

# JBSA LEGACY

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JOINT BASE SAN ANTONIO

MARCH 31, 2017



PHOTO BY SEAN WORRELL

*Lt. Gen. Darryl Roberson (right), commander of Air Education and Training Command, and Dr. Joe Leverett (left), Altus Trophy selection committee chairman, present the 2016 Altus Trophy to Diane Rath, Alamo Area Council of Governments executive director, March 22 at Joint Base San Antonio-Randolph.*

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# Army hiring Soldiers to increase strength

From U.S. Army Public Affairs

The Department of the Army will add 28,000 soldiers to its ranks by Sept. 30, officials announced March 20. The troop increase was directed by the National Defense Authorization Act for fiscal year 2017.

"The Army is hiring. The added end strength will allow the Army to increase manning in its tactical units, enhancing overall readiness," said Maj. Gen. Jason T. Evans, Director, Military Personnel Management. "The increased manning also provides additional promotion opportunities and retention incentives for our existing Soldiers and more opportunities for those who are fit, resilient and possess character who want to join the Army."

Across the force, the active component end-strength authorization increased by 16,000 to 476,000; the Army National



COURTESY PHOTO

Guard increased by 8,000 to 343,000, and the Army Reserve increased by 4,000 to 199,000. This increase means the total Army will number 1,018,000 Soldiers.

The Army will conduct a responsible increase with a

focus on quality; Soldiers who are resilient, fit and have character. The Army will use a variety of personnel management tools to meet the troop strength requirement, including enlisted accessions, recruitment, training and re-

tention along with officer accessions and retention.

For example, the Army will raise its enlisted accessions mission to 68,500, an increase of 6,000 soldiers in the Active Component from the original mission through FY 17. Additionally, the Army will increase the enlisted retention mission to 17,500, an increase of 9,000 Soldiers in the Active Component from the original mission through FY 17.

With respect to officers, the Army will create additional accession and retention opportunities to increase officer strength by 1,000. And the Army will continue to leverage internal controls to increase retention of quality officers.

The increased manning of the Army will enable it to better meet the challenges of an ever-uncertain security environment, Evans said.

"We see a strong Army as a key factor in maintaining the security of the nation," he said.

## JBSA LEGACY

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# Navy App Locker, a gateway to apps, now available

By Lt. Cmdr. Kate Meadows  
NAVAL EDUCATION AND TRAINING  
COMMAND PUBLIC AFFAIRS

A new mobile application that provides a direct access point for approved unclassified U.S. Navy mobile apps was released March 16.

The Navy App Locker is an app version of the U.S. Navy's associated website (<http://www.applocker.navy.mil/>) and provides Navy Sailors, civilians, and family members a central location to view mobile applications, review detailed information about Navy-developed apps and have streamlined access to

their device's appropriate app store.

The Navy App Locker assures users the apps they are downloading were developed by the Department of the Navy, and contain relevant and up-to-date information.

The Navy App Locker App can be downloaded at no cost via Google Play or iTunes. Users can search by "navy app locker" or "seawarrior."

Both the Navy App Locker app and associated website act as a gateway to download the Navy's mobile applications, taking the user straight to the specific app requested to down-

load on Google Play or iTunes.

The Navy's mobile apps are a great resource for annual required training, career tools and education resources. There are currently 18 mobile applications searchable on the site.

Five of those mobile applications provide access to complete required annual General Military Training, or GMT.

All applications located in the app locker are bring-your-own-device and designed to work on personal devices outside of the Navy Marine Corps Intranet domain. They can be downloaded at no cost via Google Play or iTunes. Users can

search by the app name or "seawarrior."

If a command would like an official Navy mobile application added to the Navy App Locker, please contact the Navy App Locker Team at [navyapps@navy.mil](mailto:navyapps@navy.mil)

The U.S. Navy Sea Warrior Program, or PMW 240, produced the app, and Tracen Technologies Inc., a company that specializes in integrated mobile and web solutions, was the software developer.

For more information, visit <http://www.navy.mil>, <http://www.facebook.com/usnavy> or <http://www.twitter.com/usnavy>.

**Joint Base San Antonio**  
**HOTLINES**

- Sexual Assault Hotline  
210-808-SARC (7272)
- DOD Safe Helpline  
877-995-5247

- Domestic Abuse Hotline  
210-367-1213
- Suicide Prevention  
800-273-TALK (8255)
- Duty Chaplain  
210-221-9363



# Upcoming JBSA bike rodeo promotes safe riding

By David DeKunder

502ND AIR BASE WING PUBLIC AFFAIRS

Schoolchildren will learn about bicycle safety from law enforcement officers and have a chance to win prizes at the Joint Base San Antonio-Fort Sam Houston spring bike rodeo from 9 a.m. to 1 p.m. April 8 in the parking lot at Stanley and Reynolds roads, across from the Personnel Processing Center, building 2263.

The event is being hosted by the 502nd Security Forces Squadron at JBSA-Fort Sam Houston and is open to elementary and middle school students throughout JBSA, grades three to eight. Activities include obstacle courses for children to ride and compete in, a film and information on bicycle safety and proper safety equipment and a display by the San Antonio Police Department on drinking and driving and distracted driving.

Lt. Steven Dews, 502nd SFS police supervisor, said children who participate in the bike rodeo will watch a film on bike safety, which will be shown in a



COURTESY PHOTO ILLUSTRATION

classroom located in the basement of the Personnel Processing Center, before they can ride on the obstacle course.

Children will be required to bring their bicycles and safety equipment, including helmets, to participate in the bike rodeo.

Three obstacle courses will be set up

to test a rider's ability to assess a simulated situation, their decision making and reaction skills, their knowledge of hand and arm signals and signage and wearing of proper safety equipment, including helmets, said Dews.

"The purpose is to test our children to see how much they know about the aspects of bike safety," Dews said. "The main goal is to get that knowledge of safety out there and for them to think about safety whenever they go out. Safety is something they should think about at all times."

The obstacle course competition will consist of elementary and middle school age categories, with the top performer in each category receiving a bicycle and the runners-up safety helmets. Each of the prize items is being donated by the JBSA-Fort Sam Houston Exchange. The top two riders in each category will be determined by the least number of cones they knock down on the obstacles courses.

For parents and high school-age children, the display by San Antonio police officers will enable them to try on goggles

that simulate them driving impaired while riding an oversized tricycle on a course.

Dews said the display will familiarize teenagers who are going to become first time drivers about the consequences of drinking and driving and distracted driving.

Also, police officers will be giving out McGruff the Crime Dog flyers and brochures on bike safety, drinking and driving and distracted driving.

"We are getting in gear for the summer months," Dews said. "We want to let our JBSA members know that we care about their well-being and safety. I want them to have some fun and to do it carefully. We want them to get through the summer months without any incidents."

Refreshments, donated by the JBSA-Fort Sam Houston Commissary, will be provided at the bike rodeo.

For information on the bike rodeo, call 221-3735.

Parents and children who want to learn more about bike safety can find information on it at [safekids.org/tip/bike-safety-tips-pdf](http://safekids.org/tip/bike-safety-tips-pdf).

## JBSA puts its best fork forward for National Nutrition Month

By Ashley Palacios

502ND AIR BASE WING  
PUBLIC AFFAIRS

March is National Nutrition Month, and this year's theme is "Put Your Best Fork Forward," which encourages the basics of healthy eating.

While no one diet is right for everyone, it's important to follow a healthy eating plan that keeps your unique lifestyle in mind while also keeping you fit-to-fight.

"A diet with too many limitations, unrealistic goals or one that constantly deprives you is not something that will help you reach your long-term health goals," said Aracelis Gonzalez-Anderson, Joint Base San Antonio-Randolph Health Promotions coordinator. "Small changes over time can lead to long-term success because you're adopting healthy eating patterns that become a lifestyle change, not a short-term fix."

Keeping the pantry stocked with items that can be quickly made into a healthy meal is one tip Gonzalez-Anderson recommends to those who may be new to healthy cooking.

"There's no reason to be intimidated by healthy cooking," Gonzalez-Anderson said. "Focus on your motivation for eating healthy. It's about feeling great, having more energy, improving your health and stabilizing your mood." Maintaining a balanced diet of protein, healthy fat, fiber, carbohydrates, vitamins and minerals is the key to nutritional success, Gonzalez-Anderson said.

Drinking enough water is also an important part of nutrition. Experts at the Academy of Nutrition and Dietetics recommend eight 8-ounce glasses every day.

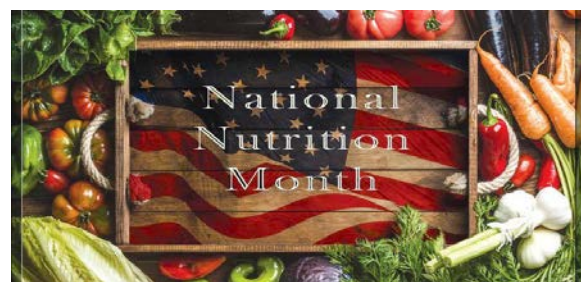
While most people make good choices when they cook at home, many people often feel

there are no healthy options when eating out or eating on base.

But 2nd Lt. Kyle Schuster, Joint Base San Antonio-Randolph Health Promotions program assistant, says that is simply not true.

"We often hear people say there aren't any healthy options when eating on base, but Randolph has more healthy options than people realize," Schuster said. "Randolph scores very high on the Military Nutrition Environment Assessment Tool, which measures the availability and promotion of healthy options offered on base."

The commissary now carries pre-made, healthy meals that make it easy for Airmen to make nutritious choices while shopping, Schuster said. The Exchange also offers a variety of better-for-you choices, including salads, low-calorie sandwiches and healthy snack



GRAPHIC BY LINO ESPINOZA

options.

Another important part of nutrition is physical activity.

"Doing regular physical activity can make you feel good about yourself, and it can have a number of benefits for your health," Gonzalez-Anderson said. "Experts recommend 30 to 60 minutes, five times a week of physical activity, which can include things like cardio, resistance training or flexibility work."

Schuster also encourages

people to take advantage of the information and classes offered at the Randolph Health Promotions office.

"It's easy to forget about prioritizing fitness and nutrition in our hectic lives, but it's important for all Airmen to remain fit-to-fight in the Air Force," Schuster said. "The resources are available to them, but it's up to the individual to take advantage of them and be proactive with their health and nutrition."

# AETC's 2016 Altus Trophy awarded to San Antonio

By 1st Lt. Beau Downey  
AETC PUBLIC AFFAIRS

Lt. Gen. Darryl Roberson, commander of Air Education and Training Command, announced the community of San Antonio as the winner of the 2016 Altus Trophy during a brief ceremony with AETC's Civic Leader Group here Wednesday.

"This is our way of recognizing the community's impact and relationship with our bases in AETC," Roberson said. "You'll notice that it is the communities that were named, not the bases."

The trophy, which is presented in partnership with the Altus Chamber of Commerce, is given to the AETC community



SEAN WORRELL

*Lt. Gen. Darryl Roberson (right), commander of Air Education and Training Command, and Dr. Joe Leverett (left), Altus Trophy selection committee chairman, present the 2016 Altus Trophy to Diane Rath, Alamo Area Council of Governments executive director, March 22 at Joint Base San Antonio-Randolph.*

that provides the best support to its local military installation.

This year there were seven applications, which were narrowed down by

members of the Altus Military Affairs Committee to three finalists: Biloxi, Mississippi; Little Rock, Arkansas; and San Antonio; said Joe Leverett, Altus Trophy Selection Committee chairman.

The final decision was made by a panel of former AETC commanders. The community of San Antonio, which was also recognized this year as a Great American Defense Community by the Association of Defense Communities, took the top honor after partnering with military members at Joint Base San Antonio-Lackland, Randolph, Fort Sam Houston and Camp Bullis.

