



TALESPINNER

JOINT BASE SAN ANTONIO-LACKLAND, TEXAS • Vol. 71 No. 30 • August 1, 2014



THE 502ND ABW TURNS FIVE

Photo by Steve Elliott
Brig. Gen. Bob LaBrutta (right), Joint Base San Antonio and 502nd Air Base Wing commander, receives the wing's colors from Army Col. Jim Chevallier, JBSA/502nd ABW vice commander and Chief Master Sgt. Alexander Perry, JBSA/502nd ABW command chief master sergeant, during the 502nd Air Base Wing transformation ceremony at Joint Base San Antonio-Fort Sam Houston Dec. 4, 2013.

Operation JET gives kids taste of deployment experience

By Lori Newman
MFRC Marketing Specialist

Operation Jet (Junior Expeditionary Team) is a mock deployment event for children age 7 and up held annually at Joint Base San Antonio-Lackland.

This year's event will be held Aug. 15 from 8 a.m. – noon at the Bob Hope Theater.

The intent of the event is to recreate the stressors of a deployment so kids can better understand what their parents go through during a deployment.

"This is not a hotdogs and bouncy castle kind of event," explains Master Sgt. Jose Ontiveros, event coordinator.

"What we are trying to do is recreate the four phases of deployment – pre-deployment, deployment, post-deployment and reintegration."

Pre-deployment is simulated when parent's sign their child up for the event. The child receives a tasking letter. The stressor that comes into play at that point is the anxiety of what is going to happen during the Op Jet event.

"The letter gets the kids thinking about what they will be doing, Ontiveros said.

"It seems menial but it's rec-

reating those stressors like their parent feels before a deployment."

The day of the event the child doesn't really know what to expect. They walk into the Bob Hope Theatre and receive a pre-deployment briefing, go through a processing line and are given a mission for the day.

The processing line includes things like mock immunizations, talking to Military Family Life Counselors, Operation Homefront and the USO.

Once that is complete, the children are broken up into groups. From there they go out into the field where they experience the deployment portion.

"We bring all kinds of agencies in from across the joint base. They contribute things like transportation, an obstacle course, equipment demonstrations, working dog demonstrations and an Meals Ready to Eat lunch," Ontiveros said.

From there the mock service members shift into the post-deployment phase, where they will be treated to a hero's welcome similar to what their service member parent receives upon their return.

The reintegration piece can't



Photo by Joshua Rodriguez

U.S. Air Force Airmen assigned to Joint Base San Antonio-Lackland cheer on family members and military youth who experienced a mock deployment during Operation Junior Expeditionary Team (JET), held Aug 16, 2013 at JBSA-Lackland.

be simulated during the event explained Ontiveros.

"We encourage the parents to ask questions about the experience on the way home," Ontiveros said. "That recreates reintegration where the kids kind of understand what mom or dad has to go through trying to get situated back into the house."

"There is a lot of thought and

planning that goes into this event to give the kids an authentic deployment experience," Ontiveros said.

The event is open to anyone with a DOD ID card. If your child would like to participate in Operation Jet, call JBSA-Lackland Military and Family Readiness Center at 371-3722 by Aug. 8 to reserve a spot.

Fourth annual Build-A-Backpack to run through Aug. 8

By Gloria Kwizera
JBSA-Lackland Public Affairs

The fourth annual Build-a-Backpack program, which provides school supplies to children on base and in the lo-

cal community, is in full swing at Joint Base San Antonio-Lackland and JBSA-Randolph.

Anyone interested in donating a backpack with school supplies is welcome to do so until Aug. 8.

The program began in 2010 to help ease the stress on junior enlisted military members, especially those with multiple school-age children, said Lori Phipps, JBSA-Lackland military dependent education specialist.

"Our goal is to give the children of military and local community families the opportunity to start school with all the supplies they need to be

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Deadline for story submissions is noon Wednesday the week prior to publication.

NEWS IN BRIEF

TUESDAY-THURSDAY

NEW PROVIDER CANDIDATE ORIENTATION CLASS

The Family Child Care program is looking for individuals interested in caring for children. All start-up materials and training is provided by the Family Child Care Office. The FCC program is looking for individuals who can care for children with special needs or chronic health problems, including children with HIV. Providers are needed to care for infants, toddlers, preschoolers, school-age children and children with special needs during evenings, weekends, swing and midnight shifts, extended duty hours and for the expanded child care program.

For more information on the programs, call 671-3376/3379 or come by building 6629 to pick up an application.

THURSDAY

SAFETALK TRAINING CLASSES

SafeTALK training classes are scheduled for August and September at Joint Base San Antonio-Lackland.

The classes teach how to recognize persons with suicidal thoughts and assist them in seeking help and resources. The program concentrates only on recognition and referral.

The JBSA-Lackland classes will all be held at Freedom Chapel, building 1528. The dates are Thursday, 1-4:30 p.m.; and Sept. 25, 8-11:30 a.m. and 1-4:30 p.m.

To register for the class or for additional information, contact Senior Airman Christopher Bibikan or Senior Airman Benjamin Ross at 691-2911.

Maximum class size is 40 except for the Thursday class, which has a maximum size of 30.

INFORMATIONAL

EVALUATED DEGREE PLANS AND TUITION ASSISTANCE

Tuition assistance is authorized for no more than six semester hours (or equivalent) without an evaluated degree plan. An evaluated plan is an outline of all remaining course requirements for a particular degree after transcripts from all sources (CCAF, civilian schools, exams, etc.) have been evaluated by the school and transferrable credit applied to the requested program. Transcripts received must be listed even if no credit transfers.

For more information, contact the education office at 671-8711.

Exiting group leader calls her assignment 'a fantastic experience'

By Mike Joseph
JBSA-Lackland Public Affairs

When the 37th Training Group senior leader arrived in August 2012 to assume command of technical training at Joint Base San Antonio-Lackland, there was a smile on her face and excitement in her voice.

Two years later, as Col. Jeanne Hardrath leaves JBSA-Lackland for her next assignment, the ever-present smile and the excited tone in her voice are still there.

"This has been a fantastic experience," Hardrath said, "and it's because of the men and women in this group: the instructors, MTLs (military training leaders) and cadre members who make this mission happen every day.

"The group's squadron commanders are the greatest collection of leaders I've had the pleasure of working with. They took on every challenge with a positive attitude and made my job easy. What they do every day is felt across DOD (the Department of Defense)."



Col. Jeanne Hardrath

Hardrath turned over leadership of the group to Lt. Col. Thomas Sherman during a change of command ceremony Thursday.

She said the importance of the group's mission could always turn a trying day into a good one.

"Being associated with this group you get to make an important difference in the Air Force," Hardrath said. "Every day I got to insure the future of our Air Force because of the men and women in the 37th Training Group.

"To see how hard our team works to make this mission

happen kept me motivated. Our team inspired me every day. I couldn't help but want to double my efforts."

Hardrath said her biggest challenges during her time as group commander were working through manpower reductions, sequestration and furloughs.

"If I never live through another sequestration and furlough, I'll be a very happy camper," she said with a laugh. "Facing manning cuts has been really challenging because I know how hard our team members work and the additional load they had to take on.

"But it was amazing to watch how everybody dug in, how they were willing to take these outside-of-the-box innovative ideas to still make the mission happen despite the manning shortages. They just kept running. They will take on anything and keep going."

The commander, who has been associated with the Air Force for 29 years (23 years on active duty, four years in the Guard and two years in

the Reserve Officer Training Corps), said listening to what Airmen had to say as they went through technical training confirmed the group was on the right track.

