

THURSDAY, NOV. 14, 2013

# THE FORT JACKSON LEADER

PUBLISHED FOR THE FORT JACKSON/COLUMBIA, S.C. COMMUNITY  
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★ PROFESSIONAL  
NETWORK SEEKS TO  
EMPOWER WOMEN

— PAGE 4



# VETERANS DAY

COMMUNITY CELEBRATES WITH PARADE

PAGES 16-17

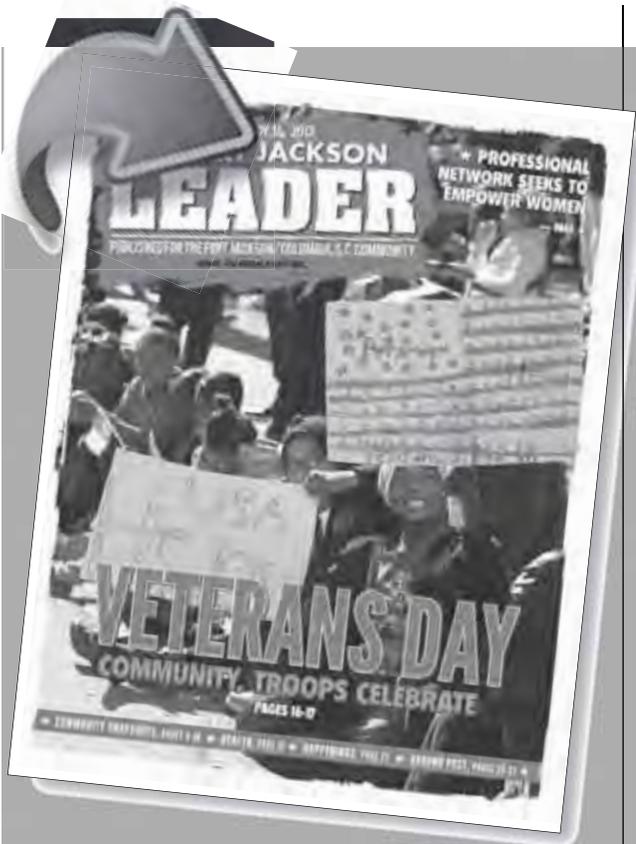
★ COMMUNITY SNAPSHOTS, PAGES 9-10 ★ HEALTH, PAGE 15 ★ HAPPENINGS, PAGE 22 ★ AROUND POST, PAGES 26-27 ★

## THANKSGIVING MEAL SCHEDULE

The Thanksgiving dinner for retirees will be served from **1:30 to 3 p.m., Nov. 28 at Building 5455**, the dining facility for 3rd Battalion, 13th Infantry Regiment and 3rd Battalion, 60th Infantry Regiment. The cost is \$7.50 per meal. The discounted rate of \$6.45 is available to spouses and dependents of enlisted personnel in pay grades E-1 through E-4. For more information, call 751-7274.

### Thanksgiving meal schedule for units:

Nov. 27	11 a.m. to 1 p.m.	187th Ordnance Battalion	Bldg. 3210
Nov. 27	11 a.m. to 2 p.m.	120th Adjutant General Battalion (Reception)	Bldg. 1875
Nov. 27	11:30 a.m. to 1:30 p.m.	Drill Sergeant School	Bldg. 9572
Nov. 27	11:30 a.m. to 2 p.m.	2nd Battalion, 39th Infantry Regiment	Bldg. 10401
Nov. 27	4 to 6:30 p.m.	1st Battalion, 61st Infantry Regiment	Bldg. 11900
Nov. 28	11 a.m. to 4 p.m.	1st Battalion, 34th Infantry Regiment	Bldg. 11500
Nov. 28	11 a.m. to 4 p.m.	1st Battalion, 13th Infantry Regiment	Bldg. 11500
Nov. 28	11 a.m. to 4 p.m.	2nd Battalion, 60th Infantry Regiment	Bldg. 11500
Nov. 28	Noon to 3 p.m.	2nd Battalion, 13th Infantry Regiment	Bldg. 4270
Nov. 28	11:30 a.m. to 3 p.m.	3rd Battalion, 13th Infantry Regiment	Bldg. 5455
Nov. 28	11:30 a.m. to 3 p.m.	3rd Battalion, 60th Infantry Regiment	Bldg. 5455
Nov. 28	11:30 a.m. to 2 p.m.	369th Adjutant General Battalion	Bldg. 10791



## ON THE COVER

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

Children hold up signs along the route of Columbia's Veterans Day parade Monday. SEE PAGES 16-17.

## Veterans honored

Fort Jackson officials lay a wreath in front of Post Headquarters Nov. 7 in honor of Veterans Day. From left, Post Command Sgt. Maj. Kevin Benson, Brig. Gen. Bradley Becker, Fort Jackson's commanding general, and Sgt. Rachel Cunningham, Fort Jackson's drill sergeant of the year, participated in the ceremony.

Photo by MIKE A. GLASCH,  
Public Affairs Officer



### Fort Jackson, South Carolina 29207

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# EOC ready to relocate in minutes

By WALLACE MCBRIDE  
Fort Jackson Leader

Last week, it took Fort Jackson's Emergency Operations Center 23 minutes to relocate and go online.

It was an experiment to see how quickly the post's EOC could respond to a disaster that would completely close down activities at its central office. A network of computers that connect Fort Jackson's many directorates with each other, as well as with the outside world, was disassembled and taken to the Directorate of Emergency Services building.

It took 23 minutes to transport dozens of computers from the EOC building to DES headquarters and get Fort Jackson's directorates back online. It's fair to say that Scottie Thomas, Fort Jackson's EOC chief, was pleased with the number, if not entirely happy with it.

"We're satisfied with it, but we'd like to have done it quicker," Thomas said. "We're always trying to improve. We really never lost communications because we used our cell phones to stay in touch with headquarters, TRADOC and IMCOM. We would like to improve on our 23 minutes, but that's a great time with jumping an entire office and making it functional at another location."

"It was seamless," said Mark Mallach, installation anti-terrorism officer. "They coordinated ahead of time, and we already knew this was the alternate EOC site, the jump site, in case their building becomes inoperable. They did it in less than 30 minutes, which is pretty good especially when you consider what goes into moving an EOC."

The office was installing a new generator at the site of the dedicated EOC office, which was expected to leave them without power for 48 hours, he said. In the event of a power outage, the new generator will show a momentary 'blink' in service, he said, but will otherwise allow the staff to continue work at the main office.

