 may have been humble, but even then and certainly ever since, our Army has influenced the nation and the world," Carson said. "We have come from a small national force consisting of state militias with citizen Soldiers, to a force of 89 divisions in 1944, which liberated the nation's of Europe then living under Nazi tyranny; to the all-volunteer force that has adapted to the changing face of warfare and has fought our nations longest war during the past 13 years."

Carson added that as the Army manages the change needed to meet the demands of the 21st century, it is imperative that leaders continue to hold true to Army values, preserve readiness, and maintain trust and confidence with our Soldiers, families, civilians and the American public.

Students and faculty assigned to the National Defense University were present at the ceremony, along with many family members. Soldiers from the U.S. Army Military District of Washington's 3rd U.S. Infantry Regiment, The Old Guard, provided ceremonial support during the ceremony



ARMY BALL SCHEDULED

Fort Jackson will celebrate the Army's 239th birthday with a ball June 21 at the DoubleTree by Hilton.

Social hour will begin at 5 p.m. Tickets cost \$55.

Child care will be available at the

Hood Street Child Development Center.

To register for child care, call 751-1970.

For tickets and hotel discount information, call 751-5613.

with performances by their Fife and Drum Corps and Drill Team soloists.

Other Army birthday events include celebrations at Bryant Park and Times Square in New York City, today and Friday; the Philadelphia Stripes and Stars Celebration, Saturday; and at the Military District of Washington's Twilight Tattoo at

Summerall Field on Joint Base Myer-Henderson Hall, Virginia, Wednesday.

Fort Jackson will celebrate the Army's birthday with a ball 5 p.m., June 21 at the DoubleTree by Hilton.

For more information about the Army's 239th birthday, visit www.army.mil/birthday/239.

Reel Time Theaters

We're saving a seat for you.

Ft. Jackson Movie Schedule

PH (803)751-7488

Adult \$5.50/Child (6-11): \$3.00

3D: Adult \$7.50/Child (6-11): 5.00

3319 Jackson BLVD

Ticket sales open 30 minutes prior to each movie

Movie times and schedule are subject to change without notice

Friday June 13

The Amazing Spider-Man 2 (PG-13) 7 p.m. 2.22 hrs.

Saturday June 14

A Haunted House 2 (R) 1 p.m. 1.27 hrs.
The Amazing Spider-Man 2 (PG-13) 4 p.m. 2.22 hrs.

Sunday June 15

The Amazing Spider-Man 2 (PG-13) 1 p.m. 2.22 hrs.

Wednesday June 18

The Other Woman (PG-13) 1 p.m. 1.49 hrs.
The Amazing Spider-Man 2 (PG-13) 4 p.m. 2.22 hrs.

Friday June 20

Godzilla (PG-13) 7 p.m. 2.03 hrs.

Saturday June 21

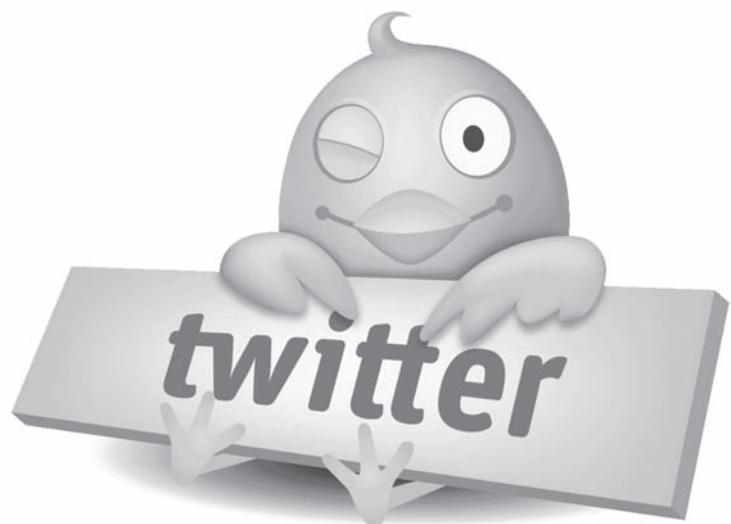
Godzilla (PG-13) 1 p.m. 2.03 hrs.
Neighbors (R) 4:30 p.m. 1.36 hrs.