One area identified in the nomination application for the San Antonio community was the partnership formed to address water access. Ex-

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*“We work very hard as a community to support our military. I think it’s important for everyone to recognize that it is not just one community that supports JBSA. In this area, it is truly a regional effort.”*

*Diane Rath, Alamo Area Council of Governments executive director*

panding population raised concerns about maintaining sources of water for JBSA. The Alamo Area Council of Governments teamed up with the City of San Antonio to secure \$5 million from the State of Texas to address new water connections for Joint Base San Antonio.

“We were able to partner with the community and with the state to put in place a process and a plan,” Roberson said. “We couldn’t have done it on our own.”

Expanding population results in another issue that was important to JBSA: encroachment.

The community provided continuous advocacy for solutions to encroachment at JBSA-Randolph, citing identification of mission-critical gaps where private and public business can support military installations. On Jan. 26, 2016, Bexar County unanimously passed a resolution giving its recommendations regarding encroachment.

The application also identified that AACOG partnered with the City of San Antonio, JBSA and the Fort Sam Houston Independent School District to supplement road construction. FSHISD will contribute \$150,000 toward the design of a road that will serve as an emergency egress that will benefit JBSA members.

As the representatives of the San Antonio community posed for a photo with the Altus trophy, Leverett explained the symbolism of the award itself.

“The trophy sits on a base that is a solid sheet of granite,” Leverett said. “This symbolizes the rock-solid support the communities give.”

“We work very hard as a community to support our military,” said Diane Rath, AACOG executive director. “I think it’s important for everyone to recognize that it is not just one community that supports JBSA. In this area, it is truly a regional effort.”

# Ketogenic diet: how it works, potential benefits

By 2nd Lt. Jessie Richards  
BROOKE ARMY MEDICAL CENTER

Low-carbohydrate diets are followed for many reasons, including weight loss, improved blood sugar control and increased energy, and to decrease heartburn and digestive issues. Some people take low carbs to the extreme and follow a ketogenic diet with the hope of gaining more benefits or achieving faster results.

The key to a ketogenic diet is very low carb count, which means consuming high amounts of dietary fat to provide enough calories. Typically, carbs are the main energy source for your body, especially your brain. Your brain cannot use fat directly for energy as the rest of your body does.

On a low-carb diet, your brain uses most of those carbs. The rest of your body uses fat for energy. On a ketogenic diet, carbs are so low, your brain



COURTESY GRAPHIC

uses them all and still needs more energy. This is where your liver steps in to convert fat into ketones. While your brain cannot use fat for energy, it can use ketones.

What does a ketogenic diet look like? Calories will vary depending on weight goals. All meal plans will be low-carb (less than 50 grams). Protein should be moderate (80-100 grams), with more than half of calories coming from fat (100-

200 grams). A ketogenic meal could look like this: 4 ounces salmon, 1 cup of cauliflower, 2 tablespoons of olive oil, 1/4 cup shredded cheese. Some snacks that fit in a ketogenic diet are avocado, nuts, cheese and hard-boiled eggs.

How can this diet help you lose weight? Your liver will be looking for fat to convert to ketones. Some of it will come from your diet. The rest will come from the fat stores in

your body. Research has shown that ketogenic diets can help people lose weight when total calorie intake is decreased. In addition, people often report feeling less hungry on a ketogenic diet than on other diets, also lowering calorie intake.

If you have diabetes, weight loss and lowering carb intake can improve your blood sugar. However, be careful that your blood sugar does not go too low.

In addition, diabetes increases the risk for heart disease, and eating large amounts of saturated fats (bacon, dairy, coconut oil) may further increase that risk. Choose more unsaturated fats (avocado, nuts, seeds) if you choose to try this diet. Certain diabetes medications will need to be adjusted on a ketogenic diet. Talk to your health care provider before you start a ketogenic diet.

You might not want to jump right into this diet.

First, changing your diet from high carb to high fat could result in diarrhea, constipation, headache, fatigue and muscle cramps. This usually clears up within two weeks. Second, vitamin and mineral deficiencies may develop due to eliminating food groups. This is more of a problem for those doing a ketogenic diet for several months. Eating a variety of low-carb vegetables, meats, nuts and seeds can help. Third, you will be eating a larger portion of calories from fat.

Some research has shown a negative effect on blood lipids for those on a high-fat diet, particularly saturated fat. If your blood lipids are a concern, talk to your health care provider or dietitian first. The dietitians at the Capt. Jennifer A. Moreno Clinic at Joint Base San Antonio-Fort Sam Houston can help with dietary needs. Call 808-2232 or 808-3609 to schedule an appointment.



# FORT SAM HOUSTON

## Combat simulation lab brings real-life scenarios to medic trainees

By David DeKunder

502ND AIR BASE WING  
PUBLIC AFFAIRS

The scene in a valley in Afghanistan is gruesome, bloody and chaotic. There is smoke, an explosion, gunfire, an overturned armored vehicle and bodies of Soldiers strewn out all over the place.

Arriving on the scene are two Army combat medics, Pvt. Casey Huskins and Spc. Nick Carlson, who are treating a Soldier who was injured after the armored vehicle he and his patrol unit were riding in was damaged by an improvised explosive device, or IED, during an ambush.

The service member being treated has several traumatic injuries: an amputated leg, bleeding from the upper thigh and a chest wound from a gunshot that went through his back. Amid the chaos, the combat medics are assessing the injuries and taking actions to save the life of the Soldier, including putting a tourniquet on the amputated leg and gauze on the thigh.

Several minutes later, the smoke disappears, sounds of gunfire stop and the lights come on. Huskins and Carlson, both with Company B, 232nd Medical Battalion, are not really in a war zone and the body they are treating is a mannequin of a Soldier on a makeup set at the Combat Trauma Patient Simulation Lab, located at the Medical Education Training Campus at Joint Base San Antonio-Fort Sam Houston.



RUTH MEDINA

From left: Pvt. Alyssa Swanson, Staff Sgt. Melvin Walker and Pvt. Sadie Gowan train Feb. 13 at the Combat Trauma Patient Simulation Lab, located at the Medical Education Training Campus at Joint Base San Antonio-Fort Sam Houston.

The simulation lab is part of the Department of Combat Medic Training at METC. The DCMT trains service members in the Army who want to become 68 Whiskey combat medic Specialists.

Carlson said the simulation lab provides a more realistic type of training experience from the classroom in learning how to treat wounds on casu-

alties in a life or death situation.

"You are actually seeing the injuries," Carlson said. "You are seeing an amputation and you are seeing all the stuff we have talked about in class. On top of that, with the environment you are in – the loud sounds going off, the gunfire in the background, the lighting and the smoke – it made it

harder to do what we normally have been doing."

Camille Espinoza, DCMT training instructor and simulation technician, said the simulation lab puts the combat medic trainees in a setting where they feel like they are in a combat zone.

"We get as close as we can to real life with simulation," Espinoza said. "We try to make it

as realistic as possible."

Espinoza and Donnie Cromartie, DCMT training instructor and simulation technician, run the simulation lab control room. The control room includes monitors and instruments for sound effects, lighting and the movement of the Soldier mannequins.

On the other side of the lab is the set of a Middle Eastern marketplace in the aftermath of an explosion that has been set off by a suicide bomber, which includes mannequins of several injured Soldiers, as well as civilians. The marketplace setup includes a courtyard, shops and a cart.

To make simulation scenarios as realistic as possible, Espinoza and Cromartie use a touch screen to produce sound effects and control the lighting and the smoke. Remote control is used for the movement of the mannequins and to simulate breathing, bleeding, respiratory and pulse rates while the combat medic trainees are working on them. Each simulation is also video recorded.

Espinoza said there are 10 mannequins on each of the two sets with several simulated traumatic injuries, including amputation, chest and head and gunshot wounds. A workshop in the back of the simulation lab allows the technicians to put makeup on the mannequins to create the injuries the combat medic trainees will treat, and fake blood can be created by mixing powder, water and

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# ARSOUTH, Central American leaders discuss regional challenges, adopt 3-year plan

By Sgt. 1st Class  
Matthew Graham

U.S. ARMY SOUTH PUBLIC AFFAIRS

The Central American Regional Leaders Conference began March 21 at Joint Base San Antonio-Fort Sam Houston, with senior military and police officials from throughout Central America in attendance.

During the three-day conference, these senior leaders discussed regional challenges and ways to work with each other and the United States to solve these problems. Not only did the conference allow them to develop and agree to a plan for the next three to five years, the leaders also took a look back at the previous conference agreements and assess progress.

"Every partner here is already successful said Maj. Gen. K.K. Chinn, commanding general, U.S. Army South. "We all have the capacity to protect our sovereign borders and disrupt threats,"

Chinn, the host for the conference,



SGT. 1ST CLASS MATTHEW GRAHAM

Maj. Gen. K.K. Chinn, U.S. Army South commanding general, addresses the attendees of the Central American Regional Leaders Conference March 21 at Joint Base San Antonio-Fort Sam Houston.

ference, also stressed the importance of building trust and relationships during the conference.

"It takes a network to beat a network," he said, referring to all the partners in the room, "and our common threat is

illicit networks are operating in our region."

One solution to that question came from Belize Defense Force Commander Brig. Gen. David Jones. Jones suggested a new joint venture to help to counter drug trafficking in the

Western Hemisphere.

"All the countries represented here need to be a player and need to be willing to cooperate in such a venture," he said after volunteering to host the first meeting.

At its inception, only five nations attended the conference. Ten countries are participating in this year's discussions, including the Dominican Republic and Colombia, which have not previously attended the conference.

"Open and frank discussion is the overall goal of the conference," said Col. Rocky Burrell, director for Army South Regional Affairs and one of the key organizers of the conference. "Allowing for a dialogue and exchange of ideas are the reasons why the conference was started 10 years ago and continues to evolve every year."

"Communication is key. We have to prioritize our threats and determine how to best work together on achieving our common goals," said retired Maj. Gen. Simeon Trombitas, the conference's facilitator and

a former ARSOUTH commanding general

The conference gave allotted time for each country's representatives to share insights about their respective capabilities and challenges. These presentations helped inform the other partners in attendance and provided the opportunity to identify potential areas of mutually beneficial collaboration and cooperation at the partner nation level.

According to an introductory brief from Col. Tim Teague, director of plans for U.S. Army South, there are four main threats which plague the security of Central American countries: drug trafficking, gang activity throughout Central and North America, migration trends and how migration stresses partner nation resources, and violent extremist organizations.

"These four threats are complex problem sets that will take a considerable amount of strategic planning and resource commitment to help solve," Teague said.

## COMBAT LAB

From page 6

dish washing liquid.

After the simulation is completed, Espinoza said the video is replayed in each of the scenario sets, so instructors can point out to the combat medic trainees what they did right and what they need to work and improve on.

Depending on the phase of training the combat medic trainees are in, each simulation is between seven to 15 minutes and includes groups of six to eight students working together. Throughout the year, about 5,000 students –

the number that graduates from combat medic training – go through the simulation lab.

By doing part of their training in a simulation lab, Espinoza said the combat medic trainees will get to know the different types of traumatic injuries they could encounter in a combat zone and how to assess and treat them on a mannequin.

"We want them to practice on something as close to realistic as possible," she said. "We want them to practice and make all their mistakes in here so that when a real-life situation occurs, they can respond correctly. It gives them an idea of what they will see in real

life and train them properly for the battlefield."

Huskins said training on mannequins with injuries is more realistic than working with other combat medic trainees, or battle buddies, who are pretending to be injured.

"You could see where they would be hurt at and how they would be moving," said Huskins, referring to the mannequins. "It's a lot different than our battle buddies acting like they are hurt. Seeing it is much more helpful."

Staff Sgt. Melvin Walker, Company E, 232nd Medical Battalion field craft instructor, said the time he spends in the

simulation lab with the combat medic trainees gives him an opportunity to provide more one-on-one instruction time with them.

"It allows us to provide a lot of one-on-one opportunities with the students," Walker said. "It gives them that attention that we may not always be able to give them inside the classroom and during large group instruction."