"When I talk to our newest Airmen, they are excited about going into the Air Force," Hardrath said. "They are absolutely thrilled about their career fields, excited about what they do and staying motivated.

"That speaks volumes to me about what our instructors, Military Training Leaders and squadron leadership are doing every day."

Hardrath, a logistics readiness officer, is looking forward to her assignment at the Pentagon, Headquarters Air Force, as chief of material support for logistics, and installations and mission support.

"It's a great opportunity to get back into a logistics-focused job," she said. "I've been outside of the more traditional logistics readiness officers' assignments for a couple of years, so I'm looking forward to it. It is, however, very difficult to leave this job. I will never have another opportunity to work with a team who has such a great impact on the future of our Air Force."

343rd TRS Security Forces officer part of documentary



Courtesy Photo
Capt. Ralph "R.J." Johnson
in Afghanistan.

By Mike Joseph
JBSA-Lackland Public Affairs

An Air Force Security Forces operations officer now assigned to Joint Base San Antonio-Lackland was part of a recently released National Geographic Channel documentary that showcased the multi-faceted skill sets of Security Forces Airmen in a deployed environment.

Capt. Ralph "R.J." Johnson, operations officer for the Security Forces ap-

prentice course and a member of the 343rd Training Squadron at JBSA-Lackland since September 2013, was deployed to Bagram Air Field, Afghanistan, from the 820th Base Defense Group at Moody Air Force Base, Ga., when National Geographic television was filming "Inside Combat Rescue: The Last Stand" during June and July 2013.

Though the documentary focused on "Reaper Team 5,"

AF ISR Agency lauds duo for heroism

By Wayne Amann

Air Force ISR Agency Public Affairs

What began as a casual shopping trip quickly turned into an emergency situation for two Air Force Intelligence, Surveillance and Reconnaissance Agency NCOs on temporary duty.

It tested their mettle as wingmen.

Tech. Sgts. Tyler Cresap and Clinton Kincade were checking out the sunglasses at the Nellis Air Force Base, Nev., Exchange the morning of June 25 when another shopper, an Air Force retiree, collapsed onto the floor. Since the store opened only minutes earlier, there were no other shoppers nearby.

The two sergeants recognized the fallen customer's plight and immediately took control of the situation, which was captured by the store security camera and witnessed by Joanne Honour, the Nellis Exchange Loss Prevention manager.

"I went out to the floor when I was



Photo by Staff Sgt. Jarrod Chavana

Maj. Gen. John Shanahan, Air Force Intelligence, Surveillance and Reconnaissance Agency commander, addresses the crowd before coining Cresap, left, and Kincade July 17 for responding to a retiree who suffered a seizure in the Nellis Air Force Base, Nev., Exchange.

notified of the incident and they had already turned the man on his side and retrieved the AED (automated external defibrillator) unit," Honour said. "It was obvious they were trained responders."

(An AED is a portable device that checks the heart rhythm. If needed, it can send an electric shock to the heart to try to restore a normal rhythm. AEDs are used to treat sudden cardiac arrest.)

"The retiree suffered a seizure, at one point he was purple," Honour said. "I believe they saved his life."

The NCOs stayed with the stricken customer until the paramedics arrived. After the customer was transported

from the Exchange, Honour presented Cresap and Kincade with \$25 gift cards for their heroic actions.

"No amount of money can say thank you enough to these professional, well trained individuals for their instant action that went above and beyond the line of duty," Honour said. "We were fortunate to have these two upstanding Airmen in our store. They should be highly recognized."

Their boss agreed.

Maj. Gen. John Shanahan, Air Force ISR Agency commander, presented Cresap and Kincade with ISR Agency Wingman coins during a special cer-

emony at the agency headquarters.

"Hero is sometimes an overused word, but when you save a life, that's being a hero," Shanahan said. "I don't care what you say or what you think you may or may not have done, the person who collapsed and turned purple is alive, and that's a big deal."

Cresap and Kincade knew time was of the essence that day in the BX.

"There wasn't a lot of thinking involved, it was more just reacting," Cresap said. "Once you're in that situation, you just do what you think is right at the time and go from there, look at his reaction and adjust accordingly."

"It was partially the training and partially the fact we were the only ones there so it was our duty to do something," Kincade said. "We felt obliged to respond."

Cresap and Kincade each received a one-day pass and the special ISR Agency Wingman coin.

"I give these out very, very infrequently," Shanahan told the recipients. "It's something that has to meet a threshold that truly is on this level. You have clearly, and undoubtedly met that threshold and I thank you in front of your peers."

"Glad we were there, glad we could help and glad he's OK," Cresap said.

DIAMOND SHARP



Senior Airman Alexander Goad
Unit: 3rd Combat Camera Squadron
Duty title: Combat Broadcast Journalist
Time in service: 2 Years, 11 Months
Hometown: Bremerton, Wash.



“Senior Airman Alexander Goad demonstrated effective leadership, followership, and professionalism even as a young Airman. Goad provided eight hours of advanced color correction training that expanded his peers’ knowledge of video enhancing techniques. These skills translated to two distinct projects. First, his attention to detail was clearly evident when he shot and produced the gripping tale of a wounded Marine corporal who had his life turned around when the private non-profit organization, Helping a Hero, gave the injured military member a new home. Additionally, Goad documented the riveting and deeply personal story of a wounded Army staff sergeant receiving a new prosthetic eye which emphasized both the military’s care for their veterans and a Soldier’s road to solace. His efforts showcased the vital missions conducted on Joint Base San Antonio-Lackland every day. Goad is without a doubt a vital part of the success of the 3rd Combat Camera Squadron team.”

-Tech. Sgt. Rico Sison
Additional Duty First Sergeant, 3rd CTC5

Staff Sgt. Anthony Johnson II
Unit: Air Force Life Cycle Management Center, Detachment 6
Duty title: Depot Level Secure Communications System Technician
Time in service: 7 Years
Hometown: San Antonio



“Staff Sgt. Anthony Johnson II is a natural leader who is optimally focused on completing the mission. He managed the modernization and certification of 193 secure terminal equipment units, saving \$598,000 in replacement costs. He then updated local work center cards and ensured his fellow technicians were properly trained on the procedures to avoid future work stoppages. Furthermore, Johnson assisted in renovating 102 network encryption devices. His dedication and motivation allowed the encryptors to be delivered to the warfighter ahead of schedule by three weeks. When the branch training monitor was unavailable for six weeks, Johnson filled the position without hesitation and improved three offices’ training plans. His initiative helped the work centers improve task coverage gaps that had been overlooked. Finally, Johnson rallied coworkers to participate in the Adopt-A-Highway program and worked tirelessly for more than three hours. His efforts contributed to the collection of 1,300 gallons of litter. As a result of Johnson’s excellent work ethic and leadership, he is a worthy recipient of the Diamond Sharp Award.”

-Master Sgt. Eric Rascoe
First Sergeant, AFLCMC Det 6

Airman 1st Class Diva Rodriguez
Unit: 453rd Electronic Warfare Squadron
Duty title: Electronic Warfare Signals Analyst
Time in service: 2 Years
Hometown: West Palm Beach, Fla.



