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A PUBLICATION OF THE 502nd AIR BASE WING – JOINT BASE SAN ANTONIO-FORT SAM HOUSTON



'STOP THE BLEED' INITIATIVE **PAGE 3**



BAMC HEALING HANDS AND ARMS **PAGE 10**



IS ARMY SOUTH HEADQUARTERS HAUNTED? **PAGE 11**

San Antonio Spurs spend time with local wounded warriors

By Lori Newman
 BAMC Public Affairs

Warriors, family members and staff are often treated to lunch at the Warrior & Family Support Center, but rarely is lunch served by local sports superstars.

Sixteen San Antonio Spurs players, along with head coach Gregg "Pop" Popovich and other members of the Spurs organiza-

tion filed off a bus Oct. 21 to serve lunch, sign autographs and mingle with wounded warriors and their families.

From there, they made their way to the Center for the Intrepid to visit with wounded service members and play wheelchair basketball.

"It's great to come out and see the guys and give them a little bit of support and see some smiles

and put hands on people. It's just really nice to be here," said 18-year veteran power forward Tim Duncan.

Spurs star Manu Ginobili said visiting warriors was a team activity he really enjoyed.

"We appreciate coming here and talking to the guys. It's a great experience and at the same time

See SPURS, P8-9



Spurs player Tim Duncan congratulates a wounded warrior after a game of wheelchair basketball at the Center for the Intrepid Oct. 21. Photo by Robert Shields

18 tips to safeguard your mobile devices, social media

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By **Katie Lange**
DOD News, Defense Media Activity

It's 2015. Most of us have computers, smartphones, tablets and even smartwatches. But are you taking the right precautions to keep the personal information that's stored there safe?

According to a Pew Research Center 2015 report, 64 percent of Americans own a smartphone, while many rely on them heavily for Internet access. About the same percentage of American adults also use social networking sites.

A constantly connected world is great – especially for cybercriminals. Since October is National Cyber Security Awareness Month, we're doing our best to make our military families more #cyber-aware. Here are some ways to keep your important communications tools secure.

For your mobile phone, be sure to set PINS and passwords. This is your first line of defense in case your phone is lost or stolen. Also, set your phone to lock automatically between 30 seconds to 5 minutes after it's idle.

By **Secretary of the