

# NOSOTROS

VOLUME 1 ISSUE 18

Serving the U.S. Southern Command military family in South Florida, the Caribbean, Central and South America and the surrounding seas

SEPTEMBER 26, 2011

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**Guy Drab, U.S. Army Garrison - Miami Army Substance Abuse Program Manager and Certified Employee Assistance Professional speaks to nearly 200 members of the command about preventing suicide, which is on the increase among servicemembers.**

## Honoring the fallen of 9/11



Jose Ruiz

**MIAMI -- Air Force Gen. Douglas Fraser, Commander of U.S. Southern Command (SOUTHCOM) and Marine Sgt. Maj. Louis Espinal, SOUTHCOM Senior Enlisted Advisor, stand during a moment of silence after laying a wreath for U.S. Dept. of Defense personnel killed during the Sept. 11, 2001, terrorist attacks. SOUTHCOM senior leaders joined military personnel, police, firefighters and civilians from across Miami-Dade County during a local ceremony at Miami's Tropical Park on the 10th anniversary of the attacks to remember the victims, reflect on our nation's courage and resilience, and express the country's gratitude for all uniformed personnel who have served to protect the country over the past decade. See photos from more events on page 6.**

### Scholarships for Military, Spouses

**Monique Smith**  
USAG-Miami Education Technician

For those pursuing off duty education, The Council of Colleges and Military Educators has ten \$1,000 scholarships to award; five for active duty servicemembers and five for military spouses.

The NEW deadline for scholarship applications to be received is Nov. 1.

For eligibility requirements and links to the applications

visit: <http://www.ccmeonline.org/scholarships.aspx>

Additionally, it is imperative the applications be filled out correctly. So far only 24 percent of the CCME Active Duty Scholarship applications received were complete, correct and included eligible CCME institutions. Only 12 percent of the CCME Military Spouse Scholarship applications received were complete.

For more information, call (305) 437-2287.

### Temporary Health Care Licences

Attention Florida Military Personnel! The Florida Department of Health wants to ensure that you are aware of recent legislation – House Bill 1319 (2011), amending 456.024 Florida Statutes. The new law authorizes the department to issue a temporary (one-year) license to a health care practitioner whose spouse is stationed in Florida on active duty with the Armed Forces.

The law requires health care licensure applicants to meet the eligibility requirements for a full license and be qualified to take the licensure examination. They must also pay fees for the application and for the fingerprint processing required to complete a criminal history check.

More information, including answers to frequently asked questions, is available at the Department of Health's Division of Medical Quality Assurance website at: <http://www.doh.state.fl.us/mqa/Legislation/legis.htm> under 2011 laws, HB1319.

# COMMANDER'S CALL



## Preparing for Disaster Response Missions

Although natural disasters can occur at any time, June through December is a particularly susceptible season in the Caribbean basin because of the annual Atlantic hurricane season.

The 2011 Hurricane Season has been active and deadly, taking over 100 lives and causing an estimated \$10 billion in damage. Fortunately, nations within U.S. Southern Command's Area of Responsibility have not been severely affected, and no international disaster relief operations within the AOR have been required.

Nevertheless, U.S. Southern Command remains ready to contribute to a U.S. response if one is requested, and is developing innovative capabilities to allow for a faster and more effective response.

One example of this innovative approach is the Pre-positioned Expeditionary Assistance Kit. Developed in partnership with the National Defense University, PEAKs are designed to be forward staged and deployable to a disaster response area within 12 hours, providing sustainable and essential services to disaster response teams.

The kit's services include clean water, power, information sharing, and local and global communications. As we have learned from previous disasters, one of the most difficult aspects of providing an



Tech. Sgt. Matthew McGovern  
**First Sgt. Ernesto Rivera, Army Forces First Sergeant for Joint Task Force-Bravo, watches the transfer of a Pre-positioned Expeditionary Assistance Kit, or PEAK, by a Chinook Aug. 26, at Soto Cano Air Base, Honduras. The PEAK is a modular system that provides potable water, communications and power generation, and information sharing to first responders immediately following a disaster event.**

effective response is gaining an accurate assessment of the situation on the ground after communications and transportation infrastructure has been damaged or destroyed. PEAKs enable decision makers to gain a better understanding of how best to deploy relief efforts.

