



CHATTER



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How can you be your own Advocate?

There are basic questions that all military spouses should be aware of in order to make your journey a lot easier. See if you can answer the questions below, which are a few basic questions that may be asked if you ever find yourself traversing Lackland AFB's resources.

Do you know who your spouses first sergeant is/or have their contact info?

Do you know the name of your spouses squadron/office symbol?

Do you know the key spouse of your spouses squadron or what they are there for?

There are tons of resources available to all military members and their spouses on Lackland AFB. Being your own advocate and reaching out to those resources can make your life a lot easier. Especially for those with deployed spouses!

The Airman and Family Readiness Center and www.militaryonesource.com is a great place to get started!

SPECIAL DAYS

June Birthday's

- 10 Cynthia Lesch
- 27 Kristie Williams

June Anniversary's

- 2 Hallie and Jeff Evans
- 16 Chad/Melissa Ferguson
- 21 Tamiko/David Reavis
- 28 Charlaine/Victor Miles
- 28 Adrienne/Joseph Wilburn

Please Enjoy your Special Days From your LESC Family!



Fathers Day June 19th

Send us Pictures of How you showed your Dad the Love !



- BOARD MEMBERS**
- Kristie Williams**
President
 - Jackie Simmons**
Vice President
 - Cathy Guertin**
Parliamentarian
 - Katie Gates**
Treasurer
 - Kelsie Kotzur**
Secretary

New Care Center coming on line in July!

URGENT CARE CENTER

Coming to
Wilford Hall Medical Center

1 July 2011

Q. When should I go to the Urgent Care Center?

A. If you have a less serious condition, our new UCC will provide open access care for all eligible Department of Defense beneficiaries. Examples of acute/urgent medical conditions that are appropriate for an urgent care center include but are not limited to:

Allergic reactions	Abscesses
Ankle/foot injuries	Asthma
Burns (minor)	Coughs/colds
Skin infections	Dehydration
Cuts and lacerations	Ear infections
Diarrhea / vomiting	Fractures
Knee pain / injury	Neck pain
Eye irritation	Sore Throat
Low back pain	Sprains / strains
Pneumonia	Sinus Infections
Wrist / hand injuries	Fevers in adults and children
Shoulder pain / injuries	Upper respiratory Infections

UCC will limit patients to age 2 years and above.

DO NOT go to the Urgent Care Center with a serious illness or injury. You will be sent or transported by ambulance to a hospital emergency department and this could delay your medical treatment.

REMEMBER!

If you or a family member has a serious illness or injury, go to an emergency department or Call 911.



June Meeting

Be your own advocate

There will be guest speakers from around base to give 10 minute presentations on how they can help you and what services are offered! Definitely a must see so you can be aware of the resources available to all of us.

Menu: Will be a potluck of your favorite dish!

Bring some copies of your recipe to share and possibly be featured in the newsletter, Chatter!

LESC Calendar Events

Playgroup

Friday, June 3, 10, 17
10:00am - 11:30am
Lion Park

Be Your Own Advocate LESC Meeting

Tuesday, June 21 6:30pm
Lackland Enlisted spouses club

Parents Day Out

June 11th 6:30 p.m.-11:30 p.m.
Cost: \$10.00 or free w/referral
See CDC/Youth Center for registration

Lackland AFB Events

Scream Free Parenting Class

June 6, 13, 20, 27 /11am-1pm
Call 221-0349/295-0313 to signup

Lackland Flea Market

June 11

All This Information and More is located on the LESG Facebook page. Please see for Updates and more detailed information on each event. If you Have any Event Information or Questions please email: lacklandesc@yahoo.com

June Volunteer Opportunity

San Antonio Food Bank

June 18, 1:00-4:00pm

To volunteer see the facebook page
under events tab.

If you would like to be part of
Next Month's Volunteer
opportunity Please contact our
LESG Volunteer Coordinator
Melissa Ferguson on Facebook
or email any of our contacts.

COOKS CORNER

Pampered Chef's

Hot Artichoke Dip



Ingredients

- 2 jars marinated artichoke hearts, drained coarsely chopped
- 1 package (10 oz) frozen chopped spinach, thawed/well drained
- 1/2 cup sour cream
- 1/2 cup mayonnaise
- 3/4 cup grated fresh parmesan cheese
- 1 garlic clove, pressed
- Fresh vegetable dippers (optional)

Directions

Preheat oven to 375 degrees. Combine artichokes, spinach, sour cream, and mayonnaise in classic batter bowl. Add parmesan cheese and garlic; mix well and spoon into mini baker.

Bake 20-25 minutes or until heated through. Serve with fresh vegetable dippers, if desired.

Yield: 3 cups (24 servings)

Nutrients per serving: (2 tbsp dip) Calories 70, Total fat 6g, Saturated Fat 2g, Cholesterol 5 mg, Carbohydrate 2g, Protein 2g, Sodium 140mg, Fiber less than 1g.

Pampered Chef Recipe. Please visit www.pamperedchef.com for more information.



July Meeting 1st annual LESC GAMES

July 19, 6:30 –8:00

Introducing the first LESG games. We will be splitting into teams, and competing in events. We will be picking Teams at the June Meeting !