“Airman 1st Class Diva Rodriguez, assigned to the 453rd Electronic Warfare Squadron, performs her job with an unmatched positive attitude and a peerless initiative. Rodriguez promptly satisfied a commander-driven inventory request on all flight information technology assets, accurately tracking 51 individual items valued at \$111,096. She aided the flight training team, reviewing more than 50 training records, aligning 8,200 individual line items with the new master training list and ensuring 100 percent accuracy during the 53rd Electronic Warfare Group unit effectiveness inspection. Hand-picked to field test the latest version of a primary Department of Defense analysis application, Rodriguez identified system shortfalls and provided critical feedback to the program developers, effectively shaping the production of the \$1 million program update. Committed to enhancing esprit de corps, Rodriguez organized a squadron hail and farewell to honor six members and coordinated the first annual squadron Easter egg hunt for more than 120 squadron and family members. Dedicated to her community as well, Rodriguez led the squadron charge for donations to aid victims of the Arkansas tornado and supported the third annual San Antonio Walk Against Genocide. Embracing the core value of ‘excellence in all we do,’ Rodriguez has attended more than 25 hours of personal and professional development courses, building upon an already impressive knowledge base and paving the way for a highly successful Air Force career. Rodriguez has separated herself as a true go-getter and has earned the title Diamond Sharp.”

-Master Sgt. Eric McCammond
First Sergeant, 453rd EWS

Staff Sgt. Roland Wade
Unit: 91st Network Warfare Squadron
Cyberspace Operator - Attack
Time in service: 11 Years
Hometown: Jacksonville, Fla.



“Staff Sgt. Roland Wade, even as an intel analyst, demonstrates a passion for cyber operations and is one of the strongest and most consistent performers on Charlie crew. After diligent studying and preparation, he achieved 100 percent on both the written and practical portions of his defensive counter-cyber evaluation, for an overall excellent qualification certification. Additionally, he coaches a K-1 Sports Academy youth basketball team three times a week, providing coaching and mentorship. In just the first half of July, Wade flawlessly executed 21 electronic warfare missions in support of current operations. He was instrumental in a lengthy and thorough blue force calibration process that identified, and will potentially resolve, critical gaps in future operations.”

-Master Sgt. Sean Stewart
First Sergeant, 91st NWS

Senior Airman Thomas Westrick
Unit: Headquarters Air Force Intelligence, Surveillance, and Reconnaissance Agency / Directorate of Intelligence
Duty title: Knowledge Operations Manager
Time in service: 3 Years
Hometown: Kentland, Ind.



“Senior Airman Thomas Westrick manages administrative duties and director’s staffing processes for an 85-person directorate, supporting all components of headquarters Air Force Intelligence, Surveillance and Reconnaissance Agency’s mission. Westrick’s day-to-day operations include tracking classified and unclassified tasks, coordinating with four wings, one group and one center, tracking and processing performance reports and decorations; and managing various SharePoint sites and calendars. Since coming to the AF ISR Agency Directorate of Intelligence, Westrick has converted the paper based evaluation tracking to the SharePoint based Evaluation Management System. Westrick also maintains a 98 percent on-time rate for tasks and evaluations, and keeps directorate leadership informed on daily and weekly operations. Recently, Westrick completed his Community College of the Air Force degree requirements in information management and was selected as the AF ISR Agency Directorate of Intelligence Airman of the Quarter.”

-Senior Master Sgt. Brian Jumper
First Sergeant, HQ AF ISR Agency

Senior Airman Monica Zammert
Unit: 959th Medical Operation Squadron
Duty title: Aerospace Medical Journeymen Technician
Time in service: 4 Years, 6 Months
Hometown: Crookston, Minn.



“Senior Airman Monica Zammert deserves recognition for her leadership, dedication to duty, teamwork and outstanding patient care. With no notice, Zammert filled the role of NCO in charge for the Plastic Surgery Clinic. In this capacity, she expertly led five joint providers and seven civilian staff and managed to execute her primary duty as the clinic administrative NCOIC. During this time, she not only maintained, but exceeded business timelines by three months by appointing more than 5,000 patient appointments without having to refer them to downtown care, saving the Department of Defense \$15,000 in outsourcing costs. Zammert didn’t stop there. Once she was told she would be filling NCOIC duties, she took it upon herself to gain access to her assigned team member’s training records. She was flawless in her management of those records, both for the Army and Air Force personnel assigned to her. During a recent staff assisted visit inspection, the clinic received a mark of outstanding; the first one for the unit in more than three years. Zammert’s attention to detail and dedication will take her a long way in her career and she’s an astounding member of the unit.”

-Master Sgt. Robert Payne
First Sergeant, 959th MOS

DIAMOND SHARP



Staff Sgt. Timothy J. Carl
Unit: 802nd Security Forces Squadron
Duty title: Assistant NCO in Charge
Time in service: 9 Years, 3 Months
Hometown: Stockton, Calif.



“Staff Sgt. Timothy Carl is more than deserving of being a Diamond Sharp Airman. After being hand-picked to join the security forces squadron training section, he hit the ground running to help train and prepare newly arrived and tenured defenders to meet mission needs. His exceptional performance was vital in answering the much needed training at a sister unit located at Laughlin Air Force Base, Texas when he facilitated a no-cost training course for both security forces Airmen and Air Force officers assigned to the unit saving more than \$3,000. Furthermore, he supervised the local active shooter training for 137 Army Air Force Exchange Services vendors and 246 Airmen assigned to the force support squadron. Despite his hectic operations and training responsibilities, Carl continuously makes time to mentor Lackland Elementary School students by guiding their efforts to be successful in the future. Carl answers the call to duty for not only the 802nd Security Forces Squadron but to Joint Base San Antonio-Lackland as a whole. He is a great trainer, young leader, mentor and supervisor. Carl is the 802nd SFS ‘Diamond Sharp.’”

-Senior Master Sgt. Jamie Williams,
First Sergeant, 802nd SFS

Senior Airman Matthew Welch
Unit: 68th Network Warfare Squadron
Duty title: Cyberspace Operations Controller
Time in service: 3 years, 7 months
Hometown: Fort Worth, Texas



“Senior Airman Matthew Welch serves as a top notch cyberspace operations controller, regular off-duty volunteer and all around positive influence on everyone he interacts with. He is currently the lead for a four-member team that is responsible for the utilization and upkeep of the latest cyberspace data collection programs. Due to his expertise, he authored mission checklists for accurately and efficiently reviewing collected data, as well as attending off-site, joint-training to further his scope as a cyber-defense analyst operator. Off-duty, Welch divides his time between various local organizations from Alamo Young Government Leaders and Habitat for Humanity, to the Fisher House. He is an encouraging Airman, always working to bring out the best in his peers, on- or off-duty.”

-Master Sgt. Jason Nipp
First Sergeant, 26th Cyberspace Operations Group

Tech. Sgt. Christopher Hemgesberg
Unit: 323rd Training Squadron
Duty title: Military Training Instructor Trainer
Time in service: 13 Years
Hometown: Flint, Mich.



“Tech. Sgt. Christopher Hemgesberg deserves to be recognized as he excels at providing first-class training to today’s military training instructors entering the 8B Air Force skill code and also our newest Air Force trainees. He also embodies the Diamond Sharp Award by exemplifying the Air Force core values both on and off duty. I receive nothing but positive feedback all around the base about Hemgesberg not only on his professionalism but also the trainees he transitions from civilians to Airmen; they stand out amongst others. In addition, he selflessly takes care of others by volunteering to represent the Air Force in local events and takes time to help others who are in need. He selflessly responded to two NCOs who were experiencing personal hardships and brought meals and wingmanship to encourage them during tough times. Hemgesberg is an outstanding NCO and proven Diamond Sharp.”