The two days they would be without power offered the opportunity for them to test existing "jump plans" that determine how the office will relocate in the event of an emergency.

"A critical part of Fort Jackson's emergency management process is to establish an alternate Emergency Operations Center in the event that our primary center is damaged by man-made or natural disasters," Thomas said.



Photo by WALLACE McBRIDE

**Emergency Operations Center technicians Herman Dozier, left, and William Clark do their job last Thursday at a 'jump site' temporarily established at the Directorate of Emergency Services building. It took the office 23 minutes to transfer operations between sites during a drill last week.**

"We planned to have a system where we could immediately move, expeditiously, to another location where we could continue to communicate to Fort Jackson, Big Army and outside agencies, warnings and alerts of imminent danger without a big interruption in communications."

EOC has fostered a relationship with the Directorate of Emergency Services, which is the hub for emergency management on post, he said. A conference room has been identified as a temporary EOC office that provides the necessary space and technical requirements for emergency operations management.

"Some analysis was done, and some proactive thinking, about where we did the data ports and telephone lines ahead of time," Thomas said. "So, where we do move

here, it's just a matter of plugging and playing, and not interrupting anything in the emergency management process. If we were to have a tornado, which happens occasionally, the EOC is the hub of information where all the leaders would come to solve all of our issues and render support."

Thomas said command was happy with existing "jump plans," but that a practical test still had value.

"We didn't just want to put it down on paper," he said. "The hard work paid off. It's functional, and that's the most important thing for us. It's not as big as the primary EOC, but alternate EOC's are designed to move and have a structured, secure building."

*Milton.W.McBride3.ctr@mail.mil*



Photo by WALLACE McBRIDE

Capt. Tracy Ariza, of the United States Army Chaplain Center and School, introduces the guest speaker during Tuesday's meeting of the Professional Mentorship Network at the NCO Club. The meeting's guest was Kimberly Richardson, president of Widows of Opportunity.

# 'Mentoring is helping each other'

## Professional network seeks to empower, educate women

By WALLACE McBRIDE  
Fort Jackson Leader

Meetings of Fort Jackson's Professional Mentorship Network are not as formal as you might imagine.

That doesn't mean the group's goals are any less lofty, said Elizabeth Maher, Army Community Services outreach coordinator. Generally, these kinds of activities are designed to provide structured counseling sessions for "professional development." The Professional Mentorship Network just prefers to keep things casual.

The goal of the program is to build a network of women who are inspired to successfully navigate through the Army community by fostering relationships with future leaders. It might seem like an obvious strategy, given that most Soldiers rise through the ranks using these very same principles.

But, most Soldiers are men. Women account for less than a quarter of those in uniform, which makes networking much more complicated. It's not unusual for a female Soldier to spend years in uniform before meeting a professional role model.

"I feel like the Army needs this," said Capt. Tracy Ariza, of the United States Army Chaplain Center and School. Ariza has been attending Professional Mentorship Network meetings since the group launched several months ago.

"I've been in the military for 19 years," Ariza said. "I

came up through the ranks, and started off as a private first class. No one was there to mentor me, give me guidance or talk to me about my personal goals for my career. No one was there to teach me how to deal with males on a day-to-day basis in a male dominated occupation."

"The focus is on building confidence and building relationships, empowering us, learning from each other," Maher said. "The mission statement is 'to empower, educate, and mentor female service members and DA civilians.'

"Mentoring is helping each other out," she said.

The Professional Mentorship Network conducts two meetings each month. The first meeting is about membership development, Maher said.

"We have a panel and discussion about a topic," she said. "Each table will have some discussion and, at the end of the meeting, we'll share our thoughts on the topic of conversation."

Maher said the program aims to reach all active duty female Soldiers and DA employees.

"Sometimes we're mentoring without even knowing that we're mentoring," she said. "Sometimes it doesn't mean that you're assigned a mentor that you formally meet with. This isn't like that."

The second meeting of each month involves a guest speaker. The concept is to bring female professionals to the post to speak with members about their careers.

"The strength of the program is giving women on the installation, both military and civilian, the opportunity

to come together in fellowship and learn about different topics that pertain to women in service," said Command Sgt. Maj. Chantel Sena-Diaz, of the United States Army Chaplain Center and School.

Sena-Diaz is also the program manager for the Professional Mentorship Network.

"I've heard a lot of positive comments from women, some of whom have said it was their first time to even meet some women (working on) the installation," she said. "It's a great networking opportunity."

The group is open to any woman working on post, from Soldiers to civilians, but is not open to Soldiers in training status. Participation numbers have fluctuated in recent months, possibly because its goals are misunderstood.

"I'd like to see the post support it a little more," Ariza said. "People might think it's just a lot of females getting together and 'male bashing,' which isn't the truth. We're just coming together, coordinating, understanding and getting a better picture of what it is, as a female in the military, that we should be doing and where we should be going."

The Professional Mentorship Network meets the second and fourth Tuesday of each month. The next meeting is scheduled to begin 11:30 a.m., Nov. 26, at the NCO Club. The event's guest speaker is creativity coach, writer and poet Cassie Premo Steele. For more information and to register, email [tracy.d.ariza.mil@mail.mil](mailto:tracy.d.ariza.mil@mail.mil).

[Milton.W.McBride3.ctr@mail.mil](mailto:Milton.W.McBride3.ctr@mail.mil)

# OERs/NCOERs now looking at harassment-free climate

By **DAVID VERGUN**  
Army News Service

WASHINGTON — A Soldier's performance in regard to fostering a climate free of sexual assault and sexual harassment will now be recorded on his or her officer evaluation report or non-commissioned officer evaluation report.

"Officers and noncommissioned officers must commit themselves to eliminating sexual harassment and assault and to fostering climates of dignity and respect in their units," said Secretary of the Army John McHugh.

McHugh spelled out the details in September in an Army Directive titled, "Assessing Officers and Noncommissioned Officers on Fostering Climates of Dignity and Respect and on Adhering to the Sexual Harassment/Assault Response and Prevention Program."

Follow-on guidance to that directive is provided in a Military Personnel Message titled, "Changes to the Evaluation Reporting System in Response to Army Directive 2013-20."

The MILPER directs that all officers and noncommissioned officer be assessed — within their officer evaluation report, known as an OER, or noncommissioned officer evaluation report, known as an NCOER — on their commitment to the Army's Sexual Assault Prevention and Response Program, or SHARP.

