

JUNE POST MEETING

Don't forget our next Post meeting will be on **Thursday, June 15, 11:30 am -1:00 pm**, at the Old San Francisco Steakhouse, 10223 Sahara Dr, San Antonio, TX 78216 and feature **Mr. Brendan O'Donoghue**, VP-Global Public Sector, of ICON, who will give a **presentation on ICON's 3D concrete printing technology** and its application for DOD projects, including work for the Texas Army National Guard at Camp Swift, Texas. In his ICON role, Brendan oversees go-to-market strategy, customer success, partnerships, and sales within the public sector.



Prior to joining ICON, Brendan was an executive at Zipline, an autonomous drone company, where he led their growth teams for the U.S. government, Asian-Pacific and West Africa. He has also co-founded companies that have built software used by more than 100 government agencies and Fortune 100 companies worldwide.

Brendan also was a past Director at the Office of the U.S. Secretary of Defense where he led teams that facilitated investments in conflict zones, including working closely with the World Bank, USAID and the Asian Development Bank.

He has a M.A. from John Hopkins School of Advanced International Studies and a B.A. in Economics from Hamilton College.

Make your reservations for the meeting at <https://230615samesatx.eventbrite.com>.

The **deadline to RSVP is Monday, June 12, 11 am.**



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Post at 2023 JETC

JETC Photos at <https://www.flickr.com/photos/militaryengineers/sets/>



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Post at 2023 JETC

JETC Photos at <https://www.flickr.com/photos/militaryengineers/sets/>





San Antonio Post!

After the hot start we had to May with JETC, I feel like the rest of the month was a much more manageable pace, which was very welcomed on this end!

June is lining up to be a good month for the Post. On June 8th our very own Gen Patrice Melançon will be representing the Post at STEMKAMP 2023 which is taking place at Byron P. Steele High School in Cibolo, TX. STEMKAMP is a week long camp focused on serving children of active duty military personnel. There are offerings all over the Country, but the only offering in Texas happens to be in our own back yard. And better yet, this years theme is "Disaster Masters"... So who better to talk about STEM and disaster preparedness and response than Gen Melançon who led the AFCEC Natural Disaster Recovery Division at Tyndall AFB, Florida in the aftermath of Hurricane Michael.

Additionally, I am super excited for our June Post meeting which with guest speaker Brendan O'Donoghue of ICON. He is going to provide a presentation on ICON's 3-dimensional concrete printing technology and show how it's being used in real world applications for the Department of Defense including for the Army National Guard in Camp Swift, Texas. I look forward to future sessions similar to this where we explore new ways of executing and supporting the military mission. If you haven't registered, I encourage you to do so – registration doesn't close until 12 June!

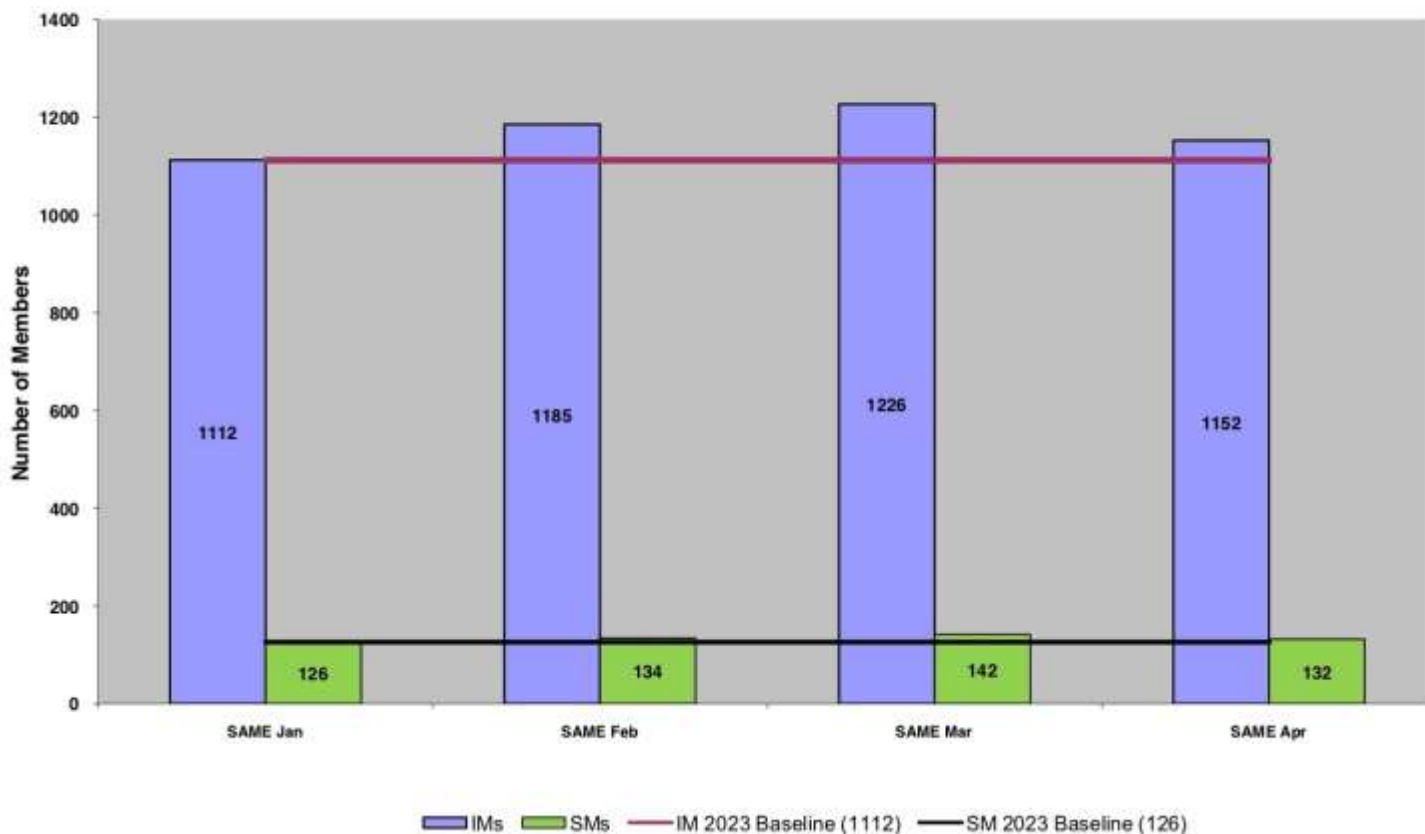
That's it for now. I look forward to seeing you all soon!