The first PEAK Joint Capability Technology Demonstration was held earlier this year at Soto Cano Air Base in Honduras, less than one year after program inception.

Conducted with Joint Task Force-Bravo, a standing U.S. Southern Command JTF

located in Honduras, alongside representatives from Honduras's military and civil relief agencies, the JCTD assessed PEAK's capabilities. Honduran involvement in PEAK's operational demonstration validated its potential utility for both U.S. forces and Honduras's disaster relief agencies, and is an example of how U.S. Southern Command helps strengthen partner nation capacity.

Another way U.S. Southern Command ensures it is ready to participate in disaster response operations is by hosting and participating in the Joint Humanitarian Operations Course, conducted by the U.S. Agency for International Development's Office of Foreign Disaster Assistance (USAID/OFDA).

As the lead federal agency for international disaster response, USAID trains U.S. Southern Command staff members, including partner nation liaison officers, on how the U.S. military can support USAID and other humanitarian organizations during times of crisis. This recurring training guarantees that when disaster strikes, U.S. Southern Command is ready to assist.

*- General Doug Fraser*

**Like, or Dislike, NOSOTROS?** Want to share Ideas? Feedback? Do your colleagues deserve notice? **Let us know!**

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Via ICE at: [http://ice.disa.mil/index.cfm?fa=card&sp=124098&s=628&dep=\\*DoD&sc=2](http://ice.disa.mil/index.cfm?fa=card&sp=124098&s=628&dep=*DoD&sc=2).

Submissions to NOSOTROS should be received by the Monday preceding the publication date.



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# Food Drive Nets Record 5.7 Million Pounds

**Army Sgt. 1st Class Tyrone C. Marshall Jr.**  
American Forces Press Service

WASHINGTON - The Department of Defense led all federal agencies in exceeding the philanthropic goals of this year's "Feds Feed Families" food drive campaign, which ran June 1 to Aug. 31.

The U.S. Office of Personnel Management and the Chief Human Capital Officers Council announced in a press release that DOD led 40 government agencies, donating 2,004,613 pounds of a total 5,793,446 pounds of nonperishable food items to feed children, senior citizens and families.

Locally, the final total of food and hygiene item collections reported by South Florida Federal Agencies was close to 15,000 pounds over the three month period, according to the South Florida Federal Executive Board.

"Feds Feed Families was a resounding success," said John Berry, director of OPM. "This year's goal was 2 million pounds and federal employees opened up their hearts to deliver an astounding

record total of food items and other essentials."

According to OPM, the Agriculture Department followed, donating 1,791,393 pounds of food. Other federal agencies combined to donate 1,997,440 pounds of food.

The annual federal food campaign is a direct response to the United We Serve Act, which President Barack Obama signed in April 2009, according to a press release from the Office of the Deputy Secretary of Defense.

Over the past three years, OPM reports the food drive's results have increased exponentially. In its first year, federal employees donated 1 million pounds of nonperishable food items, and in 2010, federal employees donated 1.7 million pounds.

"This is just one more reminder of the generosity of federal employees," Berry said. "Over the last few decades, federal employees have given billions of dollars to charity, and they always deliver when called to action. Thank you to every federal worker who donated."

For more information see the Feds Feed Families Website: <http://www.defense.gov/news/www.fedsfeedfamilies.gov>

## Helping Humanity Made Easy: *The Combined Federal Campaign is here*

**Maj. Leonel Gonzalez**  
USSOUTHCOM CFC Manager

The Combined Federal Campaign is the largest and most successful philanthropic fundraiser in the world. Furthermore, the CFC is the only authorized solicitation of Federal employees in the workplace, with very limited exceptions, such as the Service Relief Funds. Last year, the CFC generated over \$280M worldwide with SOUTHCOM contributing \$116,539 of that total. This year our goal is to contact all eligible donors and increase our contribution to at least \$116,779.

The national level campaign runs from Sept. 1 through Dec. 15. USSOUTHCOM kicked off the main effort during the Oktoberfest celebration on Sept. 23.

If you are a federal employee (military or civilian), one of our embedded volunteer key workers will contact you as an eligible donor to ask you to consider giving a gift of your choice to one or more of the 3,000 plus approved CFC participating organizations.