Previously, leaders had the option of counseling or not counseling on their Soldiers' commitment or lack of commitment to preventing sexual harassment and assault. Now, that kind of counseling is a requirement, said David Griffie, chief of the Evaluations Branch within the Army Human Resources Command, known as HRC.

"The changes to the OERs and NCOERs are in line with the Army senior leaders' intent to ensure accountability from a top-down, bottom-up perspective," said Dr. Christine T. Altendorf, director of the Army SHARP Program Office.

"The enhancements to the evaluation system also instill confidence that the Army cares about the climate it is setting for its Soldiers, civilians and family members," she continued. "It says we don't tolerate sexual harassment and sexual assault — nor leaders who do."

"This is no longer just a commanders' program. It's now an all-leaders' program," Griffie said. Leaders at every level will be assessed on how they're meeting goals and objectives to further improve the command climate.

Those goals and objectives will be left up to the discretion of each leader, since they are in the best position to observe and affect the direction of their commands, he said. Subordinates as well should be setting their own goals in the interactive counseling process.

If ideas or resources pertaining to goals and objectives are needed, Griffie suggested that Soldiers seek out their unit SHARP or victim advocates.

Leaders are being given a lot of latitude and responsibility in working with their subordinates to set the climate.

Some leaders have asked for examples of what to write in the OER and NCOER, said Lt. Col. Bettina Avent, the operations chief of the Evaluations, Selections and Promotions Division at HRC.

"We're choosing not to give specific examples, because history has proven to us that when we do that, people copy and paste those and it becomes an exercise in futility," she said.

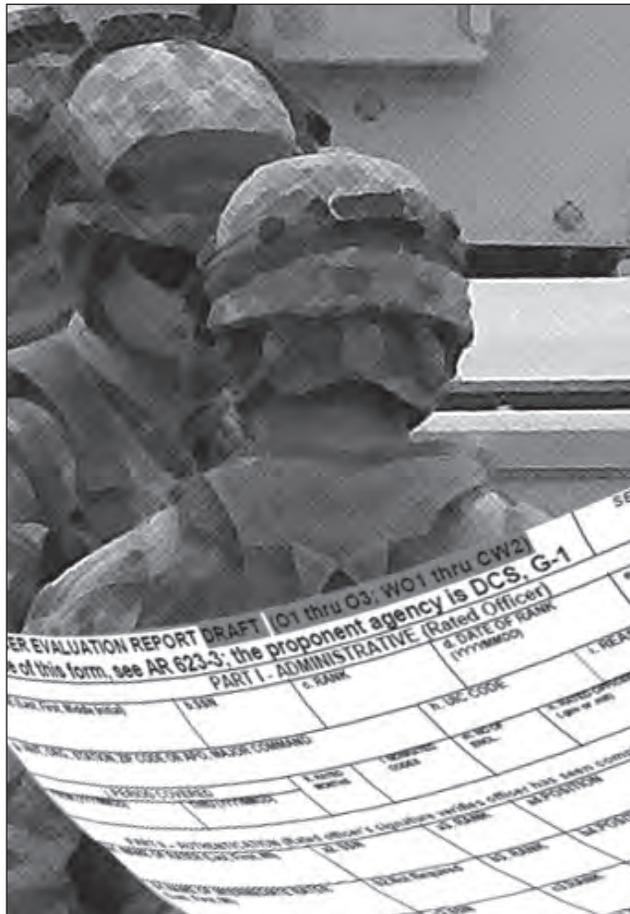


Photo illustration by **DAVID VERGUN**,  
Army News Service

**A Soldier's performance in regard to fostering a climate free of sexual assault and sexual harassment will now be recorded on his or her officer evaluation report or noncommissioned officer evaluation report.**

"The point we're making is that leaders at every level need to take the time to think, consider, communicate, coach, teach and mentor those that they lead in what 'right' looks like and what performance objectives and behaviors should be," she continued. "We specifically don't provide example comments because we want each leader to embrace communicating with people they're rating."

The new policy affects Soldiers no matter where they are, including those in Army and other service schools as well as Soldiers in civilian institutions such as those attending degree completion programs, Avent said.

Although the changes to the evaluations are designed to reinforce the requirement for leaders to set the correct command climate so victims feel free to report without fear of reprisal, Soldiers who believe they've experienced professional retaliation for reporting sexual assault and sexual harassment may seek recourse through the Army Board for Correction of Military Records, part of the Army Review Boards Agency, Altendorf said.

Griffie concluded that "the Army has always held Soldiers accountable when they fail. This is holding them accountable for doing the right thing, ensuring they're fostering a climate of dignity and respect.

"It's sending a signal to the field that the Army is recognizing Soldiers for the positive things they are doing to better the Army," he said.

## News and Notes

### AMERICAN INDIAN HERITAGE MONTH EVENT

A luncheon in celebration of National American Indian Heritage Month is scheduled from 11:30 a.m. to 1 p.m., Friday at the Officers' Club. The guest speaker will be Dr. Courtney Lewis, Cherokee Nation citizen from Oklahoma. Tickets cost \$10.50.

### AMERICA RECYCLES DAY SCHEDULED

Fort Jackson will participate in America Recycles Day with activities from 9 a.m. to 2 p.m., Friday at the NCO Club. The event includes a shred truck, e-waste collection, a light bulb exchange, crafts made from recycled items and more. For more information, call 751-5971.

### CDC CHANGES

Lee Road Child Development Center is now providing overnight and weekend care. It also provides hourly child care from 7:30 a.m. to 5:30 p.m. until Hood Street CDC reopens. After the reopening of Hood Street CDC, Lee Road CDC will accept children for care whose parents work rotating or night shifts. For more information, call 751-4865.

### COLEMAN GYM ADJUSTS HOURS

Effective Friday, Coleman Gym will change its operating hours. The gym will be open from 4 a.m. to 9 p.m., Monday through Friday and 6 a.m. to 2 p.m., Saturday, Sunday and on holidays.

### MILITARY FAMILY APPRECIATION FUN FAIR

A military family appreciation fun fair featuring rides, games and other attractions is scheduled from 11 a.m. to 2 p.m., Nov. 23 at the Solomon Center.

*Information subject to change.*

## Reel Time Theaters

We're saving a seat for you.