Walker said the combat medic trainees go through the simulation lab two to three times during their training. He says the students usually perform better the second time they are in the lab.

"We see a huge difference

when they come in the second time in being able to remain calm and remembering the skills they have been taught," Walker said.

Walker, who served two tours in Iraq as a combat medic, said the simulation lab at JBSA-Fort Sam Houston is one of the best he has worked in.

"This is about one of the most realistic simulation centers that I've been in," he said. "I taught at another one previously and this is by far one of the best experiences we can provide these Soldier medics outside of actually treating real casualties. I think this is about as close as it gets."



# Army South displays Panama Canal artifacts

By Dr. Isaac Hampton II  
U.S. ARMY SOUTH COMMAND  
HISTORIAN

U.S. Army South is reconnecting with its history in Panama by displaying three concrete spherical artifacts from the Panama Canal Zone displayed near the flag post in the Army South parking lot. These massive concrete balls were originally on top of light posts lining the Panama Canal.

By 1938, many of these massive light posts were removed from the Canal Zone because larger ships such as U.S. Navy carriers had problems moving through the canal's lock system.

The hulls of the ships were not the problem; however, their flight decks were too wide and overlapped chamber walls, which led to damage on many of the concrete lamp posts. Once the problem areas were identified after the first carrier transits, the Panama Canal Commission modified the lock's



SGT. SUMMER WOODE

*Three lampposts from the Panama Canal are now prominently displayed in front of the U.S. Army South headquarters building at Joint Base San Antonio-Fort Sam Houston.*

control houses and many of the original concrete lamp poles were removed and exchanged with smaller metal pipe poles.

Oscar Agueda, an Army South preventative medicine operations planner grew up in the Panama Canal Zone and

recalled seeing concrete spheres on the lamp post when he was boy. Agueda said he felt the concrete artifacts are a strong reminder of the Command's lineage to Panama.

"It brought back memories of the Canal Zone ... the concrete

artifacts were all through the canal, in front of the flag post of administration building and the governor's house," he said.

An ARSOUTH employee since the 1980s, Kaye Richey, G-3 Visual Information office, also grew up in the Canal Zone and explained the personal impact of these artifacts.

"These artifacts bring together a lot of people," he said. "The history of Army South in Panama is really significant to those of us who worked at the command during that time and work at Army South now. There's a real lineage and nostalgic connection with these artifacts and the civilians and Soldiers who served in Panama."

Ivan Avila from ARSOUTH protocol agrees with Richey. Avila, a 20-year Army veteran, had three tours in Panama that covered nearly half of his military career.

"Many Soldiers have no idea where the command came from.

The young Soldiers have not had the opportunity to be stationed in Panama like some of us," Avila said. "There will always be a deep connection between Army South and Panama. Seeing those cement artifacts brings back memories, so there is a sentimental connection as well."

To most Panamanians, the canal is a landmark of national pride and Panama's importance as maritime global transit center.

Diana Norton, ARSOUTH protocol office, grew in Panama City and not the Canal Zone, but for her these artifacts are more than rock, sand and gravel.

"Every time I look at them, they have a significant meaning and connect me to the canal," she said. "It means a lot that someone thought of putting them in front of the Army South headquarters. These are more than antiques and they have a great history behind them."

## Conference assures collaboration against 21st century threats

By Sgt. 1st Class  
Matthew Graham  
U.S. ARMY SOUTH PUBLIC AFFAIRS

The week-long Central American Regional Leaders Conference concluded last week at Joint Base San Antonio-Fort Sam Houston. U.S. Army South hosted senior leaders from the armies and police of 10 nations throughout the Central American region. The aim of the conference is to build relationships while developing combined plans to counter threats within the region.

"The relationships we enjoy with our partners throughout the hemisphere is incredibly important because we will continue to depend on it to understand the security challenges, and to understand the importance of continuing to find ways to share info more

effectively, and to cooperate more effectively," said Navy Admiral Kurt W. Tidd, commander for U.S. Southern Command.

Tidd explained the two distinct purposes of conferences like the Regional Leaders Conference. The first, and more easily identifiable, is to clearly state which nations can bring which resources to combat known threats. The second purpose of this conference also helps to better prepare members of the region for future problems that haven't been identified yet.

However, those capabilities and strengths aren't automatically known to all in attendance.

The senior members of each partner nation's security forces must be comfortable with sharing that information.

"There is a very strong Ar-

my-to-Army relationship and that is very evident. You can see in the ease in which the leadership expresses themselves, and how appreciative they are, and their openness and willingness to work together," said Ambassador Liliana Ayalde, U.S. Southern Command Civilian Deputy to the Commander, Foreign Policy Advisor.

Ayalde said she has seen interagency collaboration at all levels during her more than 30 years working as a diplomat. She said sharing information and combining efforts help to make the results and the impact that much more effective when done with interagency as opposed to an isolated form.

The point of the conference doesn't just make the work easier for all involved, it makes it possible.

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*"None of us have all the resources that we require to be able to solve security challenges that we face on our own. We require joint interagency, intergovernmental and multinational cooperation."*

Navy Admiral Kurt W. Tidd  
Commander for U.S. Southern Command

"None of us have all the resources that we require to be able to solve security challenges that we face on our own," said Tidd. "We require joint interagency, intergovernmental and multinational cooperation."

Tidd went on to say that because of past exchanges, the partners in attendance already

enjoy a high level of trust with each other and that trust is critical to collectively developing plans to counter the complex threats within the region.

This was the 10th iteration of the Regional Leaders Conference, with each conference building on the preceding conference's progress.



# BAMC, JBSA-FSH celebrate women trailblazers

By Lori Newman  
BAMC PUBLIC AFFAIRS

Brooke Army Medical Center hosted the Joint Base San Antonio-Fort Sam Houston Women's History Month commemoration March 21 at the Fort Sam Houston Theater. This year's theme, "Honoring Trailblazing Women Who Have Paved the Way for Future Generations," was highlighted throughout the event.

"Today is a celebration honoring women trailblazers who have made significant contributions throughout history," said Brig. Gen. Jeffrey Johnson, BAMC commanding general and the host for the ceremony, emphasizing some of the prominent women leaders within the military and military medicine.

"There are countless female trailblazers throughout our military history," Johnson said. "But what about the unsung heroes? The service members stationed around the world, in harm's way; the nurses and doctors who work 16-hour shifts; police officers, firefighters and scientists. They work hard every day in their respective fields — saving lives."



ROBERT SHIELDS

*Brig. Gen. Jeffrey Johnson (left), Brooke Army Medical Center commanding general, presents Command Sgt. Maj. Tabitha Gavia, Regional Health Command-Central command sergeant major, a token of appreciation March 21 during the Joint Base San Antonio-Fort Sam Houston Women's History Month commemoration.*

The general shared a story about 90-year-old Shirley Adcock, a volunteer greeter in the BAMC Burn Intensive Care Unit waiting room. Adcock was just named BAMC's Volunteer of the Year for 2016. She has volunteered more than 3,700 hours over the past 11 years at Brooke Army Medical Center. She also knits dolls and animals for the pediatric oncology patients.

"Just think what our world would be like if we had more Shirley Adcocks in it. We all have the power to make a difference," Johnson said.

"We all have significant women in our lives — mothers, grandmothers, wives, sisters, daughters who in their own way helped to shape who we are as individuals," the general said. "Today, we should remember all the women in our lives that make a difference to each of us."

After the general spoke, several service members and civilians came up on stage to recount the stories of trailblazing women throughout history. The hit of the event was 6-year-old Ella Lambert who told the audience she was going to

be the first female president of the United States.

"The purpose of Women's History Month is to increase consciousness and knowledge of women's history," said Command Sgt. Maj. Tabitha Gavia, Regional Health Command-Central command sergeant major and guest speaker for the event.

"This is so critically important for every time a girl opens a book and reads a womanless history, she learns there is no place in history for her or her accomplishments; she may even believe she and her story are worthless and therefore irrelevant," she said.

"History helps us learn who we are, but when the history is incomplete and frankly unknown, our

power and dreams are diminished."

Gavia highlighted women who she considered trailblazers throughout history including former U.S. Attorney General Janet Reno, former first lady Abigail Adams and Dr. Mary Walker, the only woman to receive the Medal of Honor, and many others.

"These women are determined, fierce, powerful, fearless," Gavia said. "These are our trailblazers."

"It is vital that we embrace our history to create a more expansive vision of what women can achieve ... what women can and will contribute to our society," she said. "We are a better nation and military when we embrace the strengths

and diversity of all our people. It is of critical importance that we recognize and embrace our history as well as honor those who have come before us."

Command Sgt. Maj. Michael Garza, BAMC Warrior Transition Battalion command sergeant major, ended the ceremony by thanking Gavia for her remarks and those who helped put the event together including WTB Bravo Company, the equal opportunity team and the presenters who participated.

"Let's honor the women in our lives not just today, not just this month, but let's honor them every day and let them know that we appreciate what they do for us," Garza said.

# Museum tells military history of Fort Sam Houston

By David DeKunder  
502ND AIR BASE WING  
PUBLIC AFFAIRS

Located in the historic Quadrangle at Joint Base San Antonio-Fort Sam Houston, the Fort Sam Houston Museum tells the history of the post from its origins to the present day, including the units, organizations and figures that have made the post one of the most important in the U.S. military.

The museum is housed in former storerooms at the Quadrangle, the oldest structure at JBSA-Fort Sam Houston and former quartermaster depot constructed in 1876. The museum contains six rooms of exhibits and displays, beginning with the establishment of a U.S. Army post in San Antonio in 1845, to the construction of the fort and how the post evolved to support the units and service members who served in numerous conflicts at home and abroad.

Being located in the Quadrangle makes the museum more accessible to visitors, said



DAVID DEKUNDER /  
*Army Pfc. Class Min Jung (left) and Army Spc. Angel Torres view a historical display at the Fort Sam Houston Museum.*

Jacqueline Davis, Fort Sam Houston Museum director.

"It is the most historic site on the post and the oldest building on the post," Davis said. "It's been a tourist destination since the walls went up."

Visitors who browse the museum's gallery will see many artifacts, images and texts cov-

ering the time periods of the Army's establishment in San Antonio and the development of JBSA-Fort Sam Houston. Artifacts include uniforms, insignia, equipment, firearms, weapons and accouterments, which is the personal clothing of soldiers, and a 1880s supply wagon. The museum gallery

also includes a 20-minute film.

Davis said the museum gallery starts with exhibits covering the early Spanish and Mexican presence in Texas; the Republic of Texas, which was in existence from 1836-45; and the reasons the U.S. Army established a post in San Antonio beginning in 1845 after Texas was admitted into the U.S., to include the Mexican War.

Additional exhibits include the fort's role in being the headquarters for soldiers and units that fought Indians and bandits on the frontier, from the 1870s to the 1880s; its establishment as a permanent installation in 1876; its becoming an artillery, infantry and staff post in the early 1900s; in at the beginning of military aviation; supporting soldiers and units who served on the Texas-Mexico border during the Mexican Revolution, from 1910-19; in supporting military personnel who served in World War I; being the home of two and the birthplace of four field armies during World War II; and the addition of

medical units and schools during and after WWII to the present.

In April, the museum will open a temporary exhibit marking the 100th anniversary of the U.S. military's entry into WWI. Davis said the exhibit will cover the role units at Fort Sam Houston had in protecting the U.S.-Mexican border from Texas to Arizona during the Mexican Revolution and WWI, including the expedition led by Gen. John Pershing, who was the commanding general at the post, to pursue and try to capture Pancho Villa in Mexico and focusing military personnel to Europe once WWI started.

The exhibit will run until November 2018, marking the end of WWI.

Davis said visitors to the museum will come away with a greater appreciation of the fort's history.

"One of the comments we get is, 'I didn't know Fort Sam Houston had a lot of history,' "

MUSEUM continues on 22

## BAMC Nutritional Medicine offers new moms special meal

By Lori Newman  
BAMC PUBLIC AFFAIRS

Brooke Army Medical Center began offering a special meal for new parents Feb. 14 as another way to improve the patient experience.