-Master Sgt. John Van Vorce
First Sergeant, 323rd TRS



BACKPACK from Page 2

successful,” Phipps said.

Active duty Airmen E-5 and below and E-6 and above, with more than three dependents, are eligible to sign up to receive backpacks.

“Also eligible are children of service members currently deployed, on extended temporary duty or on a remote tour of duty and members experiencing unique circumstances or hardships,” said Phipps.

First sergeants should contact the

school liaison office at Lackland.slo@us.af.mil with names of potential families to receive a donated backpack. Information must include the squadron, sponsor’s name and the age group and gender of the child or children who will receive the backpack.

To donate, pick up a list at the school liaison office or print one at <http://www.jbsa.af.mil/shared/media/document/AFD-130731-032.pdf>. Then, choose either ‘List A’ for grades kindergarten through grade 5 or ‘List B’ for grades 6 through 12, purchase

all of the items on the list for that age group, place the shopping list of the selected age group and gender in the backpack for identification and drop off the backpack at the Military & Family Readiness Center at JBSA-Lackland or JBSA-Randolph, Monday through Friday from 10 a.m. to 3 p.m.

More than 200 backpacks were donated and distributed last year, however the drive was not as successful as in the past due to the furlough and government shutdown. More than 60 children at Sun Valley Elementary and

57 military families all with multiple children received backpacks last year.

“This year the goal is to double last year’s success, we encourage everyone to participate. It’s easy, just print the listing and fill the backpack!” said Phipps.

Backpack distribution is tentatively scheduled for the week of Aug. 11 – 15.

For more information and to receive the listings contact the JBSA School Liaison Office at 671-3722 or email Lackland.slo@us.af.mil.

FORCES from Page 3

an elite Air Force Security Forces squad tasked with capturing or killing high-level Taliban targets who threatened Bagram, and the pararescuemen from the 83rd Rescue Squadron stationed there, it opened with Johnson and Security Forces Airmen conducting base defense.

The film crew captured them in action defending their section of fence line following a night rocket attack on Bagram that killed four military members at a bus stop. The explosion was near the base perimeter, about 100 yards away from the sector command post.

“The Security Forces story has never been told,” Johnson said. “It was a great way of letting the public know that Security Forces Airmen do some incredible things for our country in a deployed environment.

“The average person doesn’t know what Security Forces does on deployments. What’s seen at home station is Security Forces checking IDs at the gate, in patrol cars writing tickets, as first responders,” he said. “At Bagram, we controlled the base security zone, from the perimeter to 10 kilometers out

in all directions doing counter indirect fire, counter IEDs (improvised explosive device) patrols and counter insurgency patrols.”

The crew, which had been filming about two weeks before the attack, had a camera set up inside the sector command post they could turn on at any time, said Johnson, one of five sector commanders (base perimeter defense was divided into five sections). He and Master Sgt. Ron Davis wore microphone packs at all times they could switch on.

The documentary showed a part of what Johnson and the Airmen under his command, who were responsible for a fence line section that was 11 kilometers (approximately six miles), did immediately following the attack.

He described base defense procedures since the documentary boiled their part down into a matter of minutes.

“Indirect fire attacks last normally around an hour to an hour and a half. From the time the rocket is launched until the time it hits, it’s a matter of seconds,” Johnson said. “The rocket is launched, it hits, now we have to search for the point of impact because sometimes it doesn’t blow up; it’s just sticking in the ground. We have to search and get a confirmed point of impact.

“As that’s happening, simultaneously anybody in our squadron for base defense is gearing up. The on-shift personnel are doing their perimeter sweeps, making sure there’s no ongoing attack about to happen. The towers are on alert, the entry control points are shut down – nothing comes in, nothing goes out – everyone is pretty much locked and loaded and ready for a ground assault.”

That particular night there was no ground attack.

“We did have intelligence brief us in the past that they’re (the Taliban) out there,” he said. “We get briefed the next day that they called off the attack. We wanted to deter them and that’s exactly what we did. We presented them a very hard target to hit.”

Johnson said it was kind of strange seeing himself in the film after attending the June premiere at Moody. He said he was proud for his Airmen to see what they did, to know all the training paid off and that everyone who deployed came home alive.

“Our job is to be air-minded defenders and protect assets on the base,” Johnson said. “The film showed a component of what we do down range.

“This gets the story of Security Forces

out,” he added. “It’s bigger than each individual in the film. It represents the more than 25,000 Airmen in our career field and it honors our 10 fallen defenders who gave the ultimate sacrifice during Operation Iraqi Freedom and Operation Enduring Freedom.”



Courtesy Photo

Johnson hugs his wife, 1st Lt. Cara Bou-sie-Johnson, after returning home from deployment Aug. 22, 2013 at the Valdosta Regional Airport, Valdosta, Ga.

A LOOK BACK AT THE 502ND ABW'S PAST



Photo by Robbin Cresswell

Then-Brig. Gen. Leonard A. Patrick, left, former 502nd Air Base Wing commander, presents the 802nd Mission Support Group guidon to Col. Patrick Fogarty, the group's former commander, during an activation ceremony Feb. 2, 2010 at the Gateway Club at Joint Base San Antonio-Lackland.



Photo by Steve Elliott

(From left) Dr. Cem Maxwell, then-Brig. Gen. Leonard Patrick and Frank Simas turn dirt July 14, 2010, during the groundbreaking ceremony for the 502nd Air Base Wing headquarters building. Dr. Maxwell is the San Antonio Joint Program Office deputy director, Patrick is the former 502nd Air Base Wing commander and Simas is the deputy of the Joint Project Management Office.

502nd Air Base Wing marks five years at Joint Base San Antonio

By John Baker
502nd Air Base Wing Historian

Aug. 1 marks the fifth anniversary of the activation ... or more accurately ... the reactivation of the 502nd Air Base Wing. On Aug. 1, 2009, then-Brig. Gen. Leonard Patrick took command of a skeleton force, which grew over time, charged with bringing the concept of joint basing to fruition in San Antonio.

The joint base concept was an outgrowth of the 2005 Base Realignment and Closure Commission decisions with the rationale that efficiencies could be gained by placing support functions for bases in close proximity under a single entity.

Twelve joint bases were created, but none matched the scope, complexity and magnitude of Joint Base San Antonio.

Such a huge endeavor required a calculated, phased approach and Patrick and his staff carefully laid the groundwork for the ensuing activation of the wing's three support

groups, first at Lackland and Randolph Jan. 31st, 2010, coinciding with the attainment of Initial Operating Capability. Fort Sam Houston attained IOC April 30 of that year.

Just over one year following the wing's activation, the 502nd Air Base Wing was declared to be at Full Operational Capability Oct. 1, 2010.

What you might not know is that the heritage of the 502nd ABW stretches back much farther; to the fledgling days of the newly independent U.S. Air Force.

Originally activated Nov. 17, 1947, just two months after the Air Force gained independence from the U.S. Army, the 502nd Air University Wing was charged with logistics and base services support for the Air University and other units at Maxwell Air Force Base, Ala., as well as nearby Gunter Annex.

The 502nd AUV served in this capacity for a year and a half until changes in the way that the Air Force organized itself led to the inactivation of the wing July 27, 1948, when the

3800th AUV assumed its mission. It would not be the last time that such changes would affect the wing.

The 3800th Air University Wing, which was re-designated as the 3800th Air Base Wing July 21, 1983, continued to provide mission support functions at Maxwell AFB until Oct. 31, 1992 when further changes in the structure of the Air Force led to the consolidation of the 3800th ABW with the inactive 502nd AUV to create a single unit, now known as the 502nd Air Base Wing.