<b>Friday, Nov. 15 — 7 p.m.</b>	Lee Daniels' <i>The Butler</i>	PG-13
<b>Saturday, Nov. 16 — 2 p.m.</b>	Homefront	R
Studio appreciation screening. Free tickets are available at the Exchange food court.		
<b>Sunday, Nov. 17 — 2 p.m.</b>	Prisoners	R
<b>Wednesday, Nov. 20 — 1 p.m.</b>	Gravity	PG-13
<b>Wednesday, Nov. 20 — 4 p.m.</b>	Captain Phillips	PG-13

**Fort Jackson Reel Time Theater**  
(803) 751-7488

**Ticket admission**  
Adults: \$5.50 (\$7.50 for 3D)  
Children (6-11) \$3 (\$5 for 3D)

*subject to change*



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Photos by ANDRE BUTLER, Moncrief Army Community Hospital

Staff Sgt. James Schneidel, left, and Sgt. 1st Class Kenya Joiner, Soldiers from the Fort Jackson Warrior Transition Unit, participate in the Creative Journey painting and drawing class Nov. 4 at the WTU as Nancy Pryor-Grills, a volunteer, looks on.

# WTU Soldiers take creative journey

By ANDRE BUTLER  
Moncrief Army Community Hospital

The Fort Jackson Warrior Transition Unit went on a creative journey Nov. 4 for Warrior Care Month. Volunteers from Columbia's Art Center visited the unit to assist Soldiers with creating art projects.

The Creative Journey class is one outlet that Brenda Oliver, a culture arts specialist for Columbia Parks and Recreation Department, said helps WTU Soldiers design art and promotes positive thinking.

"This program is designed to provide an environment where Soldiers can create art that could provide them with a source of joy," Oliver said. "It provides a path of

activities that Soldiers can use to find some relaxation and enjoyment. They may also find a sense of creativity through art they may not have known they have."

Creative Journey is sponsored by the City of Columbia and is a volunteer-only program.

"The program is voluntary, Oliver said, from our staff to those Soldiers who are participating," said Oliver, who is the only member of her team who is not a volunteer. "We have artists from all over volunteering their expertise to teach the Soldiers different crafts."

The class, which has been going on for one year, consists of two artist teams. One team is focused on painting and drawing while the other focuses on ceramic pottery.

"We started a trial run of Creative Journey in October 2012. The first class was held in Moncrief (Army Community) Hospital Victory Conference Room," she said. It was very interesting because (organizers) had not anticipated the response to the program. It was very positive."

Soldiers at the WTU said that Creative Journey has given them positive insight into the world of art and how it can help them through rough times.

"Creative Journey is a very nice outlet," said Staff Sgt. James Schneidel from the WTU. "I never thought I would ever be interested in pottery, but I have noticed since starting the class about a year ago, it has given me an avenue of release. ... I get to do something I normally wouldn't

do and it's fun."

Another one of the main priorities of the class is to provide a safe haven for Soldiers participating.

"My obligation to the military is to protect the Soldiers from outside entities that might pose a risk of interfering with their peace and privacy," Oliver said. "Many of these Soldiers have been through a lot and I want this program to be one of refuge."

Two-hour classes take place once a month. An exhibit featuring all of the art work Soldiers from the WTU have crafted throughout the year is scheduled for Nov. 23 at Earlwood Community Center in Columbia.

For more information about the program or exhibition, call Oliver at 545-3093.



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## Job well done

*Photo by DAVID SHANES, command photographer*

**Brig. Gen. Bradley Becker, Fort Jackson's commanding general, presents Sandra Barnes with the 2013 Director's Army Substance Abuse Program Employee Assistance Program Coordinator of the Year award.**

*Courtesy photo*

## Trunk or treat

Soldiers and family members with the 187th Ordnance Battalion celebrate Halloween with a trunk or treat event Oct. 29. The event included food, a haunted hallway and a haunted motor pool. Gift cards were awarded to those with the best decorated vehicle and the best costume.





Photo by KARA MOTOSICKY, Public Affairs Office

## Panthers visit

A.J. Klein, a linebacker for the Carolina Panthers, climbs victory tower Tuesday. Players and other members of the professional football organization visited Fort Jackson to get a closer look at what Soldiers experience during Basic Combat Training.



## Thank you!

Fort Jackson Cub Scouts with Pack 89 visit veterans at the VA nursing home to thank them for their service Nov. 9. The Cub Scouts presented the veterans with 'thank you butterflies' made by students of Pierce Terrace Elementary School.

Courtesy photo

## This week in history

In the United States, Veterans Day is observed Nov. 11 to honor all American veterans. However, from 1919 until 1947, Nov. 11 was known as Armistice Day in the United States. Initially, this day was recognized as the anniversary of the signing of the armistice between the allied powers and Germany, ending hostilities along the western front. The armistice was signed at Compiègne, France at 11 a.m., Nov. 11, 1918, and it marked the end of World War I. On May 13, 1938, Congress made Nov. 11 a legal holiday dedicated to world peace. In 1947, people began celebrating it as a celebration of all veterans, and in 1954 Congress established the holiday as Veterans Day.

Photo courtesy of the  
BASIC COMBAT TRAINING MUSEUM



# Program helps separated families

By **PATRICIA GUILLORY**  
Army Community Services

Are you living separately from your loved one because of deployment or an unaccompanied tour? If so, the Hearts Apart program is for you.

The Hearts Apart support group offers support for waiting families of military and DoD civilian personnel by linking family members and children with other families who are left behind because of the sponsor's

mission requirements. Army Community Services Relocation Readiness Program provides a supportive group setting for activities, opportunities to learn about available resources, and to network with each other during the absence of the sponsor.

The relocation readiness staff invites family members to participate in monthly activities such as birthday celebrations, arts and crafts (scrap-booking, card making,

etc.) and holiday events. The Hearts Apart support group meets once a month at different locations on Fort Jackson and in the Columbia area from 6 to 7:30 p.m.

To find out about upcoming Hearts Apart events, visit <http://fortjacksonmwr.com/acs> or [facebook.com/ftjackson.acs](http://facebook.com/ftjackson.acs). Outreach and follow FtJacksonACS on Twitter.

On Dec. 13, from 5:30 to 8 p.m., the Relocation Readiness Program will host

a holiday celebration at the Main Post Chapel's multipurpose room. All Hearts Apart families are invited to an evening of fun, food, music and games. Please bring a dish and recipe to share and wear your best attire to take a holiday photo. . . .