After a new mom has her baby, a room service ambassador or the nursing staff provides her a special Proud Parent menu. The meal is served during lunch or dinner and can be ordered any day of her stay. It doesn't have to be on the same day as the delivery.

"We just want to make their experience here extra special," said Army Maj. Trisha Stavinoha, chief of patient room service.

New mothers have their

choice of steak, cheese ravioli or chicken cordon bleu. The meal comes with the choice of three additional side items, up to three beverages and a dessert. The food is delivered fresh and hot from the kitchen and garnished to make an appetizing display. Each tray features a lavender flowered place mat, lavender napkin and a card for the new parents.

"There was a lot of selection on the menu," said new mom Amy Gadd. "That was nice."

Gadd, who has three other children, doesn't remember getting this service with any of her other births. After looking at the tray and reading the card she said, "This is very sweet. This is quite a special meal."

The mother's Proud Parent meal is complimentary. Two additional meals can be added for a spouse or family member at a cost of \$7 each.

New father Trevion Johnson and mom Yasmin Solomon both took advantage of the new service.

"I really appreciate the meal. It's great," said Johnson, as he eyed his steak with delight.

In a little over a month, Nutritional Medicine has delivered more than 88 meals to new moms and almost 50 guest meals.

So far, there has been a lot of positive feedback about this new service, said Kelly Redwine, labor and delivery nurse. "They really do like it," she said.



LORI NEWMAN

Quashonda Cain (left) and Janaine Briggs fix Proud Parent meal trays March 14 at Brooke Army Medical Center at Joint Base San Antonio-Fort Sam Houston.





# Joint Base San Antonio FORCE SUPPORT SQUADRON

## Monthly Events

## April

### Bowling

#### The Easter Bunny joins in bowling fun

Come to the JBSA-Randolph Bowling Center April 8, noon to 3 p.m., and bowl with the Easter Bunny. Cost is \$12 per child, which includes two games of bowling, rental shoes, a picture with the Easter Bunny and a goodie bag. For more information, call 652-6271.

Bring the kids to the JBSA-Lackland Skylark Bowling Center April 15, noon to 2 p.m., for a fun day spent bowling with the Easter Bunny. Youth pay \$5 and receive a game of bowling, shoes and a doughnut with milk. For more information, call 671-1234.

#### Easter brings bowling special

Join the JBSA-Fort Sam Houston Bowling Center April 16 to celebrate Easter. The cost to bowl is \$1 per game and \$1 shoe rental. For more information, call 221-3683 or 221-4740.

Spend Easter at the JBSA-Randolph Bowling Center April 16 and bowl one game for \$2.50 and get a second game free. This special does not include rental shoes. For more information, call 652-6271.

#### Military children honored with a bowling special

The JBSA-Randolph Bowling Center celebrates Month of the Military Child with child discounts Sundays, 1-4 p.m. Children 12 years and younger bowl for free when accompanied by an adult, 18 years and older, who bowls the same number of games. Adults may bowl for the special rate of \$2.50 per game. This special does not include rental shoes. For more information, call 652-6271.

### Clubs

#### Nightlife entertainment offered at the club

Join the JBSA-Lackland Gateway Club for entertainment throughout March.

Sing and enjoy entertainment at Karaoke Night in the Lone Star Lounge featuring DJ Dee Dee April 1 and 15, 8 p.m. to midnight.

Kick off the beginning of the month April 7, 5-8 p.m., in the Maverick Lounge featuring DJ LJU. Enjoy bar food, cold drinks, good friends and music.

DJs spin favorite tunes at Variety Night, 5 p.m. to 1 a.m., in the Lone Star Lounge. DJs include DJ J Rock on April 7 and DJ Tony Style on April 28.

Final Friday is April 28 with DJ Doggin' Dave Productions providing the entertainment. For more information, call 645-7034.

#### Bingo is played throughout the month

Join JBSA-Randolph Kendrick Club for Bingo Extravaganza April 3 and 17 with \$15,000 in total jackpots,

a complimentary buffet at 5:30 p.m., and Early Bird bingo at 6 p.m.

Bring the children to JBSA-Randolph Kendrick Club to play bingo with the Easter Bunny April 9, 11 a.m. to 12:30 p.m., with the chance to win prizes. A complimentary buffet of chicken tenders and fries with cookies and milk is available for kids 12 years and younger. The Gil's Pub grill menu is available for all others. Come early to claim a table.

Birthday Bingo is held April 11 in the JBSA-Randolph Kendrick Club. Birthday members receive one free machine, cake and champagne. This event is for Randolph club members only and ID and club card are required. For more information, call 652-3056.

#### Chef serves dinner specials at the Club

The chef at the JBSA-Lackland Gateway Club creates a special evening dining experience in the Mesquite dining room, 5-8 p.m., with satisfying menus for all. Cost is \$16.95 for members and \$18.95 for nonmembers. April 7 feast on New York strip steak with fried shrimp, Duchess potatoes, mixed vegetables, salad and dessert. The menu for April 14 is Red Snapper topped with shrimp and white wine sauce, mixed wild rice, asparagus spears with red peppers, salad and dessert. Rosemary-crusted prime rib is served April 21 along with a twice baked potato, broccoli spears with Hollandaise sauce, salad and dessert. Guests are treated to a special surf and turf dinner on April 28 with lobster tail, bacon-wrapped filet mignon, macaroni and cheese, roasted asparagus spears, salad and dessert. The price is \$25 for members and \$27 for nonmembers. For more information, call 645-7034.

#### Easter is celebrated early

Come to the JBSA-Lackland Gateway Club to enjoy a pre-Easter buffet April 13, 11 a.m. to 3 p.m. Cost is \$10.95 per person and the menu includes champagne-basted turkey with cranberry chutney, baked ham with orange glaze, baked tilapia with white wine sauce, fried chicken and rosemary garlic roast beef. Sides include cranberry pecan stuffing, whipped potatoes with giblet and brown gravy, yams with golden brown marshmallow, macaroni and cheese, broccoli with Hollandaise sauce, mixed vegetables, soup and salad bar. The dessert selection includes coconut cake, carrot cake, Easter cakes, cupcakes, Easter treats and more. For more information, call 645-7034.

#### Easter Sunday brunch buffet offered

Bring the entire family to the JBSA-Lackland Gateway Club for Easter Sunday Brunch April 16, 11 a.m. to 2:30 p.m. Cost is \$23.95 for adult members, \$10.95 for members' children, 6-11 years, \$25.95 for adult nonmembers and \$11.95 for nonmembers' children, 6-11 years. Children 5 years and younger eat for free. Buffet

items include rosemary-crusted prime rib, herb-roasted turkey, cranberry chutney, bourbon-glazed ham, crab meat stuffed tilapia topped with white wine sauce, roast lamb and mint jelly, mixed wild rice, rustic whipped potatoes with brown and giblet gravy, five-cheese macaroni and cheese, parsley red potatoes, cranberry pecan, stuffing, corn O'Brien, roasted asparagus spears with red peppers, green beans almandine, pasta pepperoni, salmon with shrimp and capers, fresh fruit, deviled eggs, a roasted vegetable tray, jalapeño halves stuffed with cream cheese, carrot raisin salad, strawberry walnut spring blend salad with raspberry vinaigrette, Greek salad with feta cheese and black olives, potato salad, traditional salad with ranch dressing, cubed cheese, coleslaw, ambrosia and stuffed cherry tomatoes. The breakfast bar includes a build-your-own omelet station, fluffy scrambled eggs, crispy bacon, link pork sausages, pancakes and maple syrup, biscuits and country gravy, crepes with fresh strawberries and cheese grits. Desserts include a double-chocolate fountain, ice cream bar, Easter treats, carrot cake, pecan pie, cherry cobbler, raspberry cheesecake, key lime pie and more. For more information, call 645-7034.

#### Easter brunch includes a special visit

Make reservations for Easter brunch at the JBSA-Randolph Parr Club April 16. The Easter Bunny passes out candy and children 12 years and younger may be entered into a drawing to win free Easter baskets. Seating times begin at 10:30 a.m. and are every half hour until 2:30 p.m. Cost is \$25.95 for adult members, \$12.50 for members' children, 6-12 years, \$27.95 for adult nonmembers and \$14.50 for nonmembers' children, 6-12 years. Children 5 years and younger eat for free. Reservations and prepayments are required. Refunds are issued up to 48 hours prior to the event. For more information, call 658-7445.

#### Club appreciates members

The JBSA-Lackland Gateway Club hosts Customer Appreciation Night in the Fiesta Ballroom April 25, 5-8 p.m., with entertainment provided by DJ Tony Styles. The menu features a salad bar, tortilla soup, beef and shrimp fajitas, tequila lime chicken, jumbo cheese enchiladas, Spanish rice, borracho beans, pork tamales, chocolate flan, fresh fruit cups, Mexican cookies and raspberry cheesecake. Cost is \$10.50 for members and \$12.50 for nonmembers. For more information, call 645-7034.

#### Mother's Day reservations start now

Prepare to join the JBSA-Randolph Parr Club for Mother's Day brunch May 14. Members may begin making reservations April 18 and nonmembers may begin



# JBSA FSS

April 25. Seating times begin at 10:30 a.m. and are every thirty minutes with the last seating time at 2 p.m. Cost is \$25.95 per adult member, \$27.95 per adult nonmember, \$12.50 for members' children, 6-12 years, and \$14.50 for nonmembers' children, 6-12 years. Children 5 years and younger eat for free. All mothers and grandmothers are entered into a drawing for a chance to win a spa treatment gift certificate. The drawings are held the next day and the winners are notified. Reservations and prepayments are required. Refunds are issued no later than May 12. For more information, call 658-7445.

## Community Programs

### Dogs participate in Easter egg hunt

The JBSA-Lackland Arnold Hall Community Center hosts the Annual Doggie Easter Egg Hunt April 14, 6-7:30 p.m. The hunt takes place outside building 5506 in the courtyard and surrounding area. The event is free and open to all JBSA members. Dress dogs up for a chance to win prizes then hunt for Easter eggs filled with treats. Water and snacks for the dogs and owners are provided. For more information, call 671-2619 or 671-2352.

### Harlequin Theatre puts on a show

Stop by the JBSA-Fort Sam Houston Harlequin Theatre April 21 to May 20 to see "Don't Talk to the Actors," written by Tom Dudzick. The best laid plans go awry when the cast and crew of a Broadway-bound play resort to manipulation, diva-like behavior and chaotic abandonment to get what they want. Fledgling playwright Jerry and his fiancée are a couple of Buffalo Greenhorns suddenly swept up in the whirlwind of New York's theatre scene when Jerry's play is optioned for the big-money, ego-driven world of Broadway. It's a young playwrights dream, but the crazy characters and dilemmas they encounter are the things theatrical nightmares are made of. Make reservations today. Group rates available. For more information, call 222-9694.

### Flea market available for buyers and sellers

Head to the JBSA-Randolph Child Development Program, building 1072, parking lot April 22, 8 a.m. to 1 p.m., for a flea market. The Outdoor Recreation Center in the Community Services Mall, building 895, rents spaces for \$10. Tables rent for \$4. The selling of firearms, animals, arts and crafts or food and beverage items are not permissible. For more information, call 652-5142.

### Harlequin theatre hosts casting calls

The JBSA-Fort Sam Houston Harlequin Theatre always welcomes new talent either behind the stage or on it. Actors are asked to do a brief monologue, one to three minutes, as well as a cold read from the current script. Anyone with knowledge of lighting or sound is welcome to join. The Harlequin relies on the talents of volunteers. Please call to schedule a date and time. For more information, call 222-9694.

## Fitness

### Pull-up competition held

Join the JBSA-Lackland Kelly Fitness Center April 3, 6 a.m. to 2 p.m., for a pull-up competition. Participants

grab wide grip pull handles with an overhand grip and proceed to complete as many full pull ups as possible. Once the participant lets go of the handles, the number completed is annotated. For more information, call 925-4848.