Sunday June 22

Mom's Night Out (PG) 1 p.m. 1.38 hrs.

Wednesday June 25

Godzilla (PG-13) 1 p.m. 2.03 hrs.
Neighbors (R) 4:30 p.m. 1.36 hrs.



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AAFES top enlisted adviser visits post

From AAFES

The senior enlisted adviser for the Army & Air Force Exchange Service visited Fort Jackson June 4-6.

During his visit, Chief Master Sgt. Tony Pearson toured Exchange facilities, met with Soldiers and community members and addressed how the Exchange can serve them better, including growing the selection of name-brand services offered on the installation.

"I'm always excited to meet with Soldiers," Pearson said. "Hearing their concerns and learning how the Exchange can serve them better is one of the best parts of my job."

Pearson is one of 54 active-duty service members assigned to AAFES to carry out this mission. The Exchange also employs more than 38,000 civilian associates worldwide.

During his visit, Pearson met with Fort

Jackson shoppers and Exchange associates, answering questions about the Exchange. He said the Exchange is pleased to bring national name-brand services to military shoppers.

When Soldiers and their families buy from the Exchange, money goes back to supporting quality-of-life programs at Fort Jackson.

"For every dollar earned, historically 67 cents come back to the military community as dividends the Exchange generates on behalf of Army Morale, Welfare and Recreation dividend," Pearson said. "Last year, sales at the Fort Jackson Exchange generated more than \$1.58 million on behalf of quality-of-life programs such as child development centers and youth services."

The Exchange is a joint nonappropriated fund instrumentality of the Department of Defense with a retail mission to provide quality products, services and food to service members, their families, Reserve and Guard members, and military retirees.



Photo courtesy AAFES

Chief Master Sgt. Tony Pearson, left, AAFES senior enlisted adviser, meets with Garrison Command Sgt. Maj. Ernest Lee during a visit to Fort Jackson.

NCO Academy SLC leader

First Sgt. Monty Drummond assumes duties as the first sergeant of the Senior Leaders Course at the Noncommissioned Officer Academy, June 4. He accepts the colors from Command Sgt. Maj. Annie Walker, commandant of the NCO Academy.

Courtesy photo



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search for "Fort Jackson Leader."

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Photo by SUSANNE KAPPLER
Soap box derby
 Soldiers with the 187th Ordnance Battalion check out one of the soap boxes entered in the soap box derby hosted by the battalion's Headquarters and Headquarters Company Saturday at Palmetto Falls Water Park. The event included trophies awarded to the fastest car, the best looking car and the ugliest car.
 Courtesy photo



Safety check
 Lt. Steve Clare, of the Batesburg-Leesville Police Department, installs a child safety seat Friday at Semmes Lake. Representatives from Fort Jackson's Directorate of Emergency Services, the Columbia Police Department, the Department of Health and Environmental Control and the Batesburg-Leesville Police Department spent the day conducting free safety inspections of vehicle child restraint devices.
 Photo by WALLACE McBRIDE



Crossover ceremony
 Fort Jackson Cub Scout Pack 89 crosses over 20 scouts into their new scouting dens and three scouts into Troop 89 during a crossover ceremony Friday.
 Courtesy photo



Volunteers honored
 The 171st Infantry Brigade recognizes volunteers in a ceremony May 19 at Dozier House.
 Courtesy photo



Perfect attendance
 Four students of C. C. Pinckney Elementary School are awarded new bicycles for perfect attendance. The bicycles were donated by an anonymous supporter. Pictured are, from left, Justice Akpablie, fifth grade; Whitney Akpablie, third grade; Patrick Allen, fourth grade; and Jaismin Nichols, fifth grade.
 Courtesy photo

CMYK

CMYK

27" WEB-100

Calendar

Wednesday, June 18

American Society of Military Comptrollers, Palmetto Chapter meeting
11:30 a.m. to 1 p.m., Officers' Club

Friday, June 27

Victory Thunder motorcycle rally
9:30 a.m., Hilton Field

Friday, June 27

Home buying seminar: "Steps in the home buying process"
11:30 a.m. to 1:30 p.m., Post Conference Room

A light lunch will be provided. For more information and to register, call 751-9339.