RSVP is required by Nov. 25. For more information, contact Patricia Guillory at 751-9770, [patricia.a.guillory@us.army.mil](mailto:patricia.a.guillory@us.army.mil) or Miranda Broadus at 751-1124, [miranda.broadus@us.army.mil](mailto:miranda.broadus@us.army.mil).

# Food inspectors fight intentional contamination

By JANE GERVASONI

U.S. Army Public Health Command

The intentional contamination of the Department of Defense's food and water supplies could have serious effects on the mission of the military and on individual service members and their families.

"The primary focus of food defense is the prevention of the intentional contamination of our food supply, while food safety is aimed at preventing unintentional or accidental contamination," explained Sgt. 1st Class Kevin Gill, veterinary food inspection specialist at the U.S. Army Public Health Command.

"Since both food safety and food defense deal with the protection of the food supply, it follows that measures for enhancing food safety and food defense often go hand in hand," Gill said.

"Although food safety had been a mainstay of the mission of Army veterinary food inspectors, food defense had not even been a focus of discussion until after Sept. 11, 2001," said Col. Thomas Honadel, USAPHC Veterinary Services Food Protection Program manager. "Since that time, more emphasis has been placed on antiterrorism food defense plans."

USAPHC veterinary food inspectors are required to perform annual installation food vulnerability assessments of all Army, Navy and Marine Corps installations, while Air Force personnel perform many of the same functions at their bases.

"Our veterinary food inspectors identify potential weaknesses and ways to reduce, control or eliminate the hazards. They do so in a very uniform and consistent manner, using highly specific written standards," Gill said.

"These annual assessments are required by DoD and focus on food from its source to entering the gate (at a military post)," Honadel said. "All Army installations must have a food defense assessment team that conducts food vulnerability assessments and crafts a regularly updated food defense plan."

A food defense team consists primarily of USAPHC veterinary food inspection specialists, a Veterinary Corps officer and preventive medicine personnel. The team may also include the Defense Commissary Agency; Morale, Welfare and Recreation; Army and Air Force Exchange Service; lo-



U.S. ARMY PUBLIC HEALTH COMMAND photo

**Food inspectors perform annual food vulnerability assessments of all Army, Navy and Marine Corps installations. The assessments are required by DoD to ensure the safety of the military's food supply.**

cal criminal investigation; security; and antiterrorism personnel.

"Our food inspectors, as the primary part of the food defense assessment team, use checklists to target areas of concern and point out common-sense, low-cost solutions to possible areas of vulnerability," Gill said.

"Food defense measures include training for food service personnel, increased physical security of food service areas, and even background and identification checks," he said.

Additionally, special events require even more scrutiny. These events are defined as "any activity characterized by a large concentration of personnel and/or a gathering where distinguished visitors are involved, often associated with a unique or symbolic event."

"Special events, such as presidential inaugurations, offer opportunities to assess possible food vulnerabilities," according to Gill. "The USAPHC veterinary food inspectors support these events that are often open to the general public and located outside of military installations."

During special events, teams of veterinary food inspectors and preventive medicine personnel are assembled at the local USAPHC regional commands. The teams then deploy to provide pre-assessment surveys aimed at reducing the vulnerability of food and beverage service to intentional contamination or disruption by terrorists or criminals.

Awareness of food supplies and food deliveries as well as potential contamination during food preparation highlights the need for enhanced force protection measures, Honadel said.

# Follow tips to avoid emotional eating

By **CAPT. CANDICE HEBERT**  
U.S. Army Public Health Command

At one time or another, most of us have turned to food to cure our emotional troubles or make ourselves feel better. In essence, we are feeding our emotions.

However, problems arise when eating becomes the only approach we use to manage emotions — especially if the foods we choose to eat are unhealthy or the amounts are excessive. If you are experiencing persistent depressed mood for more than two weeks, see a health care provider.

What is the connection between food and mood? It's a neurotransmitter, a mood hormone, called serotonin. When serotonin levels are low, we feel sad and when elevated, we feel happy. Serotonin is known to be in many antidepressants such as Prozac and Zoloft. However, what most people don't know is that the majority of our serotonin cells are in our digestive systems, not our brains. Thus, diet plays a big role in our serotonin levels!

Carbohydrate-rich foods have a big effect on our serotonin levels. When we are sad or upset (low serotonin levels), we crave foods high in carbohydrates to feel better. It makes sense then, why people who are feeling down eat more junk food.

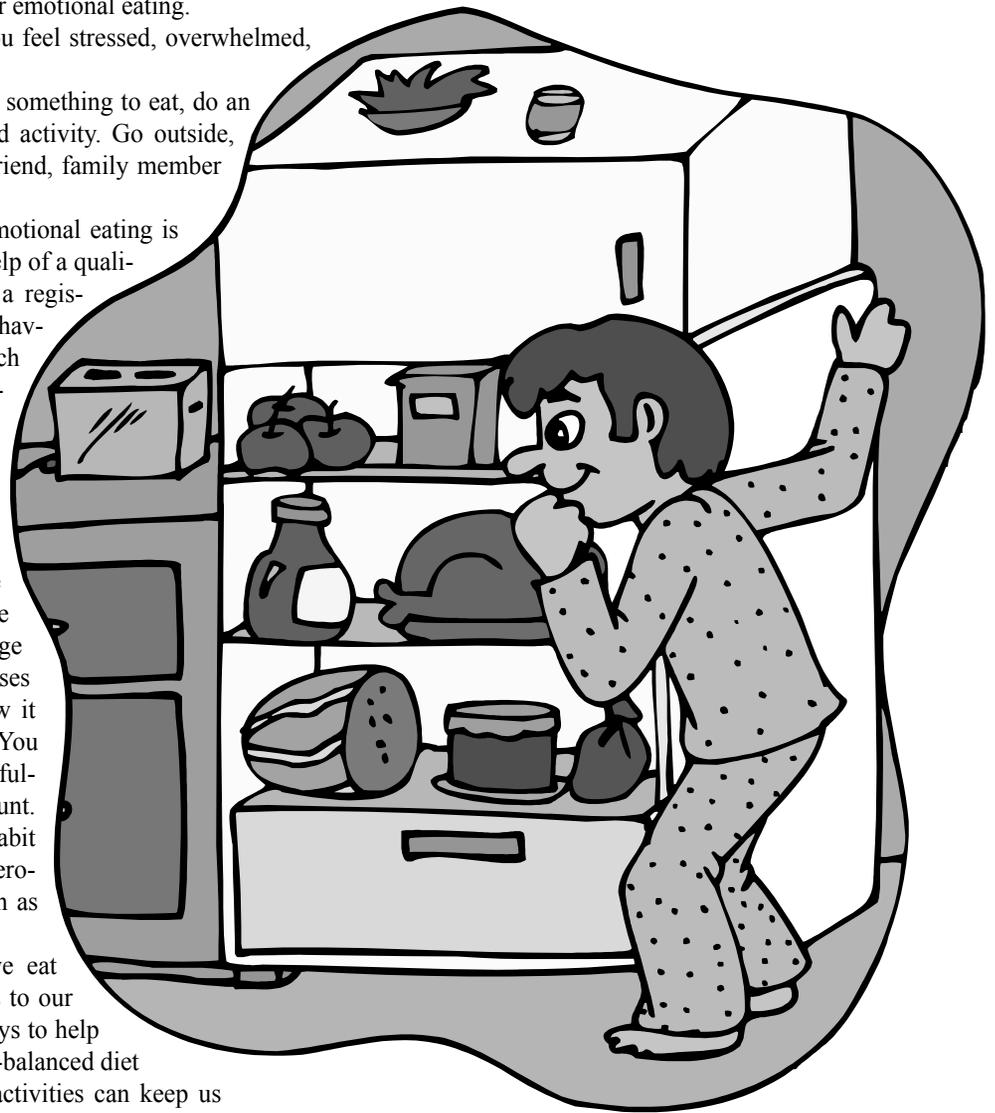
In addition, the connection between serotonin and food is noticeable in the depressive feelings experienced after several weeks of a high protein, low carbohydrate diet. The effect of dieting and low carbohydrate intake decreases our serotonin levels and causes us to feel down. This in turn may lead dieters to crave carbohydrate-rich foods to improve their mood, which usually results in overeating and contributes to regaining weight.