Zakary Payne
Post President

From the President's Desk

Membership

2023 San Antonio Post Membership
(Goal: Pending)



If you are a member, be sure to check your membership status!

See <https://classic.same.org/Get-Connected/Find-a-Post/San-Antonio/Membership-Info>

Learn more about our Post - click [HERE](#) for our New Member Handbook

**YOUR
MEMBERSHIP
MATTERS**

NEW MEMBERS

We would like to welcome our new members who joined or re-joined (in a new capacity) our Post from May 8 – Jun1, 2023:

NAME	ORGANIZATION	TYPE
Nicholas Fleck	US Army	Government
Jason Gonzalez	Health Facility Solutions Company	Private Industry
Ed Hale	Gridmatic	Private Industry
Eirik Marquez		Student
Scott McMahan	USAF	Government
Javier Torres	Torres-Moore LLC	Private Industry
Gavino Vara		Student
Wayne Williams	AFIMSC Detachment 1 (USSF)	Government

We would also like to welcome our new organizational members who joined or re-joined our Post from May 8 – Jun 1, 2023:

ORGANIZATION	TYPE
Aerostar Environmental and Construction LLC	Sustaining Member Company
Gridmatic	Sustaining Member Company
SES Energy Services LLC	Sustaining Member Company
Torres-Moore LLC	Sustaining Member Company
Versar	Sustaining Member Company

A large, stylized graphic with the text "THANKS FOR JOINING US" in white, bold, uppercase letters. The background is a gradient of purple and green, with a slight shadow effect.

RELOCATING???

Did you get a new job or assignment? Or maybe there's some other reason you are or soon will be relocating away from the San Antonio area? There are many important things to think or be concerned about when moving - home, utilities, school for the kids, changing of mail address, vehicle registration and more.

Those, of course, are everybody's focus areas as they prepare for the next big step in their career or personal lives.

As you work those things in your move, it's easy to forget about your SAME membership. Things like what happens to my membership or is there a Post/Chapter where I'm relocating to may not be on the top of your list to think about and rightfully so.

So we are here to help you with your SAME membership transition. Just email us where you are moving at samesatx@gmail.com and we will help getting your membership record changed and notifying the Post/Chapter in the area you are moving to.

We value you as a SAME member and even though you may be moving away from the San Antonio area we want you to continue to receive all the benefits of membership with our great Society.



MAKING A DIFFERENCE AS A MEMBER - SUPPORT OUR SAME FOUNDATION

The SAME Foundation supports programs that introduce youth to STEM, develop emerging leaders within our membership, and increase the number of veterans transitioning into the engineering and construction workforce. The Foundation also provides a secure and beneficial repository for charitable and other bequeaths from members of the Society and the public at large.

Our nation must have a continuous pipeline of quality engineering and STEM leaders to address the complex national security and infrastructure challenges. The SAME Foundation was specifically created to attack this need by leveraging the charitable capacity of our Society and of engineering and related professions.

Contributing to our SAME foundation is your opportunity to make a difference as a SAME professional!!!

Please consider donating to the SAME Foundation at <https://my.same.org/donate>.



Young Professionals

June Post YP Event

Please join us for an event at Top Golf on June 27, 5-7 pm, hosted by the SAME Young Professionals. This is open to all members, so please **RSVP with Amanda Navarro at amanda.navarro@merrick.com or Cade Deines at cdeines@hidcapital.com** if you are interested in attending. We will be providing appetizers and your first drink. So please come by for some fun and to learn more about what the Post and the YP group offers! .



Society of
SAME
American Military Engineers
San Antonio Post

TOPGOLF

S.A.M.E YOUNG PROFESSIONALS

TOPGOLF
5539 North Loop 1604 W
San Antonio, TX 78249

JUNE
27
@5-7PM

CONTACT INFO: Amanda Navarro (210)446-4320 | Cade Deines (210)328-6205

Professional Development

SAME Credentialing Assistance Program

SAME is invested in providing members with the tools and resources to develop and advance their careers within the A/E/C profession.

The Credentialing Committee is a sub-group of the Young Professionals Community of Interest (COI), and is working to help members understand the importance of credentials, what credentials apply to the A/E/C profession, and how to get and maintain them.

The Young Professionals COI oversees SAME's Credentialing Assistance Program to promote the professional development of young professional, enlisted and other members in support of the Society's Strategic Plan. The Credentialing Assistance Program provides financial support for professional development, education, licensure and certification preparation, exam testing, and mentoring initiatives to benefit members.

Eligibility Requirements

- This program is open to all SAME members, regardless of age.
- Applicants must be a member of SAME for at least 18 months before applying.
- Applicants must have passed the respective examination and provide required documentation with the application.

What this Program Covers

- This program will provide financial assistance for exam sitting fees, registration fees, and/or study expenses (such as books or classes for the specific exam).

Restrictions

- No single government official or employee shall receive through this assistance program more than \$200 in assistance, whether one time or multiple times.
- No single private sector individual shall receive through this program more than \$500 in assistance, whether one time or multiple times.

Non-Listed Credentials

- A SAME member may request reimbursement for a credential not listed. The Credentialing Committee will evaluate the information in the application and determine whether or not to approve the request. Additional information may be requested.