Please RSVP on Events Tab

BABYSITTER DIRECTORY

Babysitters Wanted/Needed

We have a current list of Very Qualified Baby Sitters please email LESG if you have not received this list. They are a part of a juniors nursing program, have current CPR and First-Aid certification (adult, child, and infant), and have recent background checks through the Board of Nursing If you know someone who would like to be added to our babysitter list please have them email me their information at lacklandesc@yahoo.com

Balfour Beatty Communities Information

Monthly Life Works Calendar Pick up your copy at Housing Office or receive in Door on Base

Visit our website at:

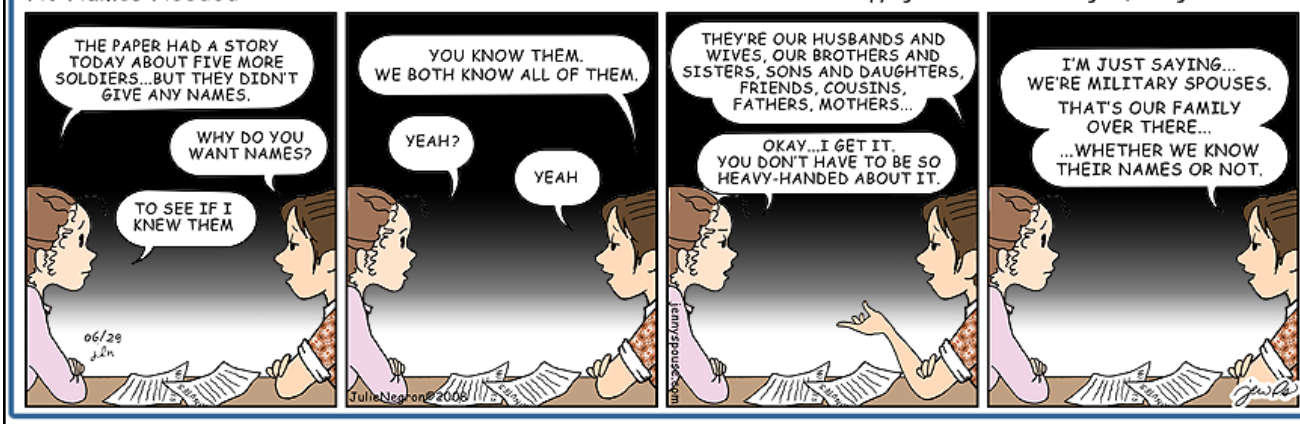
www.LacklandAFBFamilyHousing.com

Visit us on Facebook!

www.FaceBook.com/LAFBHomies

No Names Needed

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Find more Jenny at <http://jennypouse.com/>

CONNECTIONS



Facebook page search Lackland Enlisted Spouses Club

<http://www.lacklandesc.org/>

<http://lacklandesc.blogspot.com/>

Google us! "Lackland Enlisted Spouse Club"

Chatter editors Starlite Dye & Jennifer Forsgren

contact us at lacklandesc@gmail.com

Please help us make the monthly newsletter better. Submit events, recipes, ideas, photos or anything else you may want to communicate through the newsletter. Together we can make it great!

San Antonio Events

Texas Folklife Festival June 10-12

Location:
Institute of Texan Cultures

**Celebration of all things Texas.
Traditional food, music/dance
and authentic cards.**

Visit below website for more
info!

www.texasfolklifestival.com

San Antonio Children's Museum

Lego Day Camp

Saturday, June 25 9:00am
Register with SACM

Info: 210-212-4453

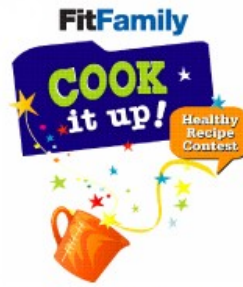
Pint-Sized Science

Summer Camp (Ages 4-6)
June 20th-24th / 9AM to
12PM

Register with SACM

Info: 210-212-4453

ENTER THE



and a chance
to WIN the
**GRAND
PRIZE**

Celebrity Chef
**HERB
MESA**
at your base
for a day!



Herb Mesa will personally choose the winning recipe-and it could be yours!

Known as the "Energy Chef", Herb believes in balance through food and fitness' where he combines his ability as a certified personal trainer and nutrition and wellness consultant with his love for nutritious, tasty food. You may have seen Herb on the Food Network's "The next food Network Star" where he was a finalist. Experiencing unique brand of "energy" should be motivation enough to get those recipes in!

Plus, you can win other great prizes!

Daily Drawings for the Air Force is my life T-shirts

Daily Drawings for Exchange Movie Tickets

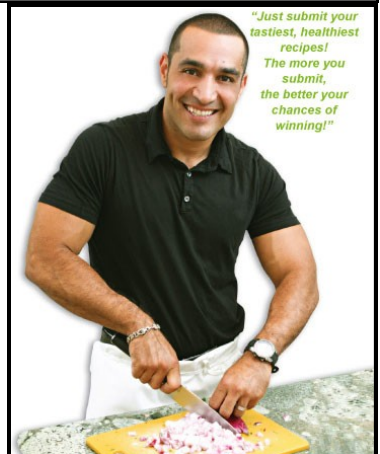
Weekly Drawings for \$25 value iTunes gift cards

Final Drawings for 2 Ipads

Contest ends June 30th 2011

Go here to Enter:

<http://www.usafhealthyrecipes.com/prizes>



Here are some websites to check out concerning other bases in the local area!

Our Joint Base Families Information

Fort Sam Happenings

<http://www.fortsamhoustonmwr.com/default2.asp>

Randolph

<http://www.randolphfss.com>