When you form the habit of feeding an emotion, you put off learning skills to manage your emotions. Here are some tips to help break the habit of feeding your emotions:

- Identify your triggers for emotional eating.
- Take notice of when you feel stressed, overwhelmed, lonely, sad or anxious.
- Instead of searching for something to eat, do an enjoyable non-food related activity. Go outside, take a walk, or talk to a friend, family member or co-worker.
- If you find that your emotional eating is out of control, enlist the help of a qualified professional such as a registered dietitian and/or a behavioral health specialist (such as a social worker, therapist or psychologist).

Keep in mind that it is OK to eat the foods you enjoy in moderation. If you find that you absolutely have to have a favorite food, like chocolate, take the time to enjoy it. Engage the food with all your senses — touch it, smell it, chew it slowly and savor the taste. You will find that you are more fulfilled with a small amount. In addition, develop the habit of reaching for healthy serotonin-boosting snacks such as nuts, fruits and vegetables.

Understanding what we eat and how our mood relates to our behavior are important ways to help improve our mood. A well-balanced diet and engaging in healthy activities can keep us feeling great more often.



## MACH UPDATES

### MACH MAIN ENTRANCE TO CLOSE

The main (ground floor) entrance at Moncrief Army Community Hospital will be closed for renovation Nov. 25 through July 31. Visitors are asked to pay attention to the signs posted for entry into the hospital and patient drop-off.

### WOMEN'S CLINIC TRANSITION

After 18 months of remodeling and renovation, the Surgical Care and Women's Health Clinic will begin clinic transition. The following services will be temporarily interrupted: Gynecology, Surgical and Dermatology Clinic will be closed Nov. 19-22. Mammography services will be closed through Nov. 22. Ultrasound services will be closed Nov. 20-22. All services will reopen Nov. 25.

## FLU VACCINATIONS

Seasonal flu vaccinations are available to eligible beneficiaries.

Children between 6 and 36 months will be given flu shots on a walk-in or appointment basis at the Family Health Clinic. For more information, call 751-2210.

Flu vaccinations are available at Moncrief Army Community Hospital, sixth-floor Immunization Clinic, Room 6-72, from 8 a.m. to 4 p.m., Monday through Friday.

On Nov. 27, the clinic will be open from 8 a.m. to 7 p.m.

Flu vaccinations will also be available at the following locations:

- Solomon Center: Monday
- Commissary: Tuesday
- Post Exchange: Nov. 26.

*Information is subject to change.*



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facebook

# Veterans Day

## Veterans receive emotional salute



Photo by KARA MOTOSICKY, Public Affairs Office



Photo by KARA MOTOSICKY, Public Affairs Office



Photo by KARA MOTOSICKY, Public Affairs Office

The City of Columbia hosted its 35th Annual Veterans Day Parade Monday. The parade featured more than 80 entrants, including elements from Fort Jackson and the South Carolina National Guard, as well as various local veterans' organizations, schools and universities. The grand marshal for the parade was Fort Jackson's commanding general, Brig. Gen. Bradley A. Becker.



Photo by KARA MOTOSICKY, Public Affairs Office



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



Photo by KARA MOTOSICKY, Public Affairs Office

CMYK

CMYK

27" WEB-100

## Calendar

### Friday

#### Native American Indian Heritage Month luncheon

11:30 a.m. to 1 p.m., Officers' Club  
The guest speaker will be Dr. Courtney Lewis, a Cherokee Nation citizen from Oklahoma. Tickets cost \$10.50.

### Thursday, Nov. 21

#### Adjutant General's Corps Regimental Association, Carolina Chapter breakfast

7 to 8:30 a.m., NCO Club  
For more information, email [Eldora.E.Johnson.civ@mail.mil](mailto:Eldora.E.Johnson.civ@mail.mil).

### Friday, Dec. 13

#### Hearts Apart/Foreign-Born Spouses holiday celebration

5:30 to 8 p.m., Main Post Chapel, multipurpose room  
For more information and to register, call 751-9770. RSVP is required by Nov. 25.

## Announcements

### HOLIDAY HOURS

■ AAFES: The Exchange will be closed for Thanksgiving on Nov. 28. It will open 4 a.m., Nov. 29.

#### ■ Commissary:

- Nov. 25, open from 9 a.m. to 8 p.m.
- Nov. 28, closed
- Nov. 29, closed
- Dec. 23, open from 9 a.m. to 8 p.m.
- Dec. 24, open from 9 a.m. to 4 p.m.
- Dec. 25, closed
- Dec. 26, closed
- Dec. 31, open from 9 a.m. to 8 p.m.
- Jan. 1, closed

■ Dental clinics: Closed Nov. 29, Dec. 24 and Dec. 31. The dental clinics will also be closed from 12:30 to 4:30 p.m., Dec. 6 and 13. All dental emergencies should report to the Urgent Care Clinic.