For your convenience, the CFC accepts donations by cash, check or payroll deduction. We will not solicit contractors for donations, but contractors who are inter-

ested may contact one of our key workers to contribute as desired.

You may ask what kind of organizations would benefit from your contributions, and as I stated above there are over 3,000 approved organizations participating in the CFC.

Approved organizations are non-profit charitable organizations that provide services in communities across the nation and in some cases, even internationally. I was fortunate to visit a few of these organizations in the Miami area.

One of them, a homeless shelter, provides meals and lodging to the homeless while giving them the tools to reintegrate into society as productive citizens.

I also visited a senior center in Southwest Miami that provides a setting where they can continue to lead meaningful lives and stay engaged socially. Finally, I visited an organization

that employs individuals with disabilities and gives them both training and a worthwhile job.

In this case, the employees were making military uniforms and the flags to honor our service members who have fallen in combat.

Although we live in a tough economic environment, I ask you to consider donating to the organization of your choice. Every contribution helps, great or small.

Finally, I will leave with this parting thought: we have around 1,400 eligible donors in USSOUTHCOM; if each one of us contributes at least \$7.00 per month (\$84 per year) we will exceed the goal...and make a difference. Thank you!



# After Hours:

# Family & Morale, Welfare and Recreation activities and events

**FAMILY AND MWR announcements may be found on the NIPR portal**

To be placed on the Family and MWR e-mail list, send your name, phone number and e-mail address to [mwrcustomerservice@hq.southcom.mil](mailto:mwrcustomerservice@hq.southcom.mil).

Tickets offered by the Information, Tickets and Registration (ITR) Office, 305-437-1595 or 305-437-2400

**HALLOWEEN HORROR NIGHTS** – October 8, \$60, Bus departs HQ Saturday, 1300 and departs attraction Sunday, 0215.

**HALLOWEEN HORROR NIGHTS TICKETS** available now at the ITR Office. Sunday-Thursday and first three Fridays, \$41; first three Saturdays and Sundays, \$50; last three Saturdays, \$70.

■ **SPORTS EVENTS AVAILABLE**

**UNIVERSITY OF MIAMI** Vs Virginia Tech 10/8 \$60 Upper Level Sideline

**MIAMI DOLPHINS** tickets starting at \$25 per game. Save money on parking – Orange parking available for \$22 (reg. price \$25)

■ **SHREK THE MUSICAL**, Friday Dec. 9th, 8pm, Adrienne Arsht Center for the Performing Arts of Miami Dade County. Tier 3 Left Seats (Rows E & F): \$40.

■ **THE ADDAMS FAMILY A NEW MUSICAL**. Sunday, October 30, 2pm, Broward Center for the Performing Arts. Mezzanine Left Seats (Rows B and C): \$40.

**SPORTS & FITNESS PHONE:** 305.437.0123/4

■ **NEW CLASS SCHEDULE:**

**Monday**

0600-0700 Tai-Chi with Sensei Montalban  
1130-1230 Spinning with Gabriella  
1230-1330 Yoga with Gabriella  
1700-1800 Spinning with Erin

**Tuesday**

1130-1230 Spin Lunch with Liz  
1200-1300 Power Yoga with Rae  
1645-1745 Zumba with Rosie

**Wednesday**

0600-0700 Tai-Chi with Sensei Montalban  
1130-1230 Spinning with Gabriella  
1200-1300 Tai-Chi with Sensei Montalban  
1230-1330 Yoga with Gabriella  
1630-1730 Mid-Week Restorative Yoga w/Rae  
1700-1800 Spinning with Erin

**Thursday**

1130-1230 Spin Lunch with Liz  
1200-1300 Power Yoga with Rae  
1645-1745 Zumba with Rosie

**Friday**

1130-1230 Spinning with Gabriella  
1230-1330 Yoga with Gabriella

Schedule is subject to change. \$3 per class or \$25 for 10 classes Please arrive on time for

class. First come – first served. Jill M. Hauser, Recreation Specialist, 305.437.1682/0123.