The effect of this reorganization was that the 502nd ABW now had a continuous history of mission support at Maxwell AFB.

The wing remained active for another two years until Oct. 1, 1994, when the 502nd ABW was inactivated and replaced by the 42nd Air Base Wing, preserving the heritage of that wing which stretched back to World War II and included combat in the Pacific theater.

Bringing us full circle, the 502nd ABW remained dormant until its 2009

return. This time, the unit flag would stand up at historic Joint Base San Antonio-Fort Sam Houston, where on March 2, 1910, Lt. Benjamin Foulois flew the first Department of Defense sortie in a Wright Flyer on the grounds of McArthur Parade Field.

Although the wing achieved Full Operational Capability in October 2010 and was effective in meeting its mission, it became apparent to then-Brig. Gen. Theresa Carter, the 502nd ABW/JBSA commander at the time, and her team the wing could better execute its support mission if it was transformed from a traditional to a functional wing structure.

This new structure would allow the wing to be more agile and create more speed in meeting our customers' requirements and provide the group commanders full authority to amass resources at the point of execution.

Accordingly, receiving Air Force approval to implement the new structure, Brig. Gen. Bob LaBrutta con-

ducted a formal wing transformation ceremony Dec. 4, 2013, ushering in a new era of providing installation support and service to the 200-plus critical mission partners who operate across JBSA.

It's absolutely clear that the 502nd Air Base Wing's roots are tied to the incredible annals of both Maxwell AFB and now JBSA-Fort Sam Houston.

Rich traditions and a military lineage that dates back to the establishment of the U.S. Air Force resonates in the 8,000 members who provide direct service support to the warfighter and 200-plus mission partners who are executing critical operations in the defense of our nation today.

As a member of the 502nd Air Base Wing, like my Wingmen and Battle Buddies, I am proud of our noble heritage and am inspired to be carrying on the tradition of those incredible installation support professionals who came before us and paved our path to the future.



Photo by Steve Elliott

Col. Christine Erlewine cases the 902nd Mission Support Group colors for inactivation during the 502nd Air Base Wing transformation ceremony at Joint Base San Antonio-Fort Sam Houston Dec. 4, 2013. The 902nd MSG, which Erlewine was the commander of, was redesignated as the 502nd Security Forces and Logistics Support Group at JBSA-Randolph.



Photo by Steve Elliott

Then-Brig. Gen. Theresa C. Carter (center), former 502nd Air Base Wing commander, and Army Lt. Gen. Guy Swan (center right), former Army North commanding general, cut the ribbon to officially open the new 502nd ABW headquarters building Aug. 5, 2011 at Fort Sam Houston. Assisting with the ribbon cutting are (from left) Chief Master Sgt. Toby T. Tibbits, 502nd ABW acting command chief, CEM Maxwell, San Antonio Joint Program Office deputy director, and Robert Graves, former 502nd ABW deputy commander.



Courtesy photo

The 502nd Air Base Wing staff was housed in more humble accommodations in 2010 before the new headquarters building was opened. These trailers now house the 502nd ABW Legal Office.

Fraud, Waste or Abuse

Members of the public, military members, Department of Defense civilian and contractor employees may report suspicious activity concerning fraud, waste or abuse and employee or management misconduct.

Report suspected FWA to your local inspector general, the 502nd Air Base Wing IG or the DOD FWA Hotline.

502 ABW/IG FWA Hotline: 808-1000, <http://www.jbsa.af.mil/fwa.asp>

DOD Hotline: 800-424-9098, <http://www.dodig.mil/hotline>

BMT HONORS

Congratulations to the following 59 Airmen for being selected as honor graduates among the 599 Air Force basic military trainees who graduated today:

320th Training Squadron

–Flight 451

Jacob Hutchinson

Dane

Benja

–Flight

Samu

Hunte

Josep

Danic

Tyler

322nd

–Flight

Beau

Dietri

–Flight

Mary

Valeri

323rd

–Flight

Jeren

Hayle

Eric (

Benja

Aaron

Jared

–Flight 456

Joshua Bachman

Kristopher Blauvelt

Christopher Brodeur

Phillip Grayson

Emerson Peacock

Cameron Valentine

David Walker

–Flight 457

Nicholas Blachowski

Kyle Cremeans

Jacob Fields

Daniel Franklin

James Loftus

Sean Pulver

Justin Sloan

Marcus Williams

Mladen Zdero

–Flight 458

Ryan Covert

Brandon Curd

Alexander Hall

Constance Weaver

322nd TRS, Flight 462

Brionna Spurlin

322nd TRS, Flight 462

Kourtni Giles

322nd TRS, Flight 462

–Male Airmen

Zachary Arambula

326th TRS, Flight 453



59

51

57

162

54

60

52

51

161

53

59

55

58

56

57

its

323rd TRS, Flight 458

323rd TRS, Flight 456

323rd TRS, Flight 457

323rd TRS, Flight 455

326th TRS, Flight 453

322nd TRS, Flight 461

320th TRS, Flight 451

326th TRS, Flight 459

322nd TRS, Flight 462

326th TRS, Flight 460

326th TRS, Flight 454

320th TRS, Flight 452

FOSTER A PUPPY

The Department of Defense dog breeding program needs families to foster puppies for three months.

Potential foster families need:

- time and patience to raise a puppy age 12 weeks to six months,
- a stimulating and safe home environment, and
- a desire to help raise a military working dog.

Call 671-3686

LOCAL BRIEFS

AUG. 15

FEB LEADERSHIP TRAINING PROGRAM

Applications are now being accepted for the Alamo Federal Executive Boards fiscal year 2015 leadership training program.

The program is designed to identify and groom a cadre of federal leaders. Participants gain a deeper understanding of the promises and challenges facing our federal community.

The application deadline is Aug. 15.

To apply, visit <http://www.sanantoniofeb.org/lfeb>. For details, call 565-1860.

OLMSTED SCHOLAR PROGRAM

The Olmsted Scholar Program is an opportunity for Air Force line officers to study in a foreign language at a university overseas.

Applicants must be line officers with at least three years of commissioned service, but no more than 11 years of total active service by April 1, 2015. Applicants must be released by their career field managers and meet minimum academic

and language requirements as well.

Application packages are due to Air Force Personnel Center by Aug. 15.

For eligibility requirements and application instructions, go to myPers at <https://mypers.af.mil>.

WHITE HOUSE FELLOWS PROGRAM

The White House Fellows Program provides promising leaders with first-hand experience in the American government process. Selected candidates work for a year as special assistants or senior executives to cabinet-level agencies or in the executive office.

A nonpartisan program, participants experience the process of governing the nation, working with high-level public servants and participating in roundtable discussions with notable private sector and public leaders.

Selectees must be available for reassignment and be released by their Air Force Personnel Center assignment officer prior to applying. Nomination packages are due by Aug. 15.

For eligibility criteria and application instructions, go to myPers at <https://mypers.af.mil>.

MANSFIELD FELLOWSHIP EXCHANGE PROGRAM

Airmen who are interested in cultural immersion in Japan can look into the Mansfield Fellowship Exchange Program. Named after former U.S. Ambassador Mike Mansfield, the program enables federal employees to develop in-depth understanding of Japan and its government and to develop relationships with their Japanese counterparts.

Program participants will have a seven-week home-stay and intensive Japanese language program in the Ishikawa Prefecture, followed by a 10-month placement in Tokyo. Mansfield Fellowship opportunities are also open to officers and enlisted members who meet program criteria.