■ Housing office: Housing services, furnishings and administrative offices for the Single Soldier Complex will be closed Nov. 28 and 29. Balfour Beatty Communities will be closed Nov. 28 and open Nov. 29.

### HAND BELL CHOIR

The Main Post Chapel hand bell choir is rehearsing Thursdays at 5:30 p.m. at the chapel. The first performance is scheduled for 9:30 a.m., Dec. 22. For more information, email [paul.d.fritts.mil@mail.mil](mailto:paul.d.fritts.mil@mail.mil) or [deborah.f.lyle.civ@mail.mil](mailto:deborah.f.lyle.civ@mail.mil).

### ENGLISH CLASS DISCONTINUED

The Army Community Services English as a Second Language class, previously scheduled for 1 p.m., Thursdays, has been discontinued. If there is enough interest, classes may start again. For more information, call 751-1124 or email [Miranda.O.Broadus.civ@mail.mil](mailto:Miranda.O.Broadus.civ@mail.mil).

### EDUCATION WEEK

Army Continuing Education will celebrate American Education Week Nov. 18-

22. This year's theme is, "Army Continuing Education — Strength and Resilience through Education." For more information on ACES programs and services, call 751-5341.

### WINTER SPORTS REGISTRATION

Registration for winter youth sports is open through Dec. 31. The sports offered are basketball (for ages 4 to 15) and cheerleading (for ages 3 to 13). For more information, call 751-3807.

### CHANGES IN ID CARD OFFICE

The ID Card Office has changed hours of operation to ensure the best possible service for customers. The ID card offices now operate on an appointment-only basis Monday-Friday, from 9:30 a.m. to 4:10 p.m. Walk-in hours will be from 8 to 9:15 a.m. Walk-ins that cannot be accommodated during walk-in hours will be asked to make an appointment or provided information to visit a different facility.

ID card appointments can be scheduled by using the ID Card Appointment Scheduler System at <https://rapids-appointments.dmdc.osd.mil>. Only one customer may be scheduled per appointment. Each customer must bring two valid forms of identification. One must be a valid federal or state picture ID and the other may be a valid driver's license, social security card, birth certificate, passport, or voter's registration card. Customers who need to update/enroll in the Defense Enrollment Eligibility Reporting System (DEERS), reset a Personal Identification Number (PIN), or a DD Form 1172-2, an appointment is not necessary. Soldiers-in-Training do not need to schedule an appointment; however, it is highly encouraged to expedite the process.

For more information, call Sharon Jackson at 751-6024 or email [sharon.l.jackson2.civ@mail.mil](mailto:sharon.l.jackson2.civ@mail.mil).

### MENTORSHIP NETWORK EVENTS

The following event is scheduled for the Professional Mentorship Network (female forum):

Nov. 26, 11:30 a.m. to 12:30 p.m., NCO Club: Cassie Premo Steele, Ph. D., creativity coach and author of 12 book and audio publications, will speak about "journaling your way to gratitude — how writing can help you feel more thankful and full."

To RSVP, email [Tracy.D.Ariza.mil@mail.mil](mailto:Tracy.D.Ariza.mil@mail.mil).

### REDBOX LOCATIONS

Redbox movie rental kiosks are now located at the Gate 1 and Gate 2 Express locations. Movies cost \$1.20 a day. Games vary in price.

### SPORTS BRIEFS

The annual Turkey Trot 5K is scheduled for Nov. 23. For more information, call the Sports Office at 751-3096.

Other events are:

- Sand volleyball, Mondays at the court behind Palmetto Falls
- Flag football, Tuesday and Thursday

nights, Hilton Field Softball Complex

■ Jingle Bell 5K, 8 a.m., Dec. 7, Semmes Lake

■ Sports banquet, 11:30 a.m., Dec. 11, Solomon Center, RSVP by Dec. 4

### EXCHANGE SWEEPSTAKES

AAFES is seeking the 10 best pictures in its "Mom and Baby Photo" sweepstakes. The winners will win a diamond pendant. The deadline to enter is today. For more information, visit [www.shopmyexchange.com/patriotfamily](http://www.shopmyexchange.com/patriotfamily).

### COMMISSARY SPECIALS

The Commissary will offer special discounts throughout November for holiday shoppers. For more information, visit [www.commissaries.com](http://www.commissaries.com).

### RED CROSS VOLUNTEERS

Community members interested in volunteering for the American Red Cross on Fort Jackson should call 751-4329. Volunteer orientation is offered online. Additional training is necessary for those volunteering in a clinical setting. The Red Cross is looking for volunteers to work at Moncrief Army Community Hospital's transportation department on Tuesdays and Thursdays from 8 a.m. to noon. Primary duties are assisting patients in wheel chairs and transporting paperwork. The Red Cross is also in need of golf cart drivers to take patients from their cars to the hospital entrance. A valid driver's license is needed.

### FREE COMIC BOOK

A free Iron Man comic book exclusively for military readers is now available at the Exchange.

### AAFES PICTURE CONTEST

The Army and Air Force Exchange Service's Homeward Bound picture contest is open through Dec. 31. Authorized shoppers can submit a photo or video of a military welcome home experience for a chance to win a \$10,000 Exchange gift card. For more information, visit [www.shopmyexchange.com/homewardbound](http://www.shopmyexchange.com/homewardbound).

### PWOC MEETINGS

The Protestant Women of the Chapel meet Mondays from 7 to 8:30 p.m. and Tuesdays from 9 to 11:30 a.m. at the Main Post Chapel fellowship hall. For more information, email [Jackson@pwoc.org](mailto:Jackson@pwoc.org).

### RETIREMENT CEREMONY

The next U.S. Army Central retirement ceremony is scheduled for 2 p.m., Friday at Patton Hall.

### FIRST TIMER CLINICS

The Fort Jackson Education Center will offer First Timer Clinics for service members needing assistance navigating the GoArmyEd Portal. The sessions will be held every other Friday at 9:15 a.m. On alternating Fridays, clinics will be held for service members seeking to transfer educational benefits to dependents and complete a 22-1990 to initiate benefits will be held

at 9:15 a.m. Both clinics will take place at the Education Center's Multi-Use Learning Facility. For more information, call 751-5341.