To apply go to <https://www.same.org/events-programs/credentialing-opportunities/#CAP> and click on the "Submit CAP Application" link to the application. The first step to the application is to log in as a SAME member.

The program is continuously open to help meet your requirements.

CAP is a great opportunity for SAME members - don't miss out!!!

**PROFESSIONAL
DEVELOPMENT
SCHOLARSHIPS**
GROWING THE WORKFORCE

Leadership & Mentoring

2022-23 Post Leadership Lab Graduates

In March, the San Antonio Post Leadership Lab held its graduation ceremony. John Knotts spoke and challenged our graduates for “What’s Next”. Joshua Graham, Rene Cortez and Eric Wilbur along with loved ones and spouses were also in attendance to support and congratulate all of our graduates. Our **graduates** are **Sam Barnett, Cathy Bond-Cassidy, Brant Burnett, Roland Cardona, Cade Deines, Chris Krenek, Kelly Riley, Andrew Silvas, Shawn Thompson and Jeff Womack.**



“The Mission of the Leadership Lab is to equip leaders so they can lead with confidence, integrity, and accountability wherever they are in the organization.”

Leadership & Mentoring

Mentorship is Teamwork!

What do I need mentoring for?

Who do I ask?

Where do I start?

Don Gleason's Story

Inventory - When I joined Booz Allen Hamilton in Oct 2009 I did a personal inventory of my skills against my job description. Having spent 27-yrs in the Air Force, I knew what I was good at. But entering the corporate space, in project execution and business development, I also knew what I had no experience in.

Shortfalls – I had no experience in discovery meetings with clients to uncover their needs; Booz Allen methods of writing proposals, kicking off projects, and managing contract project finances; completing the company risk matrix for bidding decisions, and completing required monthly project progress reports.

Decision – I could go it alone, ask random people or ask the experts. I choose the latter, as I found every PM did it differently. As a DISC “SC” style I was looking for the proven process to save time. We established long term relationships.

Results – My team won a number of contracts. It seemed every proposal I led we won for several years. It wasn't due to my brilliance, but the team approach.

Ideas for Mentorship

Personal discipline / habits

Priority Management

Life / Work Harmony

Proposal writing

Contract execution / finances

Personal / Professional Development



Get information by contacting our Leadership and Mentoring Director, Don Gleason, at DGleason2009@hotmail.com. Or see the mentorship application on the SAME SA Post website at <https://classic.same.org/satx>

JBSA ALLIANCE PARTNERS & EVENTS

JUNE-JULY 2023

HIRING EVENTS

- June 17 (1000-1300): TPWD Career & Volunteer Fair** at Galveston Island State Park
Register at: <https://forms.office.com/g/ZUqXf8Shxt>
- June 28 (1800-2000): First Command Career Event** at 2101 Pat Booker Rd, San Antonio
RSVP to Missy Smith at 210-658-3809 or mesmith@firstcommand.com
- June 29 (1000-1300): Flagship Health Veteran Resource Fair** at 7616 Culebra Rd
Register at: www.flagshiphealth.org

NON-HIRING EVENTS

- June 3 (0900-1200): A Day of Recognition and Service** (hosted by Texas Women Veteran Program) at Texas A&M SA
Register at: <https://www.eventbrite.com/e/women-veterans-day-2023-day-of-recognition-and-service-registration-620812455767>
- June 9 (1900): Mil Country Meet UP** at The District on 48
Register at: <https://www.eventbrite.com/e/milcountry-meetup-2023-tickets-514495659367>
- June 10 (1000-1500): Texas Women Veterans Day** at San Antonio College - Victory Center
- June 10 (0900-1600): Marriage Tune UP** (hosted by Endeavors)
Register at: marriage-management.org or call 682-730-1818
- June 13-15: Texas Suicide Prevention Symposium** at New Braunfels Civic & Convention Center
Register at: <https://texassuicideprevention.org/texas-suicide-prevention-symposium-2023/>
- June 15 (1800): These Vital Signs, Book Reading, Refreshments & Discussion**
Located at PAM Health Warm Springs Rehab Hospital of San Antonio 5101 Medical Drive
RSVP to 210-727-4255
- June 15 (1900-2200): #LinkedIn Mil ATX (North Austin Area)**
Register at: <https://www.eventbrite.com/e/military-austin-texas-meetup-5-linkedinmilatx-tickets-514481838027>
- June 16 (1200-1300): Headache Management Support Group** (Hosted at Endeavors with Headache Clinic SA)
Register at: <https://www.eventbrite.com/e/headache-management-luncheon-tickets-628582666677>
- June 24 (1300-1800): Vets2Industry Virtual Networking Event**
Register at: <https://vets2industry.org/events-page/>
- July 14 (1900): Mil Country Meet UP** at The District on 49
Register at: <https://www.eventbrite.com/e/milcountry-meetup-2023-tickets-514495659367>
- July 18-21: 59th Annual NCOA Conference** at Holiday Inn Riverwalk Hotel
For more information: www.ncosa.org or contact Executive Director - jerry@ncosa.org
- July 20 (1900): #LinkedIn Mil ATX (North Austin Area)**
Register at: <https://www.eventbrite.com/e/military-austin-texas-meetup-5-linkedinmilatx-tickets-514481838027>
- July 22 (1300-1800): Vets2Industry Virtual Networking Event**
Register at: <https://vets2industry.org/events-page/>

Upcoming Alliance Briefers

May 30 - Department of Labor

JBSA SkillBridge Showcase

May 24 - Standard Aero
May 31 - Tulsa Welding Program

JBSA MILITARY & FAMILY READINESS CENTER CALENDAR OF EVENTS



M&FRCs provide all inclusive assistance, employment assistance, financial assistance, and transition assistance for active duty, spouses, dependent children and veterans.