JBSA Randolph · 4th Annual

# HAL = MARATHON

APRIL 30  
@ 7:30 A.M.

REGISTRATION  
DEADLINE  
APRIL 26

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Register at [www.raceit.com/search/event.aspx?id=39084](http://www.raceit.com/search/event.aspx?id=39084)

FOR MORE INFO, PLEASE CALL 652-7263

RBFCU    

### Customers are appreciated

The JBSA-Randolph Rambler Fitness Center hosts Customer Appreciation Day April 7, 11 a.m. to 1 p.m., to thank customers for choosing the Rambler Fitness Center for workouts. Tours of the facility are available for guests to become more familiar with various workout areas. This event is sponsored by Randolph-Brooks Federal Credit Union. No federal endorsement of sponsor intended. Fitness Center events are open to all valid Department of Defense ID cardholders. For more information, call 652-7263.

### Circuit training gets the heart pumping

Join the JBSA-Fort Sam Houston Jimmy Brought Fitness Center for circuit training April 13, 11:30 a.m. to 1:30 p.m. Get the heart rate up and strengthen muscles at the same time. This event is open to all Department of Defense ID cardholders and participants may sign up the day of the class. For more information, call 221-1234.

### Participants join Spin-A-Thon

The Fitness Center on the JBSA-Fort Sam Houston Medical Education and Training Campus hosts a Spin-A-Thon April 15, 10:30 a.m. to 12:30 p.m. Enjoy two exhilarating hours of indoor cycling. This is a free event open to all Department of Defense ID cardholders 16 years and older. Registration ends April 12. Seats are limited to the first 25 registrants. For more information, call 808-5709.

### Color is back

Participate in the Sexual Assault Awareness and Prevention Month Color Run with the Fitness Center on the JBSA-Fort Sam Houston Medical Education and Training Campus April 22, 8 a.m. Cost is \$7 for adults and \$5 for kids 12 years and younger. Participants will have color thrown on their body during the run. Register at <https://www.athleteguild.com/running/fort-sam-houston-tx/2017-paint-the-post-teal-for-saapm-2017>. This event is open to all Department of Defense ID cardholders. Walking is allowed and pets may join. For more information, call 808-5709.

### Participants channel inner Rocky Balboa

Participants are invited to release their inner Rocky Balboa and join the JBSA-Fort Sam Houston Jimmy Brought Fitness Center April 29, 7 a.m., for the Eye of the Tiger 5K Fun Run or Walk. Families and strollers are welcome. For more information, call 221-1234.

### Participants compete in workout of the week challenge

The JBSA-Lackland Warhawk Fitness Center invites participants to compete for the best times in the workout of the week challenge every Friday in April, 4:30 a.m. to 10 p.m. Each week features a new challenge and prizes are awarded to the top male and female performers. For more information, call 671-2016.

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## Golf

### Master's low ball golf tournament held

The JBSA-Lackland Gateway Hills Golf Course hosts a Master's Low Ball Golf Tournament April 1, with an 8 a.m. shotgun start. Cost for this two-player low ball tournament is \$30 per player. For more information, call 671-3466.



### Golf lessons offered

The JBSA-Fort Sam Houston Golf Course hosts Get Golf Ready: Spring Edition April 3 to May 30. Learn to putt, drive and swing in a casual, friendly setting. Cost is \$75 for lessons or \$125 for lessons and clubs. Supply is limited on clubs. To sign up please call the Pro Shop. For more information, call 222-9368.

Join the JBSA-Lackland Gateway Hills Golf Course April 17-20 for Get Golf Ready classes and learn a sport that lasts a lifetime. Sign up for classes by April 14. Cost is \$150 per person. For more information, call 671-3466.

### Golfers compete in a scramble

Golfers are invited to play in the monthly JBSA-Fort Sam Houston Golf Course Warrior Four-Person Scramble April 7, with a 12:30 p.m. shotgun start. Cost is \$25 for members, \$35 for nonmembers and includes green fee, golf cart, prize money and a social after the round. For more information, call 222-9386.

### Blind draw tournament combines scores

Head to the JBSA-Randolph Oaks Golf Course for the Masters Blind Draw Tournament and the JBSA Cup qualifying tournament April 8, with 7-9 a.m. tee times. This is an individual, low-net, low-gross tournament. Scores are combined with a Professional Golfers Association pro from the Masters. Entry fee is \$10 per person plus green fees and cart rental. For more information, call 652-4653.

### Information, Tickets and Travel

#### Renaissance faire takes visitors back in time

Pick up discounted tickets at JBSA-Lackland Information, Tickets and Travel office and step into the Renaissance era at the Sherwood Forest Faire. Enjoy music, games, entertainment, shows and crafts. The Faire is open weekends through April 23 in McDade, Texas. Cost is \$18 for adults and \$10 for children. For more information, call 671-6059.

#### Disney\* sells tickets for less to military

Disney\* provides Military Salute Tickets to eligible service members and has extended special admission tickets for active-duty military and retirees through Dec. 19, which means tickets must be used by Dec. 19. The number of tickets that can be purchased is six per military member or retiree ID card. The military member or retiree must accompany their party at the gate to activate the tickets. New this year to the DisneyWorld\* Salute tickets is a five-day ticket. Cost for the four-day ticket ranges from \$207 to \$244. The 5-day ranges from \$222 to \$259. Each price is per person. ITT also carries Disneyland\* three-day park hopper admission tickets for \$155 and Disney\* has added a four-day hopper for \$180. Both parks have blackout dates so please inquire about the dates prior to purchase. For more information, call the JBSA-Fort Sam Houston ITT at 808-1378 and the JBSA-Randolph ITT at 652-5142.

#### Discounted sports tickets available

JBSA-Fort Sam Houston Information, Tickets and Travel office offers discounted Spurs, Rampage and Stars tickets. Discounted tickets are also available online by going to <http://spurs.com/fortsamhoustonitt> and using the discount

code: FORTSAM. For more information, call 808-1378.

#### 7-night resort vacation rental offered

The JBSA-Randolph Information, Tickets and Travel has information on the Armed Forces Vacation Club, a "Space A" vacation condominium rental program, which offers accommodations around the world for \$349 for a seven-night stay when booked online. There is no



membership fee, no dues and no gimmicks, just a great vacation value for members of the Uniformed Services. Go to [www.afvclub.com](http://www.afvclub.com) to search for available resorts. Call 1-800-724-9988 to reserve a condo. For more information, call 652-5142.

#### Discounted tickets for Texas attractions available

The JBSA-Fort Sam Houston Information, Tickets and Travel has discounted tickets to Texas attractions in Houston or Corpus Christi. Purchase discounted tickets to the Houston Space Center, Texas State Aquarium, U.S.S. Lexington or the Aransas Queen Casino Boat before heading out to the destination. For more information, call 808-1378.

### Military & Family Readiness

#### Road map to career-employment symposium held

Job seekers learn about employment resources like priority placement and spousal preference while gaining inside tips on career opportunities April 3, 9 a.m. to 12:30 p.m., at the JBSA-Lackland Military & Family Readiness Center. For more information, call 671-3722.

#### Transitioning service members pursue technical career

Transitioning service members attend the two-day Career

Technical Training Track April 6-7, 8 a.m. to 4 p.m., at the JBSA-Randolph Military & Family Readiness Center and April 24-25, 8 a.m. to 3 p.m., at JBSA-Lackland M&FRC to learn about civilian careers that require a license or certification, identify schools and accredited institutions, financial aid, Veteran's Affairs benefits, apprenticeships and more. To register, call JBSA-Randolph at 652-5321 or JBSA-Lackland at 671-3722.

#### Service members review new retirement system

The military's new retirement system, Blended Retirement System, or BRS, goes into effect Jan. 1, 2018. Join the JBSA-Fort Sam Houston Military & Family Readiness Center April 10, 9-11 a.m., for a financial education training to review the new features and concepts and how it compares to the current pension. Additional trainings and information is available at <https://jkdirect.jten.mil>. To register, call JBSA-Fort Sam Houston at 221-2705.

#### Taking care of aging family members seminar held

The Bexar County Agency on Aging hosts a Caring for Those who Cared for You seminar April 18, 10 a.m. to noon at the JBSA-Lackland Military & Family Readiness Center and April 20, 9 a.m. to noon, at the JBSA-Randolph M&FRC to discuss available resources that may help with caring for an aging parent, both local and long-distance. To reserve a seat, call JBSA-Lackland at 671-3722 or JBSA-Randolph at 652-5321.

#### JBSA volunteers are honored

A Volunteer Appreciation and Community Fair is held April 19, 10:30 a.m. to 1 p.m., at the JBSA-Lackland Gateway Club. Discover volunteer opportunities and speak to representatives from the local volunteer community. The annual JBSA Volunteer Awards Ceremony featuring the Volunteer of the Year Award and Volunteer Excellence Award is held April 26, 1-3 p.m., at the JBSA-Fort Sam Houston Military & Family Readiness Center. The ceremony pays tribute to the thousands of volunteers who contribute countless hours of service each year to help the JBSA community. For more information, call JBSA-Lackland at 671-3722 or JBSA-Fort Sam Houston at 221-2418.

#### Key Spouses attend training

The JBSA-Randolph Military & Family Readiness Center hosts a Key Spouses Initial Training April 20, 8:30 a.m. to 2:30 p.m. and is mandatory for all newly appointed Key Spouses and highly recommended for Key Spouse Mentors. Topics include program roles, Sexual Assault Prevention and Response training, resiliency and suicide prevention. To reserve a seat, call the JBSA-Randolph M&FRC Center 652-5321.

#### Army units attend Family Advocacy Training

The mandated Unit Family Advocacy Training, IAW AR608-12, regards domestic and child abuse identification, reporting types and other topics offered monthly at the JBSA-Fort Sam Houston Military & Family Readiness Center. Reservations are required and accepted up to two weeks in advance. For more information, call 221-2418.



## Outdoor Recreation

### Concealed handgun license class offered

The JBSA-Camp Bullis Rod-N-Gun Recreation Center offers concealed handgun license classes April 1 and 15, 8 a.m. to 1 p.m. Successful completion of this class is required for a Texas CHL. To register for a class, visit <http://www.chlregistration.com>. Once on the website, select "register for class." Then select "Dan Willis-Leatherneck Arms." For more information, call 295-7577.

### Bikers hit the road

Join the JBSA-Lackland Outdoor Recreation for a spring ride through the Texas Hill Country April 15. Depart Kelly Field Club, building 1676 at Port San Antonio, at 10 a.m. Gas and lunch are at the rider's expense on this 200-mile round trip. The ride is open to the public and all Department of Defense ID cardholders. For more information, call 925-5532 or 925-5533.

### Bunny costumes available to rent

Easter is just around the corner and the JBSA-Lackland Outdoor Recreation has Easter bunny costumes available to rent for \$40 per day. The costume rental includes suits, masks, aprons, gloves and boot covers. For more information, call 925-5532 or 925-5533.

### Range offers annual passes

The JBSA-Camp Bullis Rod-N-Gun Recreation Center offers annual passes for the Gun Range and Archery Range. Cost for the Gun Range is \$30 for E1-E4, active duty or medically retired and \$60 for all others. Cost for the Archery Range is \$20 for E1-E4, active duty or medically retired and \$40 for all others. The cost for an annual combination gun and archery pass is \$40 for E1-E4, active duty or medically retired and \$75 for all others. For more information, call 295-7577.

### Annual passes help save money

Purchase an annual JBSA Recreation Park @ Canyon Lake pass for \$65 and receive a vehicle and boat or tailor pass, valid for one year from the date of issue. Daily entry fee without an annual pass is \$7 per visit, per vehicle. For more information, call 1-800-280-3466.