■ **FITNESS CLASSES AT NO COST:**

**Functional Fitness (outside)** – M-TH 6-7 a.m., 11:30-1 p.m., and 5-6 p.m.

**Functional Fitness (inside)** – M,W,F 6-8 a.m., and 3-6 p.m. T, TH 6-8 a.m. and 1130-1300hrs, P.O.C. Frank Same 305.437.1152, Sign-up at the Gym counter.

**Open Play Volleyball** – Tues. and Thurs., 12-1

**Open Play indoor soccer** – Monday and Wednesday, 12-1 p.m.

**Racquetball Challenge Court** – M-F 1130-1300 Court #1.

■ **BENCH PRESS COMPETITION** @ the USAG-M Family and MWR Fitness Center October 21. Deadline: Sept. 30, Sign up located in fitness center lobby ext 0123/0124. POC Frank Same ext 1152

■ **MASSAGE THERAPIST**

60 minute session – \$70, 30 min session – \$35. To schedule your appointment call Russell Protzman 305.951.1286 or 305.887.1719.

■ **One – One Personal Training with Gabriella**

60-minute session, \$60; 30-minute session, \$30 Sign-up at the Gym counter!

■ **JOIN THE FAMILY AND MWR INDOOR WALKING GROUP.**

Meets Mon., Wed. and Fri., at 11:30 a.m. on the indoor track. To join, contact Angie Williams, ext. 0123.

■ **AMERICA'S HEROES GOLF PROGRAM**

Miami-Dade Parks & Rec Dept. offers free golf at selected courses. For more information: <http://www.southcom.mil/usag-miami/sites/mwr/files/AmerHeroesGolfProgram.pdf>, Or contact Steve Lucius at: 305-829-8456, ext. 228, or [stevell@miamidade.gov](mailto:stevell@miamidade.gov).

**ANGER MANAGEMENT** – September 27, October 4, 11, & 18, 1145 to 1300. Lunch-n-Learn Series Sponsored By the Family Advocacy Program. Family Support Center, Suite 2005 Installation Services Center. POC: Joe Walker, 305 437-2734

View photos from the Motorcycle Safety and Fun Ride Event here: <http://www.flickr.com/photos/usag-miami/sets/72157627547604631/>

5K Memorial run photos: <http://www.flickr.com/photos/usag-miami/sets/72157627670050158/>

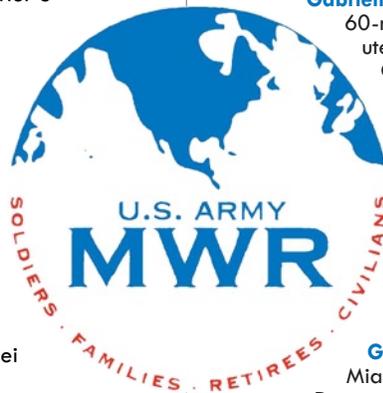
Naval Air Station Key West MWR Activities sheet is online at <https://www.cnic.navy.mil/keywest>

Take a moment to let us know how you liked the **OKTOBERFEST** event held on Friday, Sept. 23. Please submit your comments by October 7. [http://ice.disa.mil/index.cfm?fa=card&service\\_provider\\_id=100891&site\\_id=628&service\\_category\\_id=15](http://ice.disa.mil/index.cfm?fa=card&service_provider_id=100891&site_id=628&service_category_id=15)

So that we can improve our programs, please let us know how you liked the **PICNIC AT MIAMI SEAQUARIUM** held on Saturday, Sept. 24. Please submit your comments by October 7, to: [http://ice.disa.mil/index.cfm?fa=card&service\\_provider\\_id=100891&site\\_id=628&service\\_category\\_id=15](http://ice.disa.mil/index.cfm?fa=card&service_provider_id=100891&site_id=628&service_category_id=15)