Nomination memos are due to the Air Force Personnel Center by Aug. 15.

For eligibility criteria and application information, go to myPers at <https://mypers.af.mil>.

AUG. 27

RETIRED ENLISTED ASSOCIATION MEETING

Retired Enlisted Association Chapter 80 meetings are held at the Gateway Club every fourth Wednesday of the month at 1 p.m.

For information, call 658-2344.

SEPT. 4-5

SPOUSE CAREER DAYS

The Joint Base San Antonio-Lackland Military Family and Readiness Center is sponsoring Spouse Career Days Sept. 4-5 at Arnold Hall Community Center. The workshops run from 8:30 a.m. to 2:30 p.m. each day.

Participants will talk about utilizing LinkedIn, steps for preparing a successful interview, and meet employers representing local and national companies, staffing agencies and non-profits that will provide advice on San Antonio opportunities.

For details, 671-3722.

SEPT. 9

CONVERSION OF DEGREE PLANS REQUIRED

Students with degree plans on file must convert their current plan to an E-Degree prior to Sept. 9.

To request conversion, email 802fss.fsdee@us.af.mil.

SEPT. 11

GAYLOR ACADEMY TO HOST 9/11 RUN

The Robert D. Gaylor NCO Academy will host a Joint Base San Antonio 9/11 remembrance run from 7 a.m. to 4:11 p.m. Sept. 11 at the Medina Annex gym.

The event pays tribute to those who died during the 9/11 attacks and is open to JBSA Department of Defense cardholders and dependents. Both individual and team participation is allowed.

The registration deadline is Sept. 1.

For details or to register, contact Tech. Sgt. Martin Venegas at the Gaylor Academy.

INFORMATIONAL

MENTORS NEEDED FOR AREA SCHOOLS

The Joint Base San Antonio-Lackland School Liaison Office, partnering with Communities in Schools, is looking for mentors in schools surrounding JBSA-Lackland for the upcoming school year.

Mentor training will be held Aug. 27, noon to 1:30 p.m.; Sept. 10, noon to 1:30 p.m.; and Oct. 1, noon to 1:30 p.m. All training will be at the Military and Family Readiness Center, building 1249.

At the completion of training, mentors will be placed in a school within a five-mile radius of JBSA-Lackland or a school of their choice in which Communities in School is participating.

For information, call 671-3722.

CHAPEL SERVICES

—PROTESTANT

- Freedom Chapel – building 1528 Ê
Contemporary Service Sun. 9:30 a.m.
Religious Education Sun. 11 a.m.
Gospel Service Sun. 12:30 p.m.
Spanish Service Sun. 3 p.m.
AWANA Wed. 6 p.m.
- Airmen Mem. Chapel – building 5432 Ê
Liturgical Service Sun. 8 a.m.

—DENOMINATIONAL

- BMT Reception Center – building 7246
Church of Christ Sun. 7:30 a.m.
- Gateway Chapel – building 6300
Seventh-day Adventist Sat. 12:30 p.m.
- Education Classroom – building 5200 Room 108
Christian Science Sun. 7:30 a.m.

—PENTECOSTAL RE

- Gateway Chapel – building 6300
Pentecostal RE Sun. 2:30 p.m.

—ORTHODOX CHRISTIAN

- Airmen Mem. Chapel – building 5432
Divine Liturgy Sun. 9:30 a.m.

—WICCA

- BMT Reception Center – building 7246
Military Open Circle Sun. 12:30 p.m.
- Freedom Chapel – building 1528 Ê
Military Open Circle First Tues. 6 p.m.

—REFUGE STUDENT CENTER

- building 9122 (Tech Training & TDY Students)
Wednesday Bible Study 6:30 p.m.
Thursday 6 – 8 p.m.
Friday 6 – 11 p.m.
Saturday Noon to 9 p.m.
Sunday 11 a.m. to 5 p.m.

—THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS

- Gateway Chapel – building 6300
Religious Education Tues. 6:30 p.m.
LDS Institute Thurs. 6:30 p.m.
LDS Service Sun. 1 p.m.

—JEWISH

- Airmen Mem. Chapel – building 5432
Sabbath & Kiddush Fri. 4:30 p.m.
Religious Education Sun. 1:30 p.m.

—ROMAN CATHOLIC

- Freedom Chapel – building 1528
Religious Education Sun. 9 a.m.
Reconciliation Sun. 10 a.m.
Mass Sun. 11 a.m.
Sun. 5 p.m.
 - Reconciliation Sun. 4:15 p.m.
 - Gateway Chapel – building 6300
Daily Mass Mon., Tues. and Thurs. 11:30 a.m.
- Note: Reconciliation(s) may be scheduled by appointment

—ISLAMIC

- Global Ministry Center – building 7452
Jummah Prayer Fri. 12:45 – 1:15 p.m.
Religious Education Sun. 9 a.m.

OTHER FAITH GROUPS

- BMT Reception Center – building 7246
—Buddhist Sun. 10 a.m.
- Gateway Chapel – building 6300
—Eckankar
First, third and fifth Saturdays 12:30 p.m.
- Baha'i
First, third and fifth Saturdays 11 a.m.

For more details, contact
Freedom Chapel - 671-4208 • Gateway Chapel - 671-2911

JBSA-LACKLAND

KEY FAMILY SUPPORT RESOURCES

Air Force Aid Society	671-3722
Airman & Family Readiness Center	671-3722
Airman's Attic	671-1780
American Red Cross	844-4225
Base Post Office	671-1058
Bowling Center	671-2271
DEERS	800-538-9552
Exceptional Family Member Program	671-3722
Family Child Care	671-3376
Legal Office	671-3362
Library	671-3610
Medical Appointment Line	916-9900
MPF ID Cards	671-6006
Outdoor Recreation	925-5532
TRICARE Info	800-444-5445
Thrift Shop	671-3608

Enlisted Spouses' Club	http://www.lacklandesc.org
Force Support Squadron	http://www.lacklandfss.com
Lackland ISD	http://www.lacklandisd.net
Officers' Spouses' Club	http://www.lacklandosc.org
JBSA Public website	http://www.jbsa.af.mil
My Air Force Life	http://www.MyAirForcelife.com

WHAT'S HAPPENING

Military & Family Support Events

ALL CLASSES, SEMINARS, MEETINGS AND EVENTS ARE HELD AT THE MILITARY FAMILY READINESS CENTER, BUILDING 1249, UNLESS NOTED BELOW. CALL MFRC AT 671-3722 FOR ADDITIONAL INFORMATION.

FRIDAY

- ▶ Transition GPS, 7:45 a.m. to 4 p.m.
- ▶ AMVETS national service officer available by appointment only. For additional information, call 773-354-6131.

MONDAY

- ▶ Personal and family readiness briefing, mandatory for personnel deploying longer than 30 days or going on remote assignments, 10:30-11 a.m.
- ▶ Post-deployment briefing, required for all Airmen returning from deployment, 502nd Logistics Readiness Squadron IDRC briefing room, 2:30-3:30 p.m., building 5160.
- ▶ AMVETS national service officer available by appointment only. For more information, call 773-354-6131.

TUESDAY

- ▶ Pre-deployment briefing, required for all Airmen preparing to deploy, 502nd Logistics Readiness Squadron

IDRC briefing room, 9-9:30 a.m., building 5160.

- ▶ Pre-separation briefing, mandatory for all members retiring, pre-registration required, 9 a.m. to noon.
- ▶ Create an effective resume, 11:30 a.m. to 1:30 p.m.
- ▶ AMVETS national service officer available by appointment only. For more information, call 773-354-6131.