Saturday, June 28

Natural bodybuilding competition
6 p.m., Solomon Center
For more information, call 751-5768.

Tuesday, July 15

U.S. Army Soldier Show
7 p.m., Solomon Center

Announcements

HEALTHY LIFESTYLE FESTIVAL

A healthy lifestyle festival is scheduled for June 26, 27 and 28 at the Commissary. The event includes a case lot sale and farmers market sale from 9 a.m. to 6 p.m. The festival will also include MWR fitness event, music, food samples, Zumba demonstrations, Exchange sidewalk sales and health and fitness information booths.

CONSUMER CONFIDENCE REPORT

Copies of the Palmetto State Utility Services, Inc., consumer confidence report are available at the Commissary, the Directorate of Public Works, the Main Exchange, the AAFES mini mall, the Post Office, the Strom Thurmond Building, the Welcome Center, the Gate 1 and Gate 2 Express, and at Palmetto State Utility Services.

YOUTH FOOTBALL CAMP

Washington Redskins wide receiver An-

dre Roberts will conduct a football camp at the Youth Sports Complex for military children June 21 and 22. The camp is open for students in kindergarten through eighth grade. The first 100 campers to complete registration forms will be accepted. For more information, call 751-7451.

SCHOOL REGISTRATION

Summer registration for Pierce Terrace and C.C. Pinckney elementary schools runs June 23 through Aug. 14. Registration packets may be picked up at either school during office hours from 8 a.m. to 4 p.m. For more information, call Pierce Terrace Elementary School at 782-1772 or C.C. Pinckney Elementary School at 787-6815.

WILDERNESS ESCAPE VBS

The Main Post Chapel will host a summer family event called "Wilderness Escape: Where God Guides and Provides." The event is scheduled from June 16-20 at the Main Post Chapel. Children and adults participate at the Israelite camp, sing songs, play team building games, dig into Bible-time snacks and participate in other activities. Camp runs from 9 a.m. to noon every day. For more information, call 751-6681.

JUNIOR GOLF PROGRAM

The Fort Jackson Golf Club will offer three golf camps this summer as part of its Junior Golf Program. Camps are scheduled June 16-20, July 14-18 and Aug. 4-8. The cost is \$45 for one camp, \$65 for two camps or \$85 for three camps. For more information, call 787-4344 or visit www.fortjacksonmwr.com/golf/.

CIF CLOSURE

The Central Issue Facility will be closed through Friday for its annual inventory. During this time, CIF will only accept emergencies.

LAW SCHOOL FOR OFFICERS

The Office of the Staff Judge Advocate General is accepting applications for the Army's Funded Legal Education Program. The program is open to commissioned officers in the rank of second lieutenant through captain. Selected officers will begin law school in the fall of 2015. For more information on eligibility requirements, see

Army Regulation 27-1, Chapter 14. Eligible officers interested in applying should contact the Staff Judge Advocate office as soon as possible.

SPORTS SHORTS

■ Letters of intent for intramural and recreational golf are due today. League play starts June 24. A captains' meeting is scheduled for 5 p.m., June 17 at the golf course club house. Up to eight people can be on a team. Four team members play each week.

■ Army Birthday 5K fun run/walk, June 14, Semmes Lake.

■ Support the Fort Grand Fondo bicycle race, June 15. Soldiers participate for free.

■ Letters of intent for intramural and recreational softball are due June 24.

For more information, call the Sports Office at 751-3096.

100TH INFANTRY SCHOLARSHIPS

The Virginia Military Institute Foundation and the 100th Infantry Division offer two scholarship awards for qualifying Soldiers. Active duty Soldiers in the grade of E5 or E6 may pick up an education packet at the Education Center, Room A100.

SAT/ACT TESTING

The Education Center will administer SAT testing Oct. 30 and ACT testing July 31. Testing is available to eligible service members only. For more information and to register, call 751-5341.

THRIFT SHOP NEWS

■ The Golden Carriage Program provides free ball gowns for spouses of active-duty service members E5 and below.

■ The Thrift Shop will be closed the first two weeks of July. It will reopen July 15.

Information is subject to change.

Visit the community calendar at www.jackson.army.mil for a full listing of calendar events.

Send your announcements to fjleader@gmail.com.