JBSA TRANSITION ASSISTANCE PROGRAM (TAP) ALL CLASSES OFFERED MULTIPLE TIMES MONTHLY AT EACH LOCATION

CONTACT YOUR M&FRC/TAP CENTER TO REGISTER

LACKLAND - (210) 671-3722
FT SAM TAP - (210) 916-7322
RANDOLPH - (210) 652-5321

"WE ARE STRONGER TOGETHER"
#JBSAALLIANCE

Readiness Challenge IX and the Spirit of Interoperability

(AF CE Weekly Email May 15 by Diana Nesukh HQ Air Force, Office of the Director of Civil Engineers)



The success of tomorrow's complex, multi-domain environment depends on preparing Airmen today to operate in all climates and adapt readiness to continuously evolving threats.

Air Force Civil Engineers competed in Readiness Challenge IX April 24-28, involving a range of different challenges testing their preparedness, determination, and teamwork.

Readiness Challenge is a capstone event that tests the full spectrum of warfare-environment operations and was conducted at full operational capability this year for the first time in more than 20 years.

Initially established in 1986, Readiness Challenge was designed for Airmen to develop skills, build teamwork, and increase exposure to combat support tasks.

This year, Air National Guard, Air Force Reserve Command, Air Education and Training Command, Air Force Global Strike Command, Air Force District of Washington, Air Combat Command, U.S. Air Forces in Europe and Air Forces Africa, and Pacific Air Forces were represented across eight teams.

Held at Tyndall Air Force Base, Florida, Readiness Challenge was executed by the 801st RED HORSE Training Squadron, sponsored by Air Force Civil Engineer Center, and planned by both.

With over 300 Airmen competing, RED HORSE cadre evaluating, Air Force leaders supporting, and allies and partners observing, Readiness Challenge IX showcased the very best Air Force Civil Engineers have to offer.

After a week of rigorous competitions involving comprehensive base response and recovery operations, Air Combat Command led by the 99th Civil Engineer Squadron from Nellis Air Force Base, Nevada, was crowned victorious.

While Readiness Challenge offered the opportunity to showcase the breadth of civil engineering capabilities, it also served as a platform for developing future engineering partnerships. In attendance this year were partners and allies from Japan, Canada, the Netherlands, and Singapore, among other nations.

"Engineer interoperability is the key to victory in future conflicts," said Brig. Gen. Brian Hartless, Director of Air Force Civil Engineers. "Engineers are hard wired for challenge and this week proves that, leading the way in these challenges and building and growing relationships with our allies and partners."

Col. Hasegawa Tomomi from the Japan Air Self-Defense Force reflected on the invaluable exposure to civil engineering capabilities Readiness Challenge presented. He recognized the extraordinary opportunity to learn new skills, understand the proper use of equipment, and interact with American civil engineers. He also noted how Readiness Challenge provided Japan an opportunity to interact with other countries and build ties.

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Readiness Challenge IX and the Spirit of Interoperability (cont'd)

Strengthening alliances creates an asymmetric advantage for the United States through access, interoperability, and increased domain awareness. Events like Readiness Challenge ensure the Air Force continues developing ready and capable partners to collectively address global security challenges, if and when they arise.

Reflecting on what it means to have partner nations in attendance at Readiness Challenge, USAF Capt. John Penaranda said, “we’re working on securing our futures based on the speed of trust.”

He elaborated on the need to build alliances proactively rather than reactively when there is a threat at hand. “I need to be able to know that the people I’m working with to my left and right are engineers that I can trust. That comes from being at these engagements,” Penaranda said.

Growing partner airpower capability goes beyond aircraft and equipment. Supporting partners through exercises, training, professional military education, information exchange and cooperative agreements are key aspects of success.

“The most valuable part of being here is having the opportunity to connect with the staff that organized this event. It is a huge undertaking and allows us to learn about capabilities that might differ from our own,” said Lt. Col. Ulpiano Honorio, from the Royal Canadian Air Force.

Chief Warrant Officer Rachel Rickard was also in attendance representing the Royal Canadian Air Force and emphasized the need to collaborate in future exercises.

“It’s great to see the things we haven’t been exposed to and think of how we might be able to contribute our own knowledge and skill set in the future,” Rickard said.

This year’s Readiness Challenge tested civil engineer contingency skills while operating in contested and degraded environments, strengthening their posture for the future fight. It was also an opportunity to promote multilateral cooperation and relationship-building between partner nations in attendance.

“The events at Readiness Challenge gave us valuable insight into our partners and allies, actually bring engineering concepts into practice,” said Maj. Thom Brand, from the Royal Netherlands Air Force. “We hope to continue to grow our partnership with fellow engineers in the alliance, building an even stronger bond between NATO engineers.”

Capt. Martijn Genet was also in attendance representing the Royal Netherlands Air Force, while Capt. Daniel Vink the Royal Netherlands Army.

From Singapore, Military Expert (ME) 6 Wong Chee Yuen and ME 5 Isaac Joseph were in attendance observing Readiness Challenge.

As preparations begin for Readiness Challenge X, the goal is to garner participation from allies and partners. Civil engineers, working together side by side, learning from one another, and harnessing new capabilities they can take back to their home stations.

Strategic competition is the primary national security challenge of today. Through effective readiness training and relationship building activities, the entire enterprise can enhance cooperation and strengthen partnerships to be ready for future challenges.



101 Critical Days of Summer Defending the Human Weapon System

(AF CE Weekly Email, May 30, by Lisa Gonzales, Air Force Safety Center)

KIRTLAND AIR FORCE BASE, N.M. -- The 101 Critical Days of Summer begins on Memorial Day weekend and continues through Labor Day weekend. During this timeframe Airmen, and Guardians tend to participate more in outdoor activities, take time to travel, barbeque with friends and explore new things over a season that has historically come with a higher risk of danger.