### Boat rental prices are reduced

Rent any boat at the JBSA Recreation Park @ Canyon Lake for half price during April. Bring a favorite pole or purchase equipment during business hours. Live bait is available in the country store. Completion of the Boater's safety course is required for rental. This course can be completed at the Recreation Park @ Canyon Lake or at any JBSA Outdoor Recreation location. Please allow a minimum of two hours to review the video and test. For more information, call 1-830-226-5357.

## Youth and Children

### Month of the Military Child is celebrated

Families are invited to celebrate the Month of the Military Child at the JBSA-Lackland Youth Programs Celebrate Kids Fair April 1, 10 a.m. to 2 p.m. Enjoy a day of free crafts and games. This event is free and open to all families. For more information, call 671-2388.

The JBSA-Randolph Youth Programs hosts Famaganza April 8, 10 a.m. to 2 p.m., in celebration of the Month of the Military Child. All Department of Defense ID cardholders can bring their families to enjoy activities including face painting, inflatables, games, arts and crafts, entertainment, information booths, giveaways, demonstrations and more. This is a free event and lunch is served. This event is sponsored by Randolph Brooks Federal Credit Union and Broadway Bank. No federal endorsement of sponsors intended. For more information, call 652-3298.

Join the JBSA-Fort Sam Houston Youth Program April 8, 9 a.m. to 2 p.m., to "Celebrate our Future" with the Month of the Military Child Celebration, which includes the Baseball Opening Day, the annual Easter Egg Hunt, class demonstrations as well as games, music, food and a variety of fun activities. The baseball opening ceremonies begin at 9 a.m. followed by baseball, softball and t-ball games. The event closes with the Easter Egg Hunt for youth, 2-10 years, beginning at noon. This event is sponsored by Broadway Bank. No federal endorsement of sponsors intended. For more information, call 221-3502 or 221-4492.

### Youth are invited to participate for free

There is no membership needed to participate in the JBSA-Randolph Youth Programs clubs, activities or open recreation during April 3-8. Check out the preteen game room, teen zone, club meetings and activities. This program does not include instructional classes, league sports or School Age care programs. Stop by for a monthly calendar of events to see what is offered during these weeks. Membership cards cost \$36 per year. For more information, call 652-3298.

### USO hosts teen night

Join the JBSA-Fort Sam Houston Youth Programs April 14, 6-11 p.m., for a United Services Organization Teen Night. Enjoy great partnership with the downtown USO. This event is geared towards youth 14-18 years. The evening includes lots of fun, exciting activities from computer games and movies to cooking class and more. Check with staff for permission slips and registration forms. For more information, call 221-3502 or 221-4492.

### Parents offered a break

JBSA-Lackland Youth Programs gives parents a much-needed break through the Give Parents a Break or Parents' Night Out program April 14, 6:30-10:30 p.m. Parents are worry free to enjoy themselves as the kids, 5 years, and in kindergarten, to 12 years, are provided snacks and entertained with activities and games. The cost is \$25 per child with a multiple child discount or free with a Give Parents a Break referral. Late pickup is subject to \$5 for the first five minutes, then \$3 for every minute after that. A minimum number of participants is required. For more information, call 671-2388.

The JBSA-Randolph Youth Center gives parents a much-needed break through the Give Parents a Break or Parents' Night Out program April 22, 1-5 p.m. Parents are worry free to enjoy themselves as the kids, 5 years, and in kindergarten, to 12 years, are provided snacks and entertained with activities and games. The cost is \$25 per child with a multiple child discount or free with a Give

Parents a Break referral. Late pickup is subject to \$5 for the first five minutes, then \$3 for every minute after that. A minimum number of participants is required. For more information, call 652-3298.

### Youth center opens early

The JBSA-Fort Sam Houston Youth Programs Youth Center opens at 1 p.m. on April 14, 17, and 28 because of the Robert G. Cole Middle School and High School Holidays. Check the youth calendar for trips and activities offered. For more information, call 221-3502.

### Basketball is played at midnight

Play midnight basketball April 15, 7 p.m. to midnight with the JBSA-Fort Sam Houston Youth Programs. Youth 11 years and older may participate. Youth 11-13 years play 7-9 p.m. and youth 14-18 years play 9 p.m. to midnight. The evening includes snacks, music, basketball and fun. For more information, call 221-3502.

### Youth participate in mega teen lock-in

Youth, 13-18 years, are invited to a Mega Teen Lock-In April 21, 9 p.m. to 7 a.m., at JBSA-Lackland Youth Programs. Cost is \$15 per registered youth. Permission slip and current registration are required for participation. Youth must sign up no later than April 18 at any JBSA Youth Programs. For more information, call the JBSA-Randolph Youth Programs at 652-3298, the JBSA-Fort Sam Houston Youth Programs at 221-3630 or the JBSA-Lackland Youth Programs at 671-2388.

### Youth put on a show

The JBSA-Fort Sam Houston Youth Programs Performing Arts production presents a family friendly performance of the musical "Free to Be You and Me" April 21, 7 p.m. and April 22, 2 p.m. Cost is \$2 for children and \$3 for adults. For more information, call 221-3502.

### School age care summer camp registration begins

Parents looking for a fun and safe environment filled with activities for children 5-12 years are invited to register kids at JBSA-Lackland Youth Programs for summer camp. Camps are held June through August, 6 a.m. to 6 p.m., with activities including bowling, swimming, skating and more. Cost varies by total family income. For more information, call 671-2388.

## STAY CONNECTED

Stay current on Joint Base San Antonio 502d Force Support Squadron events, specials and daily activities.

<http://www.myjbsa-fss-mwr.com>





# LACKLAND

## 59th MDW team brings patient home

By Staff Sgt.  
Jerilyn Quintanilla  
59TH MEDICAL WING  
PUBLIC AFFAIRS

On the morning of Feb. 16, 2017, a patient was loaded into an ambulance and rushed to the San Antonio Military Medical Center. He was admitted and tended to by doctors, nurses and technicians just like any other patient. But this patient's journey to the hospital was unlike any other that day.

Just a few days earlier, the patient was in a hospital on another continent more than 2,000 miles away. Meanwhile in San Antonio, members of the 59th Medical Wing's Acute Lung Rescue Transport team received a call for assistance; and they immediately packed their bags for a mission to South America.

"This mission wasn't easy. We had a few delays along the way, things that were out of our control but we made it. In times like that I always see our wing at its best," said Maj. Jeffrey DellaVolpe, 59th Medical Wing Extracorporeal Membrane Oxygenation physician.

According to the team, the patient fell ill while visiting South America where local medical personnel discovered he had contracted the influenza virus.

Effects from the virus required treatment using extracorporeal membrane oxygenation, commonly referred to as ECMO, a technique that circulates blood through a machine that removes carbon dioxide and adds oxygen, allowing the patient's damaged lungs to heal.

As the only team in the Department of Defense with capability to place patients on EC-



Team members from the 59th Medical Wing and the Army Institute of Surgical Research prepare a patient for transport Feb. 16 from a hospital in South America to the San Antonio Military Medical Center at Joint Base San Antonio-Fort Sam Houston.

MO and transport, the ALRT team was the patient's best chance of getting back to American soil. On top of their medical experience and expertise, the team's ability to work together and remain flexible were essential.

"Every time we go out on a flight, the concept of a team takes over. We must take everything into consideration when we are transporting a patient. We are trained to adapt to any situation and overcome adversity; the entire team proved it on this mission," said Army Capt. Sabas Salgado, Army Institute of Surgical Research Chief Flight Nurse.

As soon as they arrived at the patient's bedside, everything moved like clockwork. The team immediately began assessing the patient's condition and preparing for the flight home.

During the flight, the team worked together to ensure the patient remained stable and initiated continuous renal replacement therapy in conjunction with ECMO, the first time this has ever been done during transport according to Salgado. Continuous renal replacement therapy completely takes over the job of kidneys that have been damaged.

"Building this capability is very important. We are able to give patients with serious injuries a fighting chance for survival, a chance they wouldn't otherwise have. This capability has a direct war-time applicability and every chance we get to work together in a real-world situation, the better we get," said Army Maj. (Dr.) Robert Walter, a pulmonary critical care physician and member of the team.

It is amazing to see so many

“Every time we go out on a flight, the concept of a team takes over. We must take everything into consideration when we are transporting a patient. We are trained to adapt to any situation and overcome adversity; the entire team proved it on this mission.”

Capt. Sabas Salgado, Army Institute of Surgical Research Chief Flight Nurse



First Lt. Joseph Acquafredda, 59th Medical Wing extracorporeal membrane oxygenation specialist, monitors a patient Feb. 16 during flight on board a C-130J Super Hercules. Acquafredda was part of a nine-person medical team tasked to transport a critically ill patient from South America back to the U.S. for care at the San Antonio Military Medical Center.

people and organizations come together to help a complete stranger in need. At the end of

the day, we do it for the patient. The patient comes first," DellaVolpe said.

# Medical records processing center hits 200K milestone

**By Airman Dillon Parker**

502ND AIR BASE WING

PUBLIC AFFAIRS

Throughout a member's military career, several pages of medical records are normally accumulated including documentation of immunizations, physical exams and dental records. These records are vital in determining post-service care or compensation for injuries received on active duty, and the Air Force Service Treatment Records Processing Center in San Antonio is ensuring each Airman's

records are readily available to him/her.

The staff of the center processes thousands of paper service-treatment records each month into a digital format and recently hit a milestone this March by having validated and digitized 200,000 records, according to Sherice Briggs, AFSTRPC chief.

"We are digitizing the medical records of service members so the Department of Veteran's Affairs can access them in a timely manner and process any claims that the members may file," said Briggs. "Digitiz-

ing service treatment records is essential for veteran's to be able to file VA claims as the VA no longer accepts paper documents."

The processing center was established in December 2012 after the Department of Veterans Affairs and the Department of Defense created a joint strategic plan that identified a goal of ending paper, hard copy medical records. Since May of 2014, the AFSTRPC staff began verifying and digitizing a backlog of 17,000 physical records, said Briggs.

From September - Decem-

ber 2014, the team of three government service civilians, one active Air National Guard liaison, one Air Force Reserve liaison, 19 contractors and 23 active duty Airmen processed the backlogged records and maintained a steady rate of 5,500 records uploaded monthly, explained Briggs.

"Contractors review the records as they come in from the military treatment facilities to make sure they are complete," said Theresa Rodriguez, a program manager at the AFSTRPC. "If the documents are complete, they are

prepped for scanning and checked by quality control personnel before being digitized into the system."

Briggs elaborated that a complete service treatment record includes a service members medical and dental records.

"Our goal is to digitize service treatment records within 45 days of service members date of separation to ensure that the VA has access to records in a timely manner to process members' claims," said Rodriguez.

# AETC Spirit of Hope award winner driven to volunteer

**By Jeremy Gerlach**

502ND AIR BASE WING  
PUBLIC AFFAIRS

Staff Sgt. Jennifer Dowling, 802nd Force Support Squadron Airman Leadership School instructor is the 2017 Air Education and Training Command Spirit of Hope Award winner.

The award, named after famed USO performer Bob Hope, honors Airmen who demonstrate a passion for volunteerism.

She is best known around the 802nd FSS for organizing the Pat Tillman Shadow Run — a memorial run dedicated to U.S. Army Ranger and former NFL player Cpl. Pat Tillman killed in Afghanistan in 2004. The run, which lasts 4.2 miles in honor of Tillman's No. 42 football jersey, is held annually in April, and has drawn hundreds of participants and raises funds for the Pat Tillman Foundation.

For Dowling, volunteering is part of the territory when it comes to military service, especially when it comes to remembering those who have made the ultimate sacrifice.

"As Airmen, we are here to serve, but that doesn't end with your job," Dowling said. "We're here to set an example, beyond 9-to-5. Volunteering is just one way you can set that example."

Dowling started a memorial physical training session in honor of Staff Sgt. Cierra Rogers, a former JBSA-Lackland ALS student. Rogers died from injuries sustained after saving a family from a burning building while serving in South

Korea in May 2016.