Announcements are due one week before the publication date.

Community announcements may be edited to comply with Leader style and Public Affairs regulations.

For more information, call 751-7045.

Off-post events

The Fort Jackson Leader accepts only off-post announcements for those organizations or events that directly relate to service members and their families.

PROLOGUE TO FREEDOM

The 282nd Army Band will perform "Prologue to Freedom," a patriotic concert written by James Warren, from 7 to 9 p.m., today, Friday and Saturday at the Dreher High School auditorium.

STEM YOUTH DAY CAMPS

Two STEM (science, technology, engineering, math) youth day camps for military children will be offered by Operation Military Kids. The camps are open to military children 12 and older. Camps will be from 8 a.m. to 5 p.m., July 14-18 in Charleston or July 21-25 at McEntire Joint National Guard Base. For more information, call (864) 993-1711 or visit www.scomk.org.

Housing happenings

RENT CONCESSIONS

Receive a free family season pass to Palmetto Falls Water Park with your June move-in. The offer is valid for E1-E6 applicants and may be combined with other concessions. This offer is not valid with any previously-assigned or pre-leased homes. Retirees, DoD civilians, and geographical bachelors are not eligible. The offer expires June 30.

TEDDY BEAR PICNIC

A teddy bear picnic is scheduled for June 17 at Balfour Beatty Community Center. Story time starts at 10 a.m., followed by a light snack. To register, email emcdaniel@bbcgrp.com.

BINGO NIGHT

Bingo night is scheduled from 5 to 7 p.m., June 20 at Balfour Beatty Community Center. To register, email emcdaniel@bbcgrp.com.

HOME BUYING SEMINAR

A home buying seminar, "Steps In The Home Buying Process," is scheduled from 11:30 a.m. to 1:30 p.m., June 27 at the Post Conference Room. This seminar is designed to inform home buyers on the home buying process. A real estate professional and a lender will explain steps in the home buying process (loan qualifications, selecting the right home, loan closing, etc.). A light lunch will be provided. For more information or to register, call 751-9323.



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Saluting this Basic Combat Training cycle's honorees

DRILL SERGEANTS OF THE CYCLE

Photos by OITHIP PICKERT, Public Affairs Office



**Sgt. 1st Class
Zachery Kohr**
Company A
2nd Battalion,
39th Infantry Regiment

SOLDIER LEADER OF THE CYCLE

Pfc. John Menger

SOLDIER OF THE CYCLE

Pvt. Nick Collins

HIGH APFT SCORE

Spc. Christine Jun

HIGH BRM

N/A



**Sgt. 1st Class
Maria Taylor**
Company E
2nd Battalion,
39th Infantry Regiment

SOLDIER LEADER OF THE CYCLE

Spc. Ian Michel

SOLDIER OF THE CYCLE

Spc. Jane Bullock

HIGH APFT SCORE

Pfc. John Rosas

HIGH BRM

Pvt. Anel Marescalco



**Staff Sgt.
Wesley Price**
Company F
2nd Battalion,
39th Infantry Regiment

SOLDIER LEADER OF THE CYCLE

Pfc. Patrick Kitratnee

SOLDIER OF THE CYCLE

Pvt. Brody Ruley

HIGH APFT SCORE

Pvt. Luis Ortiz Machado

HIGH BRM

Pvt. Ryen Schultz

**Taken at face value?
It might not be worth much.**

The Face of Indiscipline

She earned an Army Commendation Medal with V device in Afghanistan two years ago when she was an E-4. She finished third in her class at the Basic Leader Course. Now she's one of the best platoon sergeants in the battalion. Training, discipline and adherence to standards are nonnegotiable in her view...when she's on duty. She was recently pulled over by the MPs on post and given a warning about driving and texting. She didn't heed the advice. She thinks she can multitask behind the wheel better than most.

Where are the standards and discipline? It's just a simple text message, right? Discipline takes many forms, as does indiscipline. Know what's right and do what's right.

know the signs

KNOW WHAT'S RIGHT
DO WHAT'S RIGHT

U.S. ARMY
ARMY STRONG

U.S. ARMY COMBAT READINESS/SAFETY CENTER
<https://safety.army.mil>

Ways to avoid post-retirement weight gain

By **CLAUDIA DRUM**

U.S. Army Public Health Command

Approximately half of the Army retirees whose height and weight were measured at medical appointments in military treatment facilities last year had a body mass index that classified them as obese. Obesity rates for these retirees are significantly higher than for the general population of the same age. In addition, the rate of obesity among the retirees is twice as high when compared to active-duty Soldiers.