This year the Air Force Safety Center is reinvigorating the 101 Critical Days of Summer with off-duty risk management materials created to educate Airmen and Guardians on the risks associated with summer activities. This year's theme will be "See Something, Do Something ... Live to be Lethal". The use of risk management isn't only for on-duty, but belongs in our daily lives to be used to defend the Human Weapon System, you, from unnecessary threats that could result in injury or even death.

Reaching the goal of zero mishaps and fatalities begins with every Airman and Guardian. Over the past ten summers, 2013-2022, beginning the Friday before Memorial Day through Labor Day there have been 134 unnecessary fatalities off duty. The top three riskiest activities were four-wheeled motor vehicles (47), followed by motorcycles (41), and water-related activities & sports (19). One Airman or Guardian lost to a preventable mishap is one too many.

Additionally, there is a new trend showing a growing number of e-bike and e-scooter mishaps. E-scooters and e-bikes provide a convenient and easy way of getting around in a crowded city, they are compact, lightweight, and environmentally friendly, but they can also be dangerous if not used with the proper training and the right personal protective equipment. Just like any motorized vehicle you should always follow the manufacturer's safety guidelines when it comes to use and PPE.

Summer is a time to enjoy the warm summer days with family and friends, not spend time in the emergency room or worse, mourning the loss of a loved one, friend or co-worker. It is a time to be committed toward reducing the chance of disaster simply by speaking up before it happens.

According to the National Safety Council, an average of 17,503 people died every summer between 2016 and 2020 on roadways across the United States. Don't be one of those statistics, prepare for your trip by getting your vehicle checked out, plan ahead to combat inclement weather and fatigue, and ensure that an emergency kit is included with your bags stocked with vehicle supplies, extra water, food, batteries, and a phone charger.

Motorcycle riders should be 100% trained, prepared, and equipped with the required skills and proactive mindset, to ride safely. In the first four months of FY23 alone, the Department of the Air Force experienced seven motorcycle fatalities. The leading cause of those fatalities pointed to the lack of risk management, speeding and alcohol.

"Enjoy your summer, but do it responsibly" said William Walkowiak, chief of Occupational Safety for the DAF. "I challenge each of you to make a risk assessment before participating in summer activities to prevent or mitigate injuries or deaths."

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101 Critical Days of Summer Defending the Human Weapon System (cont'd)

The World Health Organization's facts on their website that drowning is the third leading cause of unintentional injury death worldwide, accounting for seven percent of all injury-related deaths.

Water activities like boating, fishing, and swimming can cool you off, but one wrong decision could cost you or someone you know anything from injury to death. Remember to always use a life jacket around the water, don't drink and boat or swim, always keep an eye on small children and make sure they have life jackets on.

The summer days can become extremely hot, heat cramps, stroke or exhaustion can happen quickly. Be prepared if you spot someone in trouble. Get them out of the sun, cool them down by applying water, cool air, wet sheets or ice on the neck, groin, or armpits. Seek medical attention immediately.

Stay hydrated this summer, the Centers for Disease Control and Prevention states that an average adult loses about two and a half quarts of water each day. Water helps your body lubricate and cushion joints, protects your spinal cord and other sensitive tissues, and gets rid of wastes through urination, perspiration, and bowel movements. Drinking approximately eight to twelve glasses of water throughout the day will help the body stay hydrated. If you plan to be outside in the sun, consider drinking more. Dehydration can happen before you know it, if out in the sun know the signs, headaches, nausea, dry skin, muscle, or joint soreness are just a few.

It is imperative, that Airmen and Guardians implement proper off-duty risk management in every activity they engage in during the 101 CDS and beyond.

Go to the Air Force Safety Center's summer webpage for more tips at <https://www.safety.af.mil/Divisions/Occupational-Safety-Division/Summer-Safety/>.



The Low-down on Energy Drinks

(AF CE Weekly Email May 23 by Air Force Materiel Command Nutritional Medicine Team)

WRIGHT-PATTERSON AIR FORCE BASE, Ohio -- Energy drinks have become increasingly popular in recent years, particularly among young adults and teenagers. According to the Mayo Clinic, energy drink global sales reached \$57 billion in 2020 making energy drinks the second most popular dietary supplement among U.S. young adults and teens, just behind multivitamins. These drinks, which typically contain high levels of caffeine and other stimulants, are marketed as a quick and easy way to boost energy and improve concentration. However, they also pose significant risks to health, particularly when consumed in excess.

Caffeine

One of the main dangers of energy drinks is their high caffeine content. Many of these drinks contain as much as 300 milligrams of caffeine per serving, which is roughly equivalent to the amount of caffeine found in three cups of coffee. When consumed in large quantities, caffeine can cause a range of health problems, including increased heart rate, high blood pressure, and anxiety. In severe cases, it can even lead to seizures and cardiac arrest. The ingredients of energy drinks may also negatively interact with other medications and have adverse effects, mainly due to the high levels of caffeine. Healthcare professionals should be consulted to provide information about potential health risk of consuming energy drinks.

Sugar

The Dietary Guidelines for Americans, 2020-2025 recommends limiting the intake of sugar to 10% a day. For example, in a 2,000-calorie diet, no more than 200 calories should come from added sugars; this is about 12 teaspoons a day. One 16-ounce can of Monster Energy Juice Pacific Punch supplies 210 calories and 47 grams of added sugar, which is equal to roughly 12 teaspoons or an entire day's worth of added sugar.

Dehydration

Energy drinks can also lead to dehydration, which is particularly dangerous for athletes and individuals who engage in strenuous physical activity. Caffeine has a diuretic effect, which means it increases the amount of salt and water that your body releases in urine. In extreme cases, because these drinks are often consumed during or after exercise, they can cause the body to lose fluids more quickly than it can replace them leading to severe dehydration. This can lead to a range of symptoms, including dizziness, headache, and fatigue, as well as more serious complications such as heat stroke.