"We invited the whole 67th Cyberspace Wing (Rogers' former wing) to come train with us, so we had hundreds of people out there to remember her too," Dowling said. "I've always had so many people reach out to me whenever I experience loss, so organizing these events is just one way for me to pay this forward ... and to give others the support that I got."

Beyond these memorial efforts, Dowling also finds time to help put together backpacks and school supply packages for area children, helping these same kids get flu shots and register for school.

Dowling also started the Airman Legacy Letters series at ALS, where students who have gone through the school write encouraging messages to the next person to sit in their seat.

Senior Master Sgt. John Chacon, 802nd FSS ALS commandant, has taken note of Dowling's efforts, and was the first of Dowling's coworkers to recommend her for the Spirit of Hope Award nomination.

"Some people just show up for work, or some people just get excited about volunteering, but she does both," Chacon said. "She's just an awesome instructor, but when it comes to volunteering, she is just as passionate. If there's a cause out there that's worthy, she is the first one on the scene."

While Dowling was hesitant about being nominated for the award at first, Chacon couldn't imagine a more deserving candidate.

"She's selfless," Chacon said. "Dowling never

thinks about herself. She gets her energy when she

sees that she's helping others."

That attitude, Chacon continued, has inspired the rest of the cadre at ALS to volunteer more often.

"Seeing her out there," Chacon said, "it's contagious. She's so passionate about these causes, and that makes us just as happy to be out there alongside her."



JOHNNY SALDIVAR

Staff Sgt. Jennifer Dowling, 802nd Force Support Squadron Airman Leadership School instructor, models one of the first uniforms designated for women who joined the Air Force in 1948 during a living history fashion show Oct. 7, 2016, at Joint Base San Antonio-Lackland's Gateway Club.



# Innovative surgery, rehab at JBSA-Lackland puts U.S. Border Patrol canine back in action

By Jeremy Gerlach

502ND AIR BASE WING  
PUBLIC AFFAIRS

By all accounts, U.S. Border Patrol detection dog Kvido should have retired from service.

The usually boisterous canine, who spent his days detecting narcotics, chasing down criminals, and playfully chewing up all the grass he could find, began whimpering in near-constant pain in 2015, after just one year on the job, and eventually regressed to the point he could not run, climb steps, or even sit down properly.

That December, Kvido received a bleak diagnosis: degenerative lumbosacral stenosis, or a premature breakdown of spine discs that puts painful pressure on a nerve root below the two shoulder blades. It's an issue that veterinary surgeons can treat, but has always forced dogs to retire from service.

Kvido, however, bucked this trend, thanks to a revolutionary surgical implant called a pedicle screw fixation. The canine underwent a "first-of-its-kind" surgery performed by Dr. James Giles III, South Texas Veterinary Service surgeon, earlier this year. The normally reserved Giles couldn't contain his excitement when talking about the implant at a press conference held March 20 at the Department of Defense Military Working Dog Veterinary Service Hospital at Joint Base San Antonio-Lackland.

"We had some very dramatic short term results," noted Giles, a retired Airman. "Everyone who has spine surgery is going to have some discomfort initially, but even two days after the procedure, (Kvido) was already much better. He was trying to jump off his leash. He was eager to climb stairs. He was everything we wanted him

to be."

The pedicle screw fixation, in simple terms, is made up of two screws connected by titanium rods that artificially separate Kvido's spinal discs and shoulder blades. Giles said the long-term goal is for these bones to regain their natural separation over time, permanently relieving the pressure on the nerve root that caused Kvido's pain in the first place.

"We've got high hopes for Kvido," Giles said. "We want to see him working for another five to six years... We want him running, jumping, and chasing down people without restriction."

While the pedicle screw fixation is commonplace in human surgeries, Kvido is the first canine to receive a dog-specific implant developed by veterinary startup corporation Artemedics LLC, in collaboration with veterinarians at Colorado State University.

"With all the work that went into getting this device put together, seeing this (succeed) is incredible," said Dr. Benjamin Arcand, Artemedics LLC co-founder. "We're looking forward to seeing this (implant) become more available and affordable to other service dogs."

The implant costs about \$1,500, not including surgical costs for the actual procedure, according to Arcand.

For Agent Marsh, Kvido's handler and longtime companion, it's impossible to put a price tag on his partner's health.

"I can't tell you how glad I am that (Dr. Giles) figured out how to help him," Marsh said.

"Most working dogs you come around are not people (friendly) dogs – but you never need to muzzle Kvido. The most he's going to do is smell you. He's just a high-energy, friendly, really happy dog."

Kvido focused his pent-up energy on his rehabilitation, Marsh added. Under the careful eye of Army Major Andrea Henderson, Kvido has been strengthening his legs and back using a wide range of physical therapy balls, pads, obstacle courses and treadmills.

"We had to slow him down at first, because he has a high drive," Henderson said. "But that's a good problem to have."

About 100 dogs are rehabilitated every year at the DOD MWD Veterinary Service Hospital, but none have come through with a groundbreaking medical rap sheet like Kvido's, said Henderson. Still, Henderson stuck to her guns during the rehab process, emphasizing patience and focusing on muscular strength taking over the load, as opposed to letting Kvido rely solely on his implant.

"We had to go a bit slower, but we didn't really progress Kvido any differently from any of our other patients," Henderson said. "He is a different sort of dog, especially because of the surgery, but the same (tactics) apply."

Agent David Morales, Border Patrol canine supervisor, said the surgery and the eight weeks of rehab will end up being worth the wait.

"It takes time and resources to train these dogs," Morales said. "This is a big investment, because this dog would have been retired without this surgery, and this rehab."

For Agent Marlene Castro, supervisory Border Patrol agent, the choice to help Kvido was no different than if one of the human Border Patrol agents had suffered an injury.

"Some people might just see a dog," Castro said, "But these are fellow agents – that's how we treat them, and that's what they mean to us."

After a long road to recovery, the 3-year-old Kvido is finally



ANDREW PATTERSON

*Kvido, a Border Patrol canine, returns to duty after innovative surgery performed by Dr. James Giles from South Texas Veterinary Service specialist in San Antonio and rehabilitation at the DOD Military Working Dog Veterinary Service Hospital.*

reunited with Marsh, who hopes to work another six years with the dog. Marsh will have to ease Kvido back into work, where two-hour shifts under the punishing South Texas sun can leave dogs exhausted. The agent has no doubt his canine companion will soon be back up to speed.

"He's already back to being the same dog he was before the surgery," said Marsh, walking Kvido out of the DOD MWD

Veterinary Service Hospital after the press conference. "Just rehabbing, just exercising, that's not enough for him. He wants to be back at work."

As Marsh spoke, Kvido spread out on the grass, happy to be outside after weeks spent mostly inside medical facilities and rehab centers. Chomping down on a big bite of grass, the dog broke out a big smile.

"It's good to have him back," Marsh laughed.

# JBSA observes Sexual Assault Awareness, Prevention Month

## From the JBSA Sexual Assault Prevention and Response office

The following Joint Base San Antonio events are planned in April in observance of 2017 Sexual Assault Awareness and Prevention Month.

### April 4

*"Cursed — Blessed Footsteps"*  
author Felicia Tucker  
Military Family & Readiness Center, JBSA-Fort Sam Houston, 10 a.m. and 1 p.m.

The author shares her story of physical and sexual abuse, and her story of recovery. For more information, call 210-808-4380.

### April 5

*Sexual Assault Awareness and Prevention Month Proclamation Ceremony*

Student Academic Center, JBSA-Fort Sam Houston, 1 p.m.

Senior leaders from each service branch will come together to mark April as Sexual Assault Awareness and Prevention Month, or SAAPM, for the Joint Base San Antonio community. For more information, call 210-808-8975.

### April 7

*Strike Out Sexual Assault bowling event*

Fort Sam Houston Bowling Center, 2521 Schofield Rd., JBSA-Fort Sam Houston, 11 a.m.

Join the JBSA community and "strike out" sexual assault. Registration required. For Army, call 210-336-4532. For Air Force, call 919-344-2254. For Navy, call 513-309-0141. For additional information, call 210-221-1469.

### April 8

*The 3rd Annual Student Poetry Slam*

Student Activity Center basement, JBSA-Fort Sam Houston, 5:30 p.m.

Use words to heal and prevent sexual harassment and sexual assault. Call 210-875-1284.

### April 13

*Survivor Challenge*

*JBSA-Randolph, with end at Rambler Fitness Center, 1-3 p.m.*

The Survivor Challenge is a team event that includes mental and physical challenges around JBSA-Randolph. Space is limited. To sign up, call 210-652-4386.

### April 18

*"Male Survivor of Sexual Assault Speaks Out"*

Brooke Army Medical Center 4th Floor Auditorium, JBSA-Fort Sam Houston, 2 p.m.

Special guest speaker Command Sgt. Maj. Aaron Stone will address male sexual assault and recovery. Open to Department of Defense ID card holders. For more information, call 210-916-8930.

### April 18

Monika Korra, guest speaker  
JBSA-Fort Sam Houston Post Theater 10 a.m. and 2 p.m.

After she was kidnapped and raped in 2009, Monika Korra decided she would not live her life defined as a victim. For more information, call 210-221-0598.

### April 19-20

SHARP/SAPR summit  
JBSA-Fort Sam Houston Post Theater, 10 a.m. and 2 p.m.

U.S. Army North hosts a joint leader and first responder summit to discuss current topics in sexual assault awareness and prevention. Call 210-221-0598.

### April 21

*Drive Out Sexual Assault golf tournament*  
Gateway Hills Golf Club, JBSA-Lackland, noon check in, 1 p.m. start time

Come join us for the fifth annual Drive Out Sexual Assault golf tournament, an event to heighten awareness and show support to those affected by sexual assault. To register, call 210-671-7273. Registration ends April 14.

### April 22

*Color Run SAAPM 5K Run/Walk*  
Aquatics Center, JBSA-Fort

*Sam Houston, 7 a.m. registration and 8 a.m. start*

Five-kilometer Paint The Post Teal! color run/walk. Register at <https://www.athleteguild.com/running/fort-sam-houston-tx/2017-paint-the-post-teal-for-saapm>.

### April 23

*Free Krav Maga Self Defense Seminar*

MacArthur Field, JBSA-Fort Sam Houston, open to all 12 and older, 2 p.m.

Self-defense seminar with local experts. No experience necessary. Call 210 478-1401.

### April 27

*Points of Light barbecue and vigil*

JBSA-Randolph Dormitory Courtyard, 4:30-6 p.m.

A hosted barbecue and outdoor activities followed by a candlelight vigil/silent walk to bring awareness of the impact of sexual assault and to honor sexual assault survivors. For more information, call 210-652-4386.

### Throughout April

*Sexual Assault Awareness information tables*  
All JBSA locations

Sexual assault awareness information will be distributed on base at various locations throughout the month of April. Staff will share information about sexual assault realities, victim services and prevention tips.

### Throughout April

*Sexual Assault Awareness ribbons and flag displays*  
All JBSA locations

Teal is the color representing Sexual Assault Awareness Month. All JBSA locations will have teal ribbons and flags or special teal lighting.

### Protecting Our People Protects the Mission

JBSA SAPR Hotline: 210-808-7272; JBSA-Lackland: 210-671-7273; JBSA-Fort Sam Houston: 210-808-8975; JBSA-Randolph: 210-652-4386; Navy: 210-221-1496; Army: 210-221-0598

## JBSA HALF-MARATHON SCHEDULED FOR APRIL 30

Joint Base San Antonio hosts a half-marathon at 7:30 a.m. April 30 at JBSA-Randolph Heritage Park. The cost is \$30, and all participants will receive a T-shirt. All finishers will receive a medal, and the top male and female runner in each category also will receive a trophy. To register, visit [www.IAAPweb.com](http://www.IAAPweb.com). The deadline for registration is April 26. Early packet pick-up is encouraged and starts April 29, from 10 a.m. to 2 p.m. at the JBSA-Randolph Rambler Fitness Center. This event is open to all DOD ID cardholders. For more information, call 652-7263.