BMI is a calculation of weight in relationship to height. Although it doesn't measure body fat directly, it is a fairly reliable indicator of body fatness for most people. A BMI greater than 30 is classified as obese and can lead to serious weight-related health problems such as heart disease, stroke, diabetes, cancer and high blood pressure. Obesity can contribute to difficulty sleeping, breathing problems, decreased mobility, joint pain and depression.

U.S. Army Public Health Command data estimates that Army retirees may experience an average weight gain of 4 pounds during their first year of retirement. If this trend continues over the years, it may result in significant weight gain.

In addition to BMI, waist circumference may provide a better predictor of disease risk.

A high waist circumference (greater than 40 inches for men and greater than 35 inches for women) or too much abdominal fat is one of five medical conditions that comprise metabolic syndrome. This diagnosis, also known as Syndrome X, affects approximately 34 percent of the U.S. adult population and increases the risk of cardiovascular disease, heart failure and diabetes. It is a disorder diagnosed by a co-occurrence of three out of the five following medical conditions: excess abdominal fat, high blood pressure, high blood sugar, high triglycerides and low high-density lipid, or HDL, levels. The likelihood of developing this syndrome increases with age.

WHAT CAUSES POST-RETIREMENT WEIGHT GAIN?

"It is most likely attributed to a combination of factors such as a decrease in physical activity or not adjusting caloric intake once you leave the military," said Lt. Col. Sandra Keelin, a registered dietitian at the U.S. Army Public Health Command.



U.S. Army photo

Approximately half of the Army retirees whose height and weight were measured at medical appointments in military treatment facilities last year had a body mass index that classified them as obese.

In addition, body composition gradually changes with age as the proportion of muscle tissue decreases and fat tissue increases. This shift slows down the metabolism, making it easier to gain weight. Combine these two factors — less physical activity and a slower metabolism — with poor eating habits, and you create the perfect storm for promoting post-retirement weight gain.

You can prevent unwanted weight gain by committing to the development and maintenance of healthful lifestyle habits. A good place to start is the Army's Performance Triad, which focuses on three components of health: sleep, activity and nutrition. The Performance Triad is all about getting back to the basics. Getting plenty of rest, adequate

exercise and proper nutrition will help you live your life to the fullest. Take steps today to improve your health to get the most out of your retirement years.

■ To find out more about the Performance Triad, visit <http://phc.amedd.army.mil/topics/healthyliving/Pages/PerformanceTriad.aspx>.

■ For more information on calculating your BMI, visit www.nhlbi.nih.gov/guidelines/obesity/BMI/bmicalc.htm.

■ To measure your waist circumference: Use a tape measure. Start at the top of the hip bone, then bring it all the way around, level with your navel. Make sure the tape measure is not too tight and that it is parallel with the floor. Don't hold your breath while measuring.

MACH UPDATES

MACH MAIN ENTRANCE CLOSED

The main (ground floor) entrance at Moncrief Army Community Hospital will be closed for renovation through July 31.

Visitors are asked to pay attention to the signs posted for entry into the hospital and patient drop-off.

IMMIGRATION EXAMS

The Department of Preventive Medicine at Moncrief Army Community Hospital provides complete immigration exams, including physical exams, tuberculosis screening, laboratory tests and immunizations for TRICARE-eligible beneficiaries. To schedule an appointment, call 751-5251.

Prescription home delivery available

TRICARE beneficiaries can switch to home delivery for any medication taken regularly. There are several ways to switch:

- Call Express Scripts at (877) 363-1303.
- Ask your provider to fax your prescription to Express Scripts at (800) 895-1900.
- Ask your provider to e-Prescribe to "Express Script Mail Pharmacy."
- Mail your prescription along with a completed mail order form to Express Scripts Inc., P.O. Box 52150, Phoenix, Az. 85072-9954.