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The Low-down on Energy Drinks (cont'd)

Sleep

Another danger of energy drinks is their impact on sleep. Due to the high levels of caffeine and other stimulants, they interfere with the body's natural sleep cycle, making it difficult to fall asleep and stay asleep. The consumption of energy drinks increases sleep latency, and the effects of energy drinks can persist for up to 8 hours and can lead to sleepiness. This can lead to a range of health problems, including fatigue, irritability, and poor concentration, as well as an increased risk of accidents or injuries.

Addictive

In addition to these health risks, energy drinks can also be addictive. Many people who consume these drinks regularly report feeling a strong sense of dependence and may experience withdrawal symptoms when they try to quit. This can include headaches, fatigue, and irritability, as well as more serious symptoms like tremors and seizures.

Perhaps most concerning is the impact that energy drinks can have on young people, particularly teenagers. These drinks are often marketed as trendy and cool and made to seem like a harmless way to boost energy and improve performance. However, the risk associated with these drinks are particularly high for young people, whose bodies may be more vulnerable to the effects of caffeine and other stimulants. Studies have linked energy drink consumption among young people to a range of negative outcomes, including poor academic performances, substance abuse, and risky behavior.

Bottom Line

While energy drinks may seem like a quick and easy way to boost energy and improve performance, they pose significant risks to health, especially when consumed in excess. These drinks can lead to a range of health problems, including high blood pressure, dehydration, and sleep disturbances, and can even be addictive. To protect your health, it is important to be aware of the dangers of energy drinks, and to consume them in moderation, if at all. Instead, try to focus on healthy habits like regular exercise, balanced nutrition, and adequate sleep, which can help to boost energy and improve performance in a safe and sustainable way.

The Air Force has Registered Dietitians and Diet Technicians who are food and nutrition experts, to help individuals improve their nutritional status. Nutrition classes and appointments are open to active-duty members, retirees, and dependents.

To get personalized assistance in improving your eating lifestyle and reducing your caffeine intake, please call your Wright-Patterson Nutritional Medicine Clinic for an appointment with a Dietitian today, 937-257-8815.

Comprehensive information on the potential dangers of energy drinks can be found at the Centers for Disease Control and Prevention [website](#).



Honors Gallery

Post Members Receive National Awards at May JETC



Past President Joshua Graham Graduates with 2022-23 SAME LDP Class



Honors Gallery

Post Members Receive National Awards at May JETC



Past President Joshua Graham Inducted in SAME Academy of Fellow



Past STEM & College Outreach Director Pat Suermann Inducted in SAME Academy of Fellows

Honors Gallery

Post Members Receive National Awards at May JETC



Post College Outreach Coordinator Terry Watkins Receives SAME Bliss Medal



Post Members Accept SAME STEM Excellence Large Post Award

Honors Gallery

Post Members Receive National Awards at May JETC



Past President David Pratt Receives SAME Goethals Medal

Honors Gallery

Post Members Receive National Awards at May JETC



Long-time Board Member and Post Fellow Receives SAME Walter O. Bachus Gold Medal

Honors Gallery

May 1 Post Golf Tournament Winners



Golf Photos at <https://bit.ly/3nrWvHp>



Upcoming Events

SAME & Other Activities

(see <https://classic.same.org/Get-Connected/Find-a-Post/San-Antonio/Events> for Post Events)

(see <https://classic.same.org/calendar> for SAME Events)

- June - July Veteran Events - see [page 14](#)
- Post Meeting, June 15, Old San Francisco Steakhouse, ICON's 3D Concrete Printing by Brendan O'Donoghue - see [page 1](#) and <https://230615samesatx.eventbrite.com>
- Post YP Top Golf Event, June 27 - see [page 9](#)
- Post Board Meeting, June 29, via Zoom
- Post Board Meeting, July 27, Laurel Heights Methodist Church
- Post Meeting, August 17, Old San Francisco Steakhouse
- CMAA SCTX Scholarship Clay Shooting, August 18, Joshua Creek Ranch - see [page 28](#) and <https://sctxcmaa.org>
- Post Board Meeting, August 31, Laurel Heights Methodist Church
- CMAA SCTX—Post Breakfast Meeting, September 28, Petroleum Club, Professional Ethics by Andrew Hunt - watch for RSVPs to open at <https://sctxcmaa.org>
- Post Board Meeting, September 28, Laurel Heights Methodist Church
- Post Meeting, October 19, Old San Francisco Steakhouse
- Post Board Meeting, October 26, Laurel Heights Methodist Church
- 2023 SAME Small Business Conference, Nov 1-3, San Antonio
- Post Board Meeting, November 23, Laurel Heights Methodist Church
- Post Holiday Celebration, Dec 9, Embassy Suites Landmark Parkway



Upcoming Events



CMAA SCHOLARSHIP CLASSIC 3RD ANNUAL SPORTING CLAYS COMPETITION



WHITE WING SPONSOR



JOSHUA CREEK RANCH

**132 CRAVEY RD
BOERNE, TX 78006**

FRIDAY, AUGUST 18, 2023

**\$200/ PERSON OR \$800/ TEAM
BRING A GUEST \$35 (LUNCH ONLY) BUFFET
LUNCH-RAFFLE-AWARDS @1:30**

SPONSORSHIP OPPORTUNITIES

PREMIUM: White Wing \$3,500

12-GAUGE \$3,000

STATION SPONSOR \$1,200 (INCLUDES TEAM & SIGNAGE)

