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Elaine Leist, deputy garrison commander, speaks at the Army Community Services Army Family Team Building birthday ceremony Dec. 12 at the Carlisle Barracks Commissary. With her is Loy Hicks, a retired Navy Senior Chief Petty Officer who was shopping at the commissary with his wife. Photo by Spc. Jennifer Rick.

December 15, 2008 -- The Army Community Services Army Family Team Building program celebrated its 16th birthday at a cake cutting ceremony Dec. 12 at the Carlisle Barracks Commissary.

AFTB is a program designed to provide training to Army families to improve military life, and personal and family preparedness.

Elaine Leist, deputy garrison commander, explained to the crowd that AFTB's program "Army 101 Basic Training" is designed to introduce spouses and family members to Army life, how the military works and what is available to them.