WEDNESDAY

- ▶ AMVETS national service officer available by appointment only. For more information, call 773-354-6131.

THURSDAY

- ▶ Pre-separation briefing, mandatory for all members separating voluntarily, pre-registration required, 9 a.m. to noon.
- ▶ Bundles for Babies, 1-4:30 p.m.
- ▶ AMVETS national service officer available by appointment only. For information, call 773-354-6131.

AUG. 8

- ▶ Troops for Teachers, 1-3 p.m.
- ▶ AMVETS national service officer available by appointment only. For more details, call 773-354-6131.

AUG. 11

- ▶ Transition Goals, Plans, Success, 7:45 a.m. to 4 p.m.
- ▶ Personal and family readiness briefing, mandatory for personnel deploying longer than 30 days or going on remote assignments, 10:30-11 a.m.
- ▶ Post-deployment briefing, required for all Airmen returning from deployment, 502nd Logistics Readiness Squadron IDRC briefing room, 2:30-3:30 p.m., building 5160.
- ▶ AMVETS national service officer available by appointment only. For more information, call 773-354-6131.

AUG. 12

- ▶ Transition GPS, 7:45 a.m. to 4 p.m.
- ▶ Pre-deployment briefing, required

for all Airmen preparing to deploy, 502nd Logistics Readiness Squadron IDRC briefing room, 9-9:30 a.m., building 5160.

- ▶ AMVETS national service officer available by appointment only. For more information, call 773-354-6131.

AUG. 13

- ▶ Transition GPS, 7:45 a.m. to 4 p.m.
- ▶ AMVETS national service officer available by appointment only. For more details, call 773-354-6131.

AUG. 14

- ▶ Transition GPS, 7:45 a.m. to 4 p.m.
- ▶ AMVETS national service officer available by appointment only. For more information, call 773-354-6131.

AUG. 15

- ▶ Transition GPS, 7:45 a.m. to 4 p.m.
- ▶ AMVETS national service officer available by appointment only. For more information, call 773-354-6131.

Monthly Meetings

ENLISTED SPOUSES CLUB

The Lackland Enlisted Spouses' Club meets every third Tuesday of the month at the Balfour Beatty Community Center, 6:30-8:30 p.m.

For more information, visit <http://www.lacklandesc.org>.

OFFICERS SPOUSES CLUB

The Lackland Officers' Spouses' Club meets monthly. For dates and times, or more information, visit <http://www.lacklandosc.org>.

MILITARY COUNCIL OF CATHOLIC WOMEN

The Military Council of Catholic Women meets the first Friday of the month, 9:30 a.m., at Freedom Chapel. For additional information, call 671-4208.

On the web

<http://www.lacklandfss.com>

U.S. Army Public Health Command tracks new mosquito-borne disease

By Chanel Weaver
USAPHC Public Affairs

The U.S. Army Public Health Command is responding rapidly to an emerging viral infection that is threatening the United States. Although the chikungunya virus is not new, its emergence in the Caribbean makes it a disease of concern to the U.S. mainland.

Chikungunya is spread by two species of mosquitoes that are commonly found in the U.S., according to USAPHC entomologists.

"Chikungunya is most often spread to people by *Aedes aegypti* and *Aedes albopictus* mosquitoes," explained Capt. Heather Ferguson, USAPHC entomologist. "If an infected person is bitten by a mosquito, that mosquito may spread the virus by biting another person."

One way public health experts monitor the spread of chikungunya is by tracking reports from medical providers of the cases that occur in people.

"Isolating human cases from further bites of mosquitoes, if done efficiently and in time, can help stop the spread of the infection," said Farida Mahmood, entomologist at Public Health Command Region-Saouth.

Experts also track the location of mosquitoes that carry the chikungunya virus.

"Installation preventive medicine personnel collect mosquitoes from traps and then send them to USAPHC laboratories where they can be identified, prepared and tested to determine if the virus is present," Ferguson said.

"Surveillance of mosquito popula-



Photo by Graham Snodgrass

tions in and around installations is done with the goal of finding the presences of the virus before human cases occur," explained Capt. Brian Knott, another USAPHC entomologist. "If the virus is found in the mosquitoes in an area, intensive, focused control efforts can be initiated. By targeting those mosquitoes actively carrying the virus, the Army can maximize its resources and achieve the best possible results. Ongoing surveillance is also our means of evaluating our efforts."

"The mosquitoes that carry the virus bite mostly during the daytime," Knott added. "Understanding the behavior of the vector can help in educating Soldiers about prevention."

Most individuals have been taught to expect mosquito bites at dawn and dusk. Mosquitoes that are active during the day require the extension of preventive measures throughout the day, such as wearing insect repellent with DEET and light-colored, long-sleeved shirts and long pants.

"Educating Soldiers and their families about how to protect themselves from

chikungunya is extremely important should the virus continue to spread to the U.S. mainland," Knott said.

Other preventive measures include stopping mosquitoes from reproducing.

"Removal of all container breeding sites is key to prevention of chikungunya," Knott said. "Educating installation preventive medicine personnel and families about the need to empty water from old tires and other outdoor containers that collect water is a vital piece of our mission."

Since the mosquitoes carrying chikungunya are container breeders, this trait helps entomologists and installation environmental personnel conduct surveillance.

"Carbon dioxide-baited traps are used to collect mosquitoes for surveillance on installations," Knott said. "In addition, deploying the new lethal ovitrap can help cut down on the numbers of these mosquitoes by killing the females who use the trap to lay their eggs."

Controlling mosquito populations and monitoring human populations for the disease contribute equally to protecting Soldiers and families.

"Surveillance of any disease vectors involves cooperation across the military public health system," said Lt. Col. Laura Pacha, a USAPHC physician and epidemiologist. "The entomological sciences and laboratory programs detect infected mosquitoes, while the disease epidemiology program monitors human outbreaks and case reports in our Army population

As of July 15, the CDC reported approximately 234 travel-related cases of chikungunya in the United States. Most

were brought in by travelers to the Caribbean, where the disease appeared for the first time this year. Outbreaks of the disease previously occurred in countries in Africa, Asia and Europe. Two cases of locally acquired chikungunya were recently reported in Florida, the first in the continental United States.

"Army preventive medicine personnel are aware of the disease, and USAPHC experts are working with our colleagues in the Department of Defense to provide additional awareness and training and to put reporting mechanisms in place," according to John Ambrose, USAPHC epidemiologist.

"Chikungunya mimics dengue fever, another mosquito-borne illness," Ambrose said. "For public health surveillance purposes, lab testing is needed because it's that testing that distinguishes it from dengue."

While testing patients for the virus is done in hospital laboratories, testing of mosquitoes to see if they carry the virus is done in USAPHC laboratories once they have been collected in surveillance traps.

"Currently, our laboratories can test for chikungunya virus, and capabilities exist for both identification and testing of the virus," Mahmood explained.

"Once an outbreak occurs in our area of operations, the process of collecting information on the location and coordinating it with the locations of infected mosquitoes can begin," Pacha said. "With this information, Army public health professionals are better able to help protect Soldiers and their families from this illness."

Have medical questions? Call the TRICARE Nurse Advice Line

By Elaine Sanchez
Brooke Army Medical Center Public Affairs

Sometimes, it is difficult to know if and when to seek medical help for acute health problems. Having professional help at a moment's notice is invaluable, and the Military Health System's Nurse Advice Line is doing just that.