**ICE KIOSKS UP AND RUNNING IN HQ**

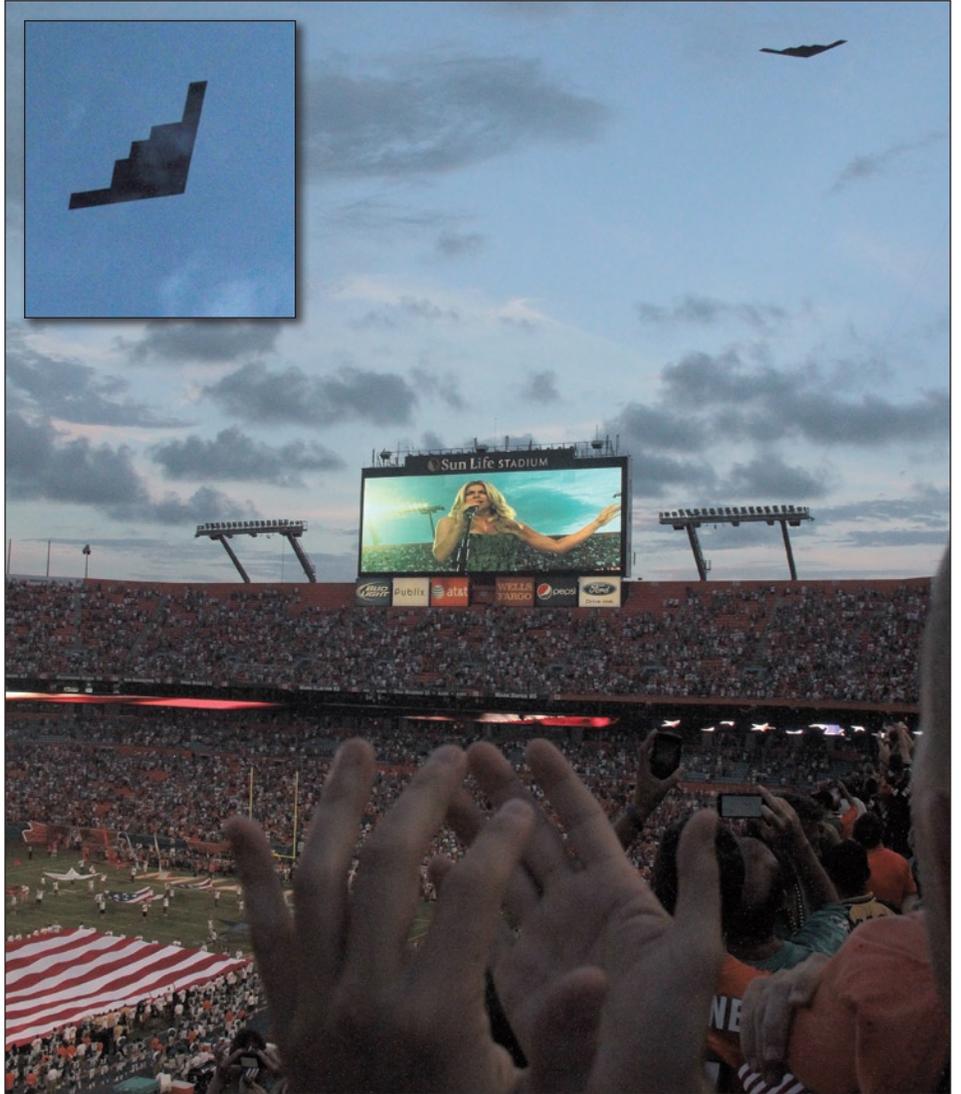
The Interactive Customer Evaluation system is used throughout the Department of Defense to gather data from customers on how well they were served. ICE gives a voice to the customers of the U.S. Army Garrison-Miami and allows them to rate anything the Garrison does. The data is reviewed daily by service providers to look for trends to identify and fix issues.