**SPONSOR AND REGISTER @ <https://sctxcmaa.org/>
OR**

**CONTACT: JEFF HABERSTROH, CHAPTER PRESIDENT
jhaberstroh@projectcontrol.com**

210-336-0810

2023 Post Board Members

POSITION/NAME (E = Elected; A = Appointed)	PHONE	COMPANY
<i>President (E)</i> <u>Zakary Payne</u>	(210) 213-1888	Matrix Design Group, Inc.
<i>Vice President (E)</i> <u>Rene Cortez</u>	(210) 286-8120	Jacobs
<i>Treasurer (E)</i> <u>Sam Hutchins</u> , F.SAME		Retired
<i>Secretary (E)</i> <u>Cassandra Price</u>	(210) 323-4125	Cherokee Nation Mgt & Consulting
<i>Director, Industry Government Engagement 2023 (E)</i> <u>John Baker</u>	(210) 872-1705	LAN, Inc.
<i>Director, Resilience, 2023-24 (E)</i> <u>John Enyeart</u> , F.SAME	(210) 552-8368	AFIMSC
<i>Director, Leadership & Mentoring, 2023 (E)</i> <u>Don Gleason</u>	(210) 216-0965	Achieve New Heights, LLC
<i>Director, STEM & College Outreach, 2023-24 (E)</i> <u>Harold Eberbach</u>	(210) 995-0535	KMEA
<i>Director, Servicemember & Veteran Support 2023-24 (E)</i> <u>Dean Hartman</u>	(907) 306-8345	Michael Baker International
<i>Immediate Past President</i> <u>Joshua Graham</u>	(330) 518-8701	HDR, Inc.
<i>Assistant Secretary (A)</i> <u>Sarah Fowlkes</u>	(512) 329-0031	AmaTerra Environmental
<i>Assistant Treasurer (A)</i> <u>Steve Holt</u> , F.SAME	(210) 355-1355	MOCA Systems
<i>Director, Young Professionals (A)</i> <u>Amanda Navarro</u>	(210) 446-4320	Merrick & Company
<i>Director, Fellows (A)</i> <u>Glen Turney</u> , F.SAME	(210) 317-5448	HDR, Inc.

Post Board Organization Chart

2023 Post Board Members

POSITION/NAME (E = Elected; A = Appointed)	PHONE	COMPANY
<i>Director, Individual Members (A)</i> <u>Ed von Dran</u>	(210) 930-2834 ext 2012	Alpha Terra Engineering, Inc.
<i>Director, Sustaining Members (A)</i> <u>Michele Torres</u>	(703) 593-4407	HFS Company
<i>Military Enlisted Affairs Liaison (A)</i> VACANT		
<i>Director, Scholarships (A)</i> <u>Diane Glass</u>	(210) 355-1355	Freese and Nichols
<i>K-12/STEM Outreach Coordinator (A)</i> <u>Scott Mikos</u>	(210) 395-8871	AFIMSC
<i>SAME E&C Camp Coordinator (A)</i> <u>Capt Varsha Savalia</u>	(520) 313-1482	Public Health Service
<i>College Outreach Coordinator (A)</i> <u>Terry Watkins</u>	(210)403-6329	Jacobs
<i>Univ of Texas Student Chapter Mentor (A)</i> <u>Rich Galloway</u>	(512) 913-0355	EA Engineering, Science & Technology
<i>Assist Univ of Texas Student Chapter Mentor (A)</i> <u>Lily Cartwright</u>	(512) 419-6419	AECOM
<i>Texas A&M Student Chapter Mentor (A)</i> <u>John German</u>	(210) 621-5889	Retired
<i>UT San Antonio Student Chapter Mentor (A)</i> <u>Terry Watkins</u>	(210)403-6329	Jacobs
<i>Small Business Coordinator (A)</i> <u>Sarah Fowlkes</u>	(512) 329-0031	AmaTerra Environmental
<i>SAME National Event Liaison (A)</i> <u>Bonnie Hopke</u> , F.SAME	(210) 495-7744	FPM Remediations, Inc.
<i>Servicemember & Vet Support Coordinator (A)</i> <u>Mike Monreal</u> , F.SAME	(210) 845-5515	Broaddus & Associates

Post Board Organization Chart

2023 Post Board Members

POSITION/NAME (E = Elected; A = Appointed)	PHONE	EMAIL
<i>Servicemember & Vet Transition Coordinator (A)</i> <u>Markus Henneke</u>	(703) 853-0219	IMEG Corp.
<i>Leadership Lab Co-Director (A)</i> <u>Sam Barnett</u>	(971) 282-1757	iParametrics
<i>Leadership Lab Co-Director (A)</i> <u>Cathy Bond-Cassidy</u>	(210) 683-0392	Bold Concepts
<i>Website Manager/Newsletter Editor (A)</i> <u>Dick Kochanek</u> , F.SAME	(210) 884-9731	Retired
<i>Social Media Coordinator (A)</i> <u>Amy Shirlberg</u>	(210) 452-6626	Spec Pro Services
<i>Awards Committee Chair (A)</i> <u>Dick Kochanek</u> , F.SAME	(210) 884-9731	Retired
<i>Golf Chair (A)</i> <u>Michael Beach</u>	(830) 816-5434	Broadbent and Associates.
<i>Holiday Celebration Chair (A)</i> <u>Hilda Quinones</u>	(210) 896-8711	Q&A Diversified LLC