### THRIFT SHOP NEWS

The Thrift Shop is looking for a cashier. Apply at the store during business hours.

Meanwhile:

- The Thrift Shop will be closed the week of Thanksgiving and Dec. 20 through Jan. 7.
- Winter clothes are now accepted.
- Thanksgiving items will be accepted through today.
- Christmas items will be accepted Nov. 19 through Dec. 12.
- The Golden Carriage Program provides free ball gowns for spouses of active-duty service members E-5 and below.

*Information is subject to change. Visit the community calendar at [www.jackson.army.mil](http://www.jackson.army.mil) for a full listing of calendar events. Send your announcements to [fjleader@gmail.com](mailto:fjleader@gmail.com). Announcements are due one week before the publication date. For more information, call 751-7045.*

## Housing happenings

### MAYORS NEEDED

The Mayoral Council is looking for volunteers to serve as mayors in Pierce Terrace 1; PT2; PT 3; PT 5; PT 6; PT 7; and Howie Village. Child care is provided while performing mayoral duties. Interested residents should call Vicki Greer at 751-7567.

### LANDLORD/TENANT DISPUTES

If you have dispute with your landlord you cannot resolve, contact the Housing Services Office for assistance. For more information, call 751-9323/5788/7566.

### MAINTENANCE CALLS

Emergency work orders should not be submitted online. For emergency work orders, call 787-6416 around the clock.

## 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.*

### DMV TO DEDICATE BUILDINGS

The Department of Motor Vehicles will dedicate some of its buildings to Medal of Honor recipients. The dedication ceremonies are open to the public.

- 10 a.m., Tuesday, 228 O'Neil Court; dedicated to Master Sgt. John Baker
- 2 p.m., Tuesday, Orangeburg office, dedicated to Seaman Robert Blake
- 2 p.m., Nov. 21, Anderson office, dedicated to Cpl. Freddie Stowers
- 2 p.m., Nov. 22, Beaufort office, dedicated to Maj. Gen. James Livingston

# Saluting this Basic Combat Training cycle's honorees

## DRILL SERGEANTS OF THE CYCLE



**Staff Sgt. Adam Camara**  
Company A  
3rd Battalion,  
34th Infantry Regiment

**HONOR GRADUATE OF THE CYCLE**

Pvt. Theresa Gottron

**HIGH BRM**

Pfc. Nicholas Gonzalez

**HIGH APFT SCORE**

N/A



**Staff Sgt. Kevin Marquardt**  
Company B  
3rd Battalion,  
34th Infantry Regiment

**HONOR GRADUATE OF THE CYCLE**

Pvt. Nyan Htat

**HIGH BRM**

Pvt. Nickolas McManigle

**HIGH APFT SCORE**

Spc. Maria Resende



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

**HONOR GRADUATE OF THE CYCLE**

Pfc. T.J. Bettino

**HIGH BRM**

Pvt. Bryce Faulkner

**HIGH APFT SCORE**

Pvt. Kelly Jeans



**Staff Sgt. Ryan Skelton**  
Company D  
3rd Battalion,  
34th Infantry Regiment

**HONOR GRADUATE OF THE CYCLE**

Pvt. Bryan Garcia

**HIGH BRM**

Pvt. Christopher Bollinger

**HIGH APFT SCORE**

Pfc. Alejandro Pineda



**Staff Sgt. Robert Young**  
Company E  
3rd Battalion,  
34th Infantry Regiment

**HONOR GRADUATE OF THE CYCLE**

Pvt. Shawna Thieschafer

**HIGH BRM**

Pvt. Joshua Henderson

**HIGH APFT SCORE**

Pvt. Kannon Carter IV



**Staff Sgt. Nicolas Lemay**  
Company F  
3rd Battalion,  
34th Infantry Regiment

**HONOR GRADUATE OF THE CYCLE**

Pvt. Conner Winstead

**HIGH BRM**

Pvt. Rusty Tuuaga

**HIGH APFT SCORE**

Pvt. Christopher Baker

## DISTINGUISHED HONOR GRADUATE OF THE CYCLE

Pfc. T.J. Bettino

## Weekly honors



**ALEXIS**

**Spc. Kimberly Alexis**  
Soldier of the Week  
U.S. Army Central



**RALSTON**

**Capt. Jacqueline Ralston**  
Distinguished honor graduate  
Captains Career Course  
Adjutant General School



**ALTHAQEB**

**Maj. Meshari Althaqeb (Kuwait)**  
International honor graduate  
Captains Career Course  
Adjutant General School

## FEELING SOCIAL?

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Like us on Facebook.  
Log on to your account  
and search for  
"FORT JACKSON LEADER."

# Recurring meetings

## WEEKLY

### Alcoholics Anonymous open meeting

Wednesdays and Fridays, 9 to 10 a.m., 9810 Lee Road.  
For more information, call 751-6597.

### Columbia Composite Squadron (Civil Air Patrol)

Mondays, 6:30 p.m., Owens Field, main conference room. E-mail [Tom.Alsup@gmail.com](mailto:Tom.Alsup@gmail.com) or visit [www.scwg.cap.gov](http://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, Bible study and fellowship. Home-schoolers are welcome. Free child care is available. E-mail [jackson@pwoc.org](mailto: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](http://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.

### Walking away stress

Mondays and Fridays, 9 a.m., at the pecan orchard near the post office on Early Street, 751-6325.

## MONTHLY

### 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](mailto: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](mailto:armyaguair@yahoo.com) or visit [www.combatvet.org](http://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](mailto: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](mailto:turner6516@gmail.com).

### Fort Jackson Bass Club

First Monday of the month, 7 p.m., Joe E. Mann Center. Open to active duty, retirees, DoD civilians, reservists, veterans and family members. Visit [www.jacksonanglers.com](http://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](mailto: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](mailto: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](mailto:kathrynhensley@hotmail.com) or [gillentinec803@aol.com](mailto:gillentinec803@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](mailto: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](http://www.facebook.com/FJSAMCA).

### Sergeants Major Association

Last working Thursday of the month, 4:30 p.m., Magruder's Pub, 338-1904. Open to active-duty and retired E-9s and E-8s. E-mail [William.huffin@us.army.mil](mailto: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](mailto: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.

### Victory Riders Motorcycle Club

First and third Thursday of the month, 5 p.m., Magruder's Club. E-mail [sec@ffvictoryriders.com](mailto:sec@ffvictoryriders.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](mailto:fjleader@gmail.com).