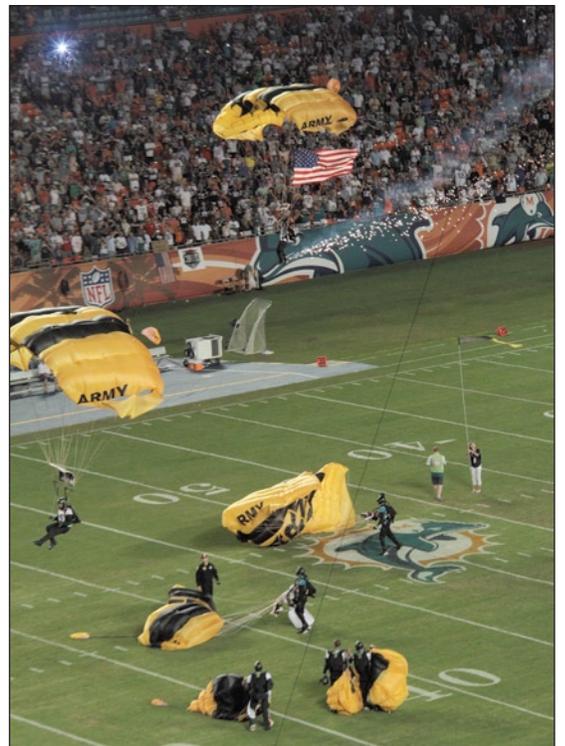
**GIVE ME A TRY!**

# NFL Gets Military Boost

The Miami Dolphins hosted the first Monday Night Football game of the 2011 season Sept. 12th with the assistance of the Armed Forces. Notable participants included a B-2 flyover during the singing of the national anthem (by team minority owner Fergie) and a halftime parachute display by the Army's Golden Knights. Unfortunately the outcome of the game favored the New England Patriots 38-24.



Arthur McQueen (all)



It is important to remember those that lost their lives on 9/11 ... and those that were affected, which is all of us. I think it is important for us in the military to connect with our local community ... at the end of the day, we are a reflection of our society, we are a reflection of who is out here ... We all grieve at the same time, we all honor our fallen at the same time.

— MG Juan Ayala



## DORAL, FLA



# AROUND THE AMERICAS



# Running at the Break of Dawn



Raymond Sarracino

**SOUTHCOM commander, Gen. Douglas Fraser, leads a group of NCO's around the track at J.C. Bermudez Park in Doral during an early morning group run Friday, Sept. 16. The run was at the request of NCO's and Petty Officers assigned to the command.**

## Partner Nation Helps Celebrate AF B-Day

In celebration of the U.S. Air Force's 64th birthday, armed forces personnel from around the world joined with U.S. Airmen serving in Brazil Sept. 16, to commemorate the proud history and celebrate the bright future of the U.S. Air Force.

Hosted by Air Force Col. Al Moreno, Chief of the U.S. Military Liaison Office in Brazil, this year's celebration welcomed over 60 guests, including representatives from the joint U.S. military community, various U.S. civilian departments and agencies, and 18 friendly nations. Distinguished guests included Mr. James Dudley, representing the U.S. Ambassador to Brazil, Thomas A. Shannon, Jr., as the chargé d'affaires; General José Américo dos Santos, Minister of the Brazilian Military High Court; and General Jorge Godinho Barreto Nery, Chief of the Brazilian AF Staff.

The National Security Act of 1947 established the U.S. Air Force as a separate military service on September 18, 1947. Since then, Airmen have celebrated this day as the birthday of their service. From its origins as the U.S. Army Air Corps and through its peacetime and wartime activities, the U.S. Air Force has become the world's premier air, space, and cyberspace power through the determination and hard work of its Airmen, backed by the support of their families and the American people.

To recognize this rich heritage, the formal portion of Friday's ceremony included a brief history of the birth of the U.S. Air Force as a separate service, a tribute to US-Brazilian cooperation in air operations during World War II, a toast to Airmen around the world, and the traditional cutting of the birthday cake by the youngest



and oldest Airmen in attendance.

Moreover, this event provided U.S. service personnel with an ideal venue in which to engage Brazilian and other friendly forces on matters of mutual

interest, strengthening existing friendships and forging new ones. It is through such relationships that the U.S. Air Force seeks to promote partnership and cooperation throughout the world.

Moreno remarked, "Today we are not merely celebrating the 64th birthday of the U.S. Air Force but also the strong bonds we share with Airmen of all of Latin America and the world."

Overall, this U.S. Air Force 64th birthday celebration provided Airmen with an opportunity to remember the past and advance the future -- an afternoon enjoyed by all.

# STOP LOSSED? *Deadline Nears for Retroactive Pay*

from Military Wire Service reports

Only a month remains for eligible service members, veterans and their beneficiaries to apply for Retroactive Stop Loss Special Pay.

Officials extended a previous deadline to Oct. 21 to allow more time for eligible people to apply.