The first shipment will usually arrive within two weeks.

Switching to home delivery can also save money — \$38 for every brand-name drug compared to using a network pharmacy. In addition, there is no copay for a 90-day supply of generic drugs.

Express Scripts stocks all drugs on the TRICARE formulary.

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

W O R S H I P
SCHEDULE

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
 - 6 p.m. Gospel prayer service, Daniel Circle Chapel
 - 7 p.m. Gospel Bible study, Daniel Circle Chapel
- Thursday
 - 11:45 a.m. to 12:30 p.m. Fresh encounter Bible study, Chaplain Family Life Center

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
 - 7:30 a.m. Confessions, Solomon Center
 - 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., 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

Recurring meetings

WEEKLY MEETINGS

- Alcoholics Anonymous open meeting**.....Mondays, Wednesdays and Fridays, 9 a.m., 9810 Lee Road., 751-6597.
- Columbia Composite Squadron (Civil Air Patrol)**.....Mondays, 6:30 p.m., Owens Field, main conference room, *Tom.Alsup@gmail.com* or *www.scwg.cap.gov*.
- Helping Everyone Reach Optimum Strength**.....Tuesdays, 5 to 6 p.m., Moncrief Army Community Hospital, seventh floor. Open to combat veterans and their family members.
- Play group**.....Wednesdays, 10 to 11:30 a.m., Room 8, 5615 Hood St., for children 3 and younger, 751-9035/6325.
- Protestant Women of the Chapel**.....Mondays, 7 to 8:30 p.m., and Tuesdays, 9 a.m. to noon, Main Post Chapel, *jackson@pwoc.org*.
- Range control briefing**Mondays and Fridays, 1 p.m., Education Center, Room 302, 751-7171.
- Sergeant Audie Murphy Club Association study hall**.....Thursdays, noon, NCO Academy conference room, *www.facebook.com/FJSAMCA*.
- Toastmasters International**Wednesdays, 11:40 a.m. to 12:45 p.m., Main Post Chapel, 629-7696 or (910) 224-8307.
- Veterans of South Carolina**Tuesdays, 9 a.m., Flying J truck stop at 5901 Fairfield Road, *VOsc@sc.rr.com*.
- Walking away stress**.....Mondays and Fridays, 9 a.m., at the pecan orchard near the post office on Early Street, 751-6325.