## OLD WEST FAMILY EVENT



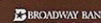
### JBSA - FORT SAM HOUSTON MACARTHUR PARADE FIELD

CHUCK WAGONS • FREE AUTHENTIC COWBOY-COOKED MEAL • MECHANICAL BULLS  
PONY RIDES • PETTING ZOO • FAMILY HAY RIDES • LIVE DJ



FOR MORE INFORMATION, CALL  
JBSA COMMUNITY PROGRAMS 652-5763

[mybsa-fss-mwr.com](http://mybsa-fss-mwr.com)



No federal endorsement of sponsors intended. If you plan to drink, please drink responsibly.

[facebook.com/FortSamMWR](https://www.facebook.com/FortSamMWR)

COURTESY IMAGE

Joint Base San Antonio members are invited to step back into the Old West with cowboys and chuck wagons. Enjoy this family-friendly event, which includes mechanical bull rides, a trick roper, pony rides, petting zoo, family hayrides and music by a DJ. "Cowboys for Heroes" takes place at 11 a.m. April 1 at the MacArthur Parade Field at JBSA-Fort Sam Houston.



# RANDOLPH

## U-Fix-It gives JBSA members tools for repairs

By Robert Goetz  
502ND AIR BASE WING  
PUBLIC AFFAIRS

During the next few weeks, service members and civilian employees throughout Joint Base San Antonio will swap their everyday work tools for shovels and rakes as the installation observes Proud Week.

A facility at each JBSA location will play a crucial role in the semiannual grounds clean-up as the go-to place for all the tools, personal protective equipment and garden supplies to get the job done.

Formerly called Self-Help, U-Fix-It has materials available year-round for landscaping, easy repairs, interior paint jobs, minor plumbing issues and other non-emergency maintenance chores that do not require submission of an Air Force Form 332, the base civil engineer work request.

"The U-Fix-It program allows facility managers to repair minor problems such as cracked light diffusers, ceiling tiles, door stops and toilet seats, just to name a few," said Sara Podwika, 502nd Civil Engineer Squadron U-Fix-It lead supply technician at JBSA-Randolph.

JBSA has three U-Fix-It stores: building 4196, bay F-4 at JBSA-Fort Sam Houston, building 5497 at JBSA-Lackland and building 891 at JBSA-Randolph.

"There are approximately 290 items in each store ranging from nails to paint," said George Smoot, 502nd CES U-Fix-It examiner and inspector at JBSA-Randolph. "Facility managers are given access to the listing through Virgil McGee, 502nd CES requirements chief."



Sara Podwika, 502 Civil Engineer Squadron U-Fix-It store supply leader, stocks supplies March 21 that are available for self-help projects at Joint Base San Antonio-Randolph.

Consumable products such as pest and weed control products, nails, paint and paint accessories, eye protection and gloves are not returned, he said. Rakes, shovels, wheelbarrows, trimmers, clippers, pruners and other similar tools are signed out by Air Force Form 1297 and should be returned in a timely manner so they are available to others.

The U-Fix-It program allows for non-emergency discrepancies to be repaired or replaced by the end user, Smoot said.

"This frees the craftsmen assigned to the shops to be

able to work the urgent and emergency discrepancies," he said. "Facility managers routinely replace items around their building as well as the landscape within 50 feet of the facility."

Use of the U-Fix-It facility allows for speedier results as well, Smoot said.

"Submitting a routine work order request on an Air Force 332 form can result in a wait time of at least 30 days," he said.

JBSA-Randolph's U-Fix-It facility also supports the JBSA Recreation Park at Canyon

Lake and the Seguin Auxiliary Airfield, while JBSA-Lackland's facility also serves the Medina Annex and JBSA-Fort Sam Houston's U-Fix-It support shops JBSA-Camp Bullis.

William Wallace, 502nd CES material control chief, said the U-Fix-It stores are primed for the upcoming Proud Week: April 3-7 at JBSA-Lackland and JBSA-Randolph, and April 10-14 at JBSA-Fort Sam Houston.

During this week, military members and civilian employees unite to remove trash and debris from the grounds and

facilities, he said.

"Commands also use this time to improve the grounds adjacent to and around the facilities by trimming hedges and plants and putting down mulch as necessary," Wallace said. "Commands can also spruce up the interior of their facilities by deep cleaning, polishing bright work and painting."

For more information on U-Fix-It, call Casey Sarver at JBSA-Fort Sam Houston, 808-6079; Edward Trevino at JBSA-Lackland, 671-2055; or Smoot at JBSA-Randolph, 652-2242.

JOEL MARTINEZ



# Squadron revitalization focus group visits JBSA-Randolph

By 2nd Lt. Avery Larkin  
502ND AIR BASE WING  
PUBLIC AFFAIRS

An Air Force research team visited Joint Base San Antonio-Randolph March 15-17 for a field visit to support Air Force Chief of Staff Gen. David L. Goldfein's focus to revitalize squadrons.

The visit to JBSA-Randolph allowed members of the research team to interview service members from Air Education and Training Command and JBSA to find out how different organizations support squadrons and squadron-like organizations in accomplishing their missions.

Revitalizing squadrons is the first of three focus areas established by Goldfein in August.

Goldfein states, "I believe that it is at squadron level where we succeed or fail as an Air Force. ... It's where Airmen are developed. It's where Airmen and families thrive. It's where training and innovation occurs. And I believe it's where we make the most difference as leaders."

The research team started conducting field visits in February. The teams will visit 23 bases across the Air Force and will wrap up in August. Each visit will consist of one-on-one interviews, focus groups and large group sessions on how to identify best practices, empower leaders and better prepare squadron leadership teams.

JBSA-Randolph was the team's second visit in AETC, following a visit to Sheppard Air Force Base March 13-14.



SEAN M. WORRELL

JBSA participants in a Chief of Staff of the Air Force focus group on revitalizing squadrons rearrange sticky notes of ideas to improve squadron-level activities March 16 at Joint Base San Antonio-Randolph.

## AF leaders: Total force essential to readiness

By Tech. Sgt. Robert Barnett  
SECRETARY OF THE AIR FORCE  
PUBLIC AFFAIRS

Air Force senior leaders testified on the current state of the total force readiness before the House Armed Services Committee March 22 in Washington, D.C.

Lt. Gen. L. Scott Rice, the director of Air National Guard, Lt. Gen. Maryanne Miller, the chief of Air Force Reserve and commander of Air Force Reserve Command, and Maj. Gen. Scott West, the director of Air Force Current Operations and deputy chief of staff for Operations, shared Air Force needs before the readiness subcommittee.

"Readiness is my first priority," Rice said.

"Readiness is measured in two ways: 'for what' and 'with what,'" West said. "For what" is the commander's assessment of whether their unit is ready to support their mission. 'With what' measures personnel,

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***"We are recommending that another round of Base Realignment and Closure be initiated by Congress."***

*Maj. Gen. Scott West, Air Force Current Operations director and deputy chief of staff for Operations*

training, skill level, equipment and resources.

"I think the combination of the two of them is important," West said. "Those two together inform how we measure readiness. Accessing and retaining more Airmen is the first step towards improvement."

Readiness levels are lowered by the shortage of experienced maintainers to generate sorties and enable full spectrum training with aging fleets. Modernization and recapitalization of aircraft and equipment are also essential, all three Air Force leaders said.

The average age of Air Force

aircraft is 27 years — older than many of the pilots flying them.

"It's more difficult to make (our aircraft) available for training, which affects our readiness," West said. "It's important that the Air Force be able to generate the sorties when we want to, to be able to have the effect we want to have on the day and the time of our choosing."

The panel also agreed on the need for more maintainers, and to fix the pilot shortage.

"If there's one thing I could do, it would be put more maintainers on the flight lines," Rice said.

Based on the service's current assessments, more manpower is also needed in maintenance, intelligence — specifically intelligence, surveillance, and reconnaissance — cyber, pilots and special operations.

"To begin to improve readiness now, and attain manning levels that match requirements, the Air Force must increase its active duty, Guard and Reserve end strength, to include growing active duty end strength to 350,000," West said.

While all three expressed the need for more Airmen, they also expressed the need to reduce infrastructure.

Far too much money is spent on excess infrastructure than needed given today's reduced manpower footprint and current warfighting mission requirements. Excess and outdated facilities need to be reduced, according to Air Force leadership.

Since 2005, the Air Force retired eight minor installations, approximately 500 aircraft and

reduced its total active duty military manpower approximately 8 percent without reducing its installation infrastructure at the same time. Given the current end-strength goal of 350,000, the estimate of excess Air Force infrastructure capacity would be approximately 24 percent, which is why the Air Force must also reduce outdated and unnecessary facilities.

"We are recommending that another round of Base Realignment and Closure be initiated by Congress," West said.

The commanders also testified that total force contributions are essential to enabling future joint force success.

"The Air Force Reserve leverages the National Guard and Reserve Equipment Appropriation to increase capability and ensure interoperability in the joint fight," Miller said. "We are the smallest Air Force that we've ever been, and it takes each one of our components at this table to get the mission done."

## JBSA-RANDOLPH HOSTS RETIREE APPRECIATION DAY



# APRIL 8, 2017 JBSA RETIREE APPRECIATION DAY at the Randolph Kendrick Club

*Celebrate retirees and spouses of all  
services with an event beginning at 0815  
and lasting until 1200*



**TRICARE**

**Association of the Army**

**Casualty Assistance**

**Texas  
Veterans Commission**

**MOAA**

**Delta Dental**

**359 Medical Group**

**Air Force Association**

**FSH National Cemetery**

**AAFES**

**Vitas**

**Randolph Chapel**

**DAV**

**and Many more**

## MUSEUM

From page 10

she said. “There is always something to be learned. I learn something every time I do research on the fort. For people who served and lived here, it tells them something about their history. It’s an easy way to learn because it’s visual. I hope people get enjoyment out of it.”

Lauren Hannemann said every time she comes to the museum with her two children she learns something new about the history of JBSA-Fort Sam Houston.

“I like seeing all the different artifacts,” Hannemann said. “I like the movie and so do my kids. My son likes seeing all the trucks and weapons.”

Hannemann said her children like coming to the museum because they get to participate in a scavenger hunt game in which they are given a sheet of six items to locate and identify in the exhibits and displays.

Davis said the scavenger hunt game is very popular with both parents and children.

“The parents seem to like it because it makes the children look at every exhibit,” Davis said.

The museum has more than 8,200 artifacts that are on permanent display or housed in two storage rooms and a reference library that contains books, publications and sources relating to the history of JBSA-Fort Sam Houston and other JBSA installations, unofficial records, military manuals, personal papers of service members who were stationed at the installation and publications on identifying and taking care of artifacts. The reference library includes archival holdings that contain a collection of

approximately 10,000 photos and a small document collection.

Established in 1967, the Fort Sam Houston Museum has been housed at four locations on the post, including the Stillwell House, which was the commanding officer’s quarters, and building 123 on Stanley Road. In June 2015, the museum moved to its present location in the Quadrangle.

The museum offers orientations and guided tours, which should be reserved one week in advance, and the reference library and archives can be used for research by appointment. In addition, the museum conducts outreach programs for schools and colleges and supports professional development training for military organizations. To reserve a guided tour or orientation, for information on museum programs, or to make an appointment to use library and archives, contact the museum at 221-1886.

The museum is free and open to the public. Visitors can assess the museum by entering through the Sally Port at the Quadrangle, going to the right to the east wing of the Quadrangle, building 16, where the museum entrance is marked by blue awning.

Visitors who want to come to the museum but do not have DOD access to get into JBSA-Fort Sam Houston should refer to the JBSA website, [jbsa.af.mil/library/visitor](http://jbsa.af.mil/library/visitor) information.asp, for base entry requirements.

Museum hours are 10 a.m. to 4 p.m. Tuesdays-Fridays and noon to 4 p.m. on Saturdays. The museum is closed Sundays, Mondays and federal holidays.