The advice line, or NAL, is now available to TRICARE beneficiaries in the continental United States, Alaska and Hawaii. The advice line is accessible toll-free 24 hours a day, seven days a week.

The NAL is manned by a team of registered nurses who are there to answer

a variety of urgent health care questions. Upon receiving a call, the nurse will ask a series of questions geared to help them determine the best course of action

"There will always be a live-person on the line to address beneficiaries' concerns and offer a variety of services," said Maj. Steven Fox, Joint Base San Antonio-Lackland Senior Group Practice Manager.

For pediatric issues, the NAL will be able to route the caller to a pediatric nurse. If a follow-up is necessary or requested, the NAL is able to call the beneficiary back to check the child's status a few hours later.

For callers who are enrolled at a military treatment facility, the NAL will also be able to make same-day appointments with the beneficiary's primary care manager, or PCM. If a same-day appointment is not available, the NAL will direct the beneficiary to the closest urgent care center, and inform the PCM that an urgent care referral is needed.

This will ensure the patient does not have to worry about paying a point-of-service co-pay.

TRICARE beneficiaries who are not enrolled at an MTF will receive professional health care advice.

When calling the NAL, a customer

service representative will verify the beneficiary's eligibility through the Defense Enrollment and Eligibility Reporting System. Beneficiaries with an acute health care concern or question will be connected with a registered nurse.

Beneficiaries can still contact their PCM or clinic.

"The NAL serves as an extension of our care teams, and is another means through which our beneficiaries can obtain health information, and access the care they need, in a timely manner," Fox said.

To access the NAL, dial 1-800-TRICARE (874-2273); Option 1.

Rambler 120 race returns with new division for individuals

By Robert Goetz

Joint Base San Antonio-Randolph Public Affairs

After a one-year hiatus, Joint Base San Antonio's adventure race, the Rambler 120 Team Challenge, will return Sept. 20 to the JBSA Recreation Park at Canyon Lake.

The Rambler 120, which is hosted by the 502nd Force Support Squadron, features four- and eight-person teams that engage in a friendly, but hard-fought, competition that challenges participants with a 22-mile bike race, 6-mile run, 2-mile raft race and a mystery event.

The competition, now in its eighth year, was canceled last year because of Department of Defense budget issues and furloughs, but project officer Steve Knechtel, 502nd FSS community programs manager, said organizers have made a few changes to "reinvigorate" the event, which has averaged nearly 300 participants in recent years.

"Every year we try to tweak it and improve it," he said. "We've made three major improvements this year."

One of the improvements was adding a division for recreational racers, Knechtel said. The "Just4Fun" division joins the four-person Xtreme and eight-person relay team divisions that have



Photo by Melissa Peterson

From left: X-treme team Road Divas members Kimberly Felty, Carolina Marin Solo, Johanna House and Jennifer Mitchell row during the 2-mile rafting course as part of the Rambler 120 competition Oct. 20, 2012, at the Joint Base San Antonio Recreation Park at Canyon Lake.

served as the backbone of the event. Xtreme and relay teams compete in three categories: all-male, all-female and coed.

The Rambler 120 also includes a youth biathlon, the "Iron Kid," for family members 5 to 12 years old.

Other changes to the event are the employment of a race management company, Athlete Guild, to handle registration and official timing, and the posting of links on the 502nd FSS web-

site, <http://www.randolphfss.com>, to direct prospective participants to information such as registration, previous winning times, a fact sheet and rules, race routes and directions to the recreation park. The links are accessible through a Rambler 120 advertisement on the website's main page.

The event staff is seeking volunteers from all JBSA locations as well as participants, Knechtel said. The event is restricted to active-duty and retired military members and their families, government civilians and contractors 18 years of age and older.

Knechtel said the event often has repeat participants.

Maj. Peter Springirth, 433rd Logistics Readiness Squadron director of operations, said he is competing again this year – and actively recruiting team members – after participating in the Rambler 120 in 2010 and 2012. The 433rd LRS coed relay team he belonged to placed first in the 2012 event.

"I love the idea of triathlons, but can't swim long distances without drowning, so this event is absolutely perfect," he said. "It's in a picturesque location, with a great barbecue lunch as well, so we love competing."

Staff Sgt. Flavio Marroquin, 690th Cyberspace Operations Group Main-

tenance Operation Center operations controller, said he and his team, "The Poindexters," were ready to go last year until the competition was canceled, and they're poised again for this year's Rambler 120.

"Our team will be participating in the Xtreme challenge and we plan on having a top finish," he said. "The biggest challenge will be the raft. Most of us have never done anything like it, and there is no practical or frequent way for us to practice it."

Deadline to register for the Rambler 120 is Sept. 6. Entry fees are \$150 for relay teams and \$100 for Xtreme teams if they sign up before Aug. 2; after Aug. 2, fees are \$180 for relay teams and \$120 for Xtreme teams. Other fees are \$25 for individuals and \$10 for children. Entry fees entitle participants to a commemorative T-shirt, a barbecue lunch and refreshments.

Military teams and individuals may also qualify to have their registration fee paid through the Air Force RecOn program, but limited funds are available, Knechtel said.

Awards will be presented to the top three teams in each division and category.

For more information, call 652-3125, 267-7358.

Bod Pod provides patrons a reality check on their fitness

By Jose T. Garza III

JBSA-Lackland Public Affairs

When trying to gauge progress and look at current fitness levels, it can be difficult to find a single method that has all the answers. The Joint Base San Antonio-Lackland Health and Wellness Center has a solution; A spaceship-looking device can provide the answer.

The Bod Pod tells individuals what their body fat percentage is and nutritional intake should be. It also informs them of their resting metabolic rate is and how many calories they should consume depending on if they live a sedentary lifestyle.

"The good thing about the device is that it is not opinionated or have variances from one person to another that is administering the test," explained Roy Eby, 559th Aerospace Medicine Squadron health promotion technician. "An

individual sits inside this capsule and we close it up."

Each appointment begins with patrons weighing themselves on a scale before entering the Bod Pod and being enclosed for two sets of measurements for one minute each, Eby said.

The entire process from getting the person's name to printing out their progress report takes roughly seven minutes.

Individuals' body fat percentage and the amount of fat and lean muscle mass they are carrying are listed in the report.

Eby said the Bod Pod is "very precise" and that only a hydro test is a more precise measurement.

"It is good for knowing whether their workouts are helping you or not," he explained. "If they are doing a workout regimen for six to eight weeks and think they are making improvement by getting on a regular weight scale and finding out they lost five pounds, they might find

out they lost five pounds of muscle as opposed to fat.

"The workout might not have been beneficial to what they were doing or they were depleting the amount of calories they were supposed to intake."

Active duty military, reservists, and guardsmen as well as dependents and retirees with a Department Of Defense identification card are authorized to test in the Bod Pod, Eby noted.

He recommends patrons not eat or drink two hours prior to their appointment.

Women must wear spandex shorts and a jog bra and men have to wear spandex shorts when being examined in the Bod Pod, Eby said. He also added that they cannot wear jewelry and glasses during the examination.

When sitting inside the capsule, they should be relaxed because the computer can detect subtle body movements,

causing the test to restart, the health promotion tech said.

To schedule a Bod Pod appointment, call 671-0566.



Photo by Jose T. Garza III

Roy Eby, 559th Aerospace Medicine Squadron health promotion tech, sits inside the Bod Pod for a demonstration July 11 at the Joint Base San Antonio-Lackland Health and Wellness Center.