Post Board Organization Chart

Post Sustaining Members

as of Jun 1 Rosters

Company/Agency	Website
#	
A	
AECOM	https://aecom.com/
Aerostar Environmental and Construction	http://www.bbch-llc.com
AG Development Group, LLC	http://agdgllc.com
AGCM, Inc.	https://www.agcm.com
AHTNA Consulting Company	http://aeiak.com
Alpha Terra Engineering, Inc.	http://atei97.com
American Structurepoint Inc.	https://www.structurepoint.com
Aptim Federal Services, LLC	https://www.aptim.com
AR6 Construction & Engineering, LLC	https://ar6ce.com/
ARA	https://www.ara.com
B	
B2Z Engineering LLC	https://b2zeng.com/
Baer Engineering and Environmental Consulting Inc.	http://baereng.com
Bain Medina Bain, Inc.	http://www.bmbi.com
Battelle	https://www.battelle.org
BB&E Consulting Engineers Professionals	http://www.bbände.com
Benham Design LLC	http://www.benham.com
Bhate	https://www.bhate.com
Binkley & Barfield, Inc.	https://www.binkleybarfield.com/
Black & Veatch Special Projects Corp.	https://www.bv.com
Booz Allen Hamilton, Inc.	https://www.boozallen.com
Bristol Industries	http://www.bristol-companies.com/services/engineering
Burns & McDonnell	http://www.burnsmcd.com
C	
CAPE	http://www.cape-inc.com
CCI Prime Contractors, LLC	http://www.cci-alliance.com/home/
CDM Smith	http://cdmsmith.com
CHA Consulting Inc.	http://www.chacompanies.com
Chenega Cororation	https://www.chenega.com/
Cherokee Nation Businesses	http://cherokeenationbusinesses.com
City of San Antonio	https://www.sanantonio.gov/PublicWorks

Post Sustaining Members

as of Jun 1 Rosters

City of San Antonio - Aviation Dept	https://www.sanantonio.gov/aviation/
College of Architecture, Texas A&M	https://www.arch.tamu.edu
Command Commissioning LLC	https://command-cx.com/
CP&Y, Inc.	http://www.cpyi.com
CTI and Associates, Inc.	http://cticompanies.com
Cushing Terrell (CTA Inc.)	https://www.cushingterrell.com
Cyntergy AEC	https://www.cyntergy.com/
D	
Dawson Technical, LLC	https://www.dawsonohana.com/
DE Corp	https://www.dec corp.com/houston
Deloitte	https://www.deloitte.com
Desert Concepts Energy & Environmental Inc	https://desert-concepts.com/
Design Build Consortium, LLC	https://www.manta.com/c/mb4ypf0/design-build-consortium-llc
E	
Eaton Corporation	http://www.eaton.com/Eaton/index.htm
ECC	http://www.ecc.net/2010/
ECT2	https://www.ect2.com/
EEA Consulting Engineers	https://www.eeace.com
Encotech Engineering Consultants	http://www.encotechengineering.com/site/sections/6
F	
FLUOR	http://www.fluor.com/pages/default.aspx
Freese and Nichols, Inc.	https://www.freese.com
G	
Garver	https://garverusa.com
Gideon USA	http://www.gideonusa.com/
Gridmatic	https://www.gridmatic.com
H	
HB&A	https://www.hbaa.com/
Health Facility Solutions Company	http://hfscompany.com
Hydrogeologic, Inc.	https://www.hgl.com

Post Sustaining Members

as of Jun 1 Rosters

I	
IMEG Corp.	https://www.imegcorp.com
IntegriWard, LLC	https://integriward.com/
INTERA Inc	https://www.intera.com/
International Consulting Engineers	https://www.icengineers.net
J	
J&J Worldwide Services	https://www.ijwws.com
Jacobs	https://www.jacobs.com
K	
KBR	http://ww2.wyle.com
Klewet	https://www.kiewit.com/
Kleinfelder	https://www.kleinfelder.com
KMEA	https://www.kmea.net/
KOMAN Holdings, LLC	https://komanholdings.com/
L	
Leidos	https://www.leidos.com/
LJB, Inc.	https://www.ljbinc.com/
LMI	http://www.lmi.org/en/HOME
Los Alamos Tech Assoc, Inc. (LATA)	http://www.lata.com
M	
M2 Federal Inc.	https://m2federal.com
Matkin Hoover Engineering & Surveying	http://www.matkinhoover.com
Mead & Hunt, Inc.	https://www.meadhunt.com
Medina Consulting Company, Inc.	http://www.medinacci.com
Merrick & Company	https://www.merrick.com/
Michael Baker International	https://www.mbakintl.com
MOCA Systems Inc.	https://mocasystems.com/
N	
North Wind Group	https://www.northwindgrp.com

Post Sustaining Members

as of Jun 1 Rosters

O	
Oneida ESC Group	http://otie.com
P	
P. Engineering PLLC	https://www.pmax-eng.com
Page	https://pagethink.com
Parsons	https://www.parsons.com/pages/default.aspx
Perini Management Services, Inc.	http://pmsi.tutorperini.com
PIKA International	http://www.pikainc.com
Pond & Company	https://www.pondco.com
Protection Engineering Consultants	https://www.protection-consultants.com/
Q	
QRI/Quaternary Resource Investigate	https://qri.com/
R	
RSP Architects, Ltd	https://www.rsparch.com
S	
SES Energy Services LLC	http://www.bbch-llc.com
SES Group of Companies	https://eteba.org
SIA Solutions LLC	https://www.siasolutions.com/
Slay Engineering	http://www.slayengineering.com
Stantec, Inc.	https://www.stantec.com
Steelcase, Inc.	https://www.steelcase.com
Street Legal Industries, Inc.	http://www.slind.net
Surveying and Mapping, LLC	https://www.sam.biz
T	
Tanaq Environmental LLC	https://tanaq.com/
Tepa Companies.	https://www.tepa.com/
Terracon Consultants, Inc.	https://www.terracon.com/
Tetra Tech, Inc.	http://www.tetrattech.com
The Akana Group Inc.	https://theakanagroup.com

Post Sustaining Members

as of Jun 1 Rosters

T	
Tigerbrain Engineering, Inc.	http://tigerbrain.com
Torres-Moore LLC	
Trihydro Corporation	https://www.trihydro.com
U	
V	
Versar	https://www.versar.com
W	
Walter P. Moore	https://www.walterpmoore.com
Weston Solutions, Inc.	http://www.westonsolutions.com
Woolpert, Inc.	http://woolpert.com
Z	