MONTHLY MEETINGS

- 92nd Buffalo Chapter 20 DAV**Third Saturday of the month, except July and August, 11 a.m., DAV Headquarters 511 Violet St., West Columbia, 260-1067.
- Adjutant General's Corps Regimental Association, Carolina Chapter**Second Tuesday of the month, 11:30 a.m. to 1 p.m., NCO Club, 751-3014.
- American Legion Post 182**.....First Tuesday of the month, 6 p.m., Officers' Club, 351-2333.
- American Legion Post 195**.....Fourth Thursday of the month, 7 p.m., 534 Wildwood Lane, Lugoff.
- American Legion Louis D. Simmons Post 215**Fourth Sunday of the month, 5 p.m., 2432 Chappelle St., 765-0175.
- American Legion Riders Motorcycle Group (ALR Chapter 195)**Second Tuesday of the month, 7:30 p.m., American Legion Post 195, 534 Wildwood Lane, Lugoff, 699-2598 or *alrpost195@gmail.com*.
- American Legion Riders Motorcycle Group**Third Thursday of the month, 7 p.m., American Legion Post 6, 200 Pickens St., 360-3830.
- Better Opportunities for Single Soldiers**.....First and third Wednesday of the month, 11:45 a.m. to 12:45 p.m., Single Soldier Complex, Building 2447, 751-1148.
- Better Opportunities for Single Soldiers Adopt-A-School program**Second Wednesday of the month during the school year, 11:30 a.m. to 1 p.m., meeting at the Single Soldier Complex, Building 2447, for transportation to Forrest Heights Elementary School, 751-1148.
- Combat Vets Motorcycle Association**Third Sunday of the month at noon, (774) 451-7504, e-mail *armyaguair@yahoo.com* or visit *www.combatvet.org*.
- Disabled American Veterans Chapter and Auxiliary, Woodrow Wilson Chapter #4**Second Monday of the month (September through June), 6 p.m., 511 Violet St., West Columbia, 467-8355 or *gblake12@sc.rr.com*.
- Fleet Reserve Association Branch and Unit 202**.....Third Tuesday of the month, 12:30 p.m., 2620 Lee Road, 647-0040 or *turner6516@gmail.com*.
- Fort Jackson Bass Club**.....First Monday of the month, 7 p.m., Joe E. Mann Center, *www.jacksonanglers.com*.
- Fort Jackson Homeschoolers**Second and fourth Tuesday of the month. For time and location, call 419-0760 or email *johnlazzi@yahoo.com*.
- Gold Star Wives, Palmetto Chapter**Second Sunday of the month, 3 p.m., Moncrief Army Community Hospital, Third Floor conference room, 695-5345.
- Ladies Auxiliary Louis D. Simmons Post 215**.....Fourth Sunday of the month, 3 p.m., 2432 Chappelle St., 765-0175.
- Ladies Auxiliary VFW Post 641**.....Second Sunday of the month, 3 p.m., 534 S. Beltline Blvd., 782-5943 or 782-0148.
- Ladies Auxiliary VFW Post 4262**.....Second Sunday of the month, 5 p.m., 5821 North Main St., 754-1614.
- MEDPROS training**Third Friday of the month, 1-4 p.m., Moncrief Army Community Hospital, Room 9-83. E-mail *Erica.Aikens@amedd.army.mil*.
- National Federation of Federal Employees**Second Tuesday of the month, 11:30 a.m., 4405 Forney St., first floor, 751-2622.
- National Active and Retired Federal Employees Chapter 87**Second Friday of the month, 11:30 a.m., Seawell's, 1125 Rosewood Dr., *kathrynhensley@hotmail.com* or *gilltinelc803@aol.com*.
- Purple Heart #402**Fourth Tuesday of the month, 7 p.m., American Legion Post 6, 200 Pickens St., 351-2333.
- Retired Enlisted Association**Third Friday of the month, 5:30 p.m., Moncrief Army Community Hospital, third floor, 740-2319 or e-mail *jrodgers11@sc.rr.com*.
- Seabees**Second Monday of the month, 7 p.m., West Metro Chamber of Commerce and Visitors Center, 755-7792 or 755-0300.
- Sergeant Audie Murphy Club Association**First Tuesday of the month, noon, NCO Club, *www.facebook.com/FJSAMCA*.
- Sergeants Major Association**.....Last working Thursday of the month, 4:30 p.m., Magruder's Pub, 338-1904, *William.huffin@us.army.mil*.
- Society of American Military Engineers**.....Fourth Thursday of the month, 11:30 a.m., 254-0518 or 765-0320.
- SWAMPFOX Warrant Officer Association**First Thursday of the month, 11:30 a.m. to 12:45 p.m., Officers' Club, *johnny.myers@us.army.mil*.
- The Rocks Inc., James Webster Smith Chapter**.....Third Tuesday of the month, 6 p.m., Post Conference Room.
- Veterans of Foreign Wars Gandy-Griffin Post 4262**.....Third Tuesday of the month, 7 p.m., 5821 North Main St., 754-1614 or 447-2320.
- Veterans of Foreign Wars Post 641**.....Second Monday of the month, 7:30 p.m., 534 S. Beltline Blvd., 782-5943 or 782-0148.
- Veterans of South Carolina**First Tuesday of the month, 7 p.m., Reflection Club House at 2 Cassia Ct., *VOsc@sc.rr.com*.
- Victory Riders Motorcycle Club**.....First and third Thursday of the month, 5 p.m., Magruder's Pub. E-mail *sec@fvictoryriders.com*.
- Vietnam Veterans of America Chapter 303**Third Tuesday of the month, 7 p.m., American Legion Post 6, 200 Pickens St., 312-4895.
- Weight Loss Surgery Support Group**Second and fourth Monday of the month, noon, Weight Management Center, 180 Laurel St.; Second Monday of the month, 6:30 p.m., Palmetto Health Baptist Breast Health Center, 1501 Sumter St., ground level, Meeting Room 2.

To submit a recurring meeting, email the name of the group, when and where the meeting takes place and contact information to *fjleader@gmail.com*.