“The nation has rallied behind this effort -- the military services have been joined by the White House, Congress, the [Veterans Affairs Department], veteran and military service organizations, and friends and family members around the world,” said Lernes Hebert, the Defense Department’s director of officer and enlisted personnel management. “Despite these remarkable outreach efforts, some people may still not yet have applied. If you think you are eligible, and have not yet applied, now is the time to do so.”

The special retroactive pay was established to compensate for the hardships military members encountered when their service was involuntarily extended under Stop Loss authority between Sept. 11, 2001, and Sept. 30, 2009, officials said.

Eligible members or their beneficiaries may submit a claim to their respective military service to receive the benefit of \$500 for each full or partial month served in a Stop Loss status.

When the special pay began Oct. 21, 2009, the services estimated 145,000 service members, veterans and beneficiaries were eligible for the benefit.

Because the majority of those eligible had separated from the military, officials said, the services have engaged in extensive and persistent outreach efforts, including multiple direct mailings, public service announcements, and continuous engagements with military and veteran service organizations, social networks and media outlets.

To apply, or for more information -- including submission requirements and service-specific links -- go to <http://www.defense.gov/stoploss>. For assistance from the U.S. Army Garrison-Miami military personnel office, call (305)437-1717.

# Potential Information Breach May Affect Non-Appropriated Fund Retirees

SAN ANTONIO – A compact disk containing the personal information of nearly 25,000 non-appropriated fund retiree records was lost in the mail between Alexandria, Va., and San Antonio during the final week of August.

The potentially compromised information con-

tains names, social security numbers, and other information, such as type of retirement, retirement date, amount of life insurance carried, term data, and dates of service. Some records may also contain birth dates.

Retirees who are at risk have been sent notification

letters advising them of the data loss and actions they can take to protect their identities.

Concerned retirees should call the 24-hour hotline, 210-466-1630, to determine if they were included in the database and to learn how to guard against misuses of the information.

# South Florida Financial Planning Day

**Richard Zimmelman**  
USAG-Miami Financial Counselor

Do you have a good sense of your \$? Are your shiekels straight? Are your € ecstatic? Is it your yen to have more ¥?

If you answered no, no, no, yes; then the event Saturday, October 29 at MacArthur High School in Hollywood, Fla. is for you.

The event is being organized by four national non-profits – The Certified Financial Planner Board of Standards, The Financial

Planning Association, the Foundation for Financial Planning, and the U.S. Conference of Mayors. This is a unique opportunity to receive free expert advice and classroom-style workshops from expert planners on key subjects such as budgeting, debt management, insurance, mortgages, retirement, and tax planning.

The event website: <http://www.financialplanningdays.org/Content/cityselectstep2.aspx?City=South%20Florida&rt=Applicant>

# Dwaine’s Golfing Review

**Lt. Col. Donna Dwaine**  
SOUTHCOM J7

As both a true Florida native, born in Broward County, and a long-term golfer who has been playing local courses since age 5. Though not a Pro, I have played in numerous tournaments, and continue to play and teach golf.

As military stationed in South Florida, we have a great opportunity to experience top-rated courses at discounted prices. For me, it’s even more important -- my son, Damien, asked me to teach him how to play golf several months ago.

He’s on a basketball scholarship and lives in the

dorms, so this is likely the only way I’ll ever get to spend time with him!

In the course of enjoying time with my son, I hope to be able to help current golfers and generate interest in the non-golfers out there!

## Plantation Preserve Golf Course and Club

offers a great military discount. It’s a 30-min drive from SOUTHCOM with a 7,148 yard, par-72 course.

Every hole has been constructed with five sets of tee boxes for varying skills.

The course has a signature 9th hole island green, and is the only public golf course in Broward County to feature Sea Dwarf Paspalum grass playing surface throughout the entire course. What this means is

that you’re playing on the finest and tightest-knit texture with a fast ball roll on the fairways. You will feel like you are on tour -- this grass is awesome!



I loved this course because it has a pace of play policy, which means you can play 18 holes

in 4.5 hours or less, instead of five to six. I never felt rushed, my son never felt like he was holding our group up.

GPS on all the carts provided hole descriptions, we had no problem choosing what club to use from tee to pin. On a scale from 1-10, I rank this course a firm 9.

Make sure you call five days in advance for tee-times they fill up fast. Call 954-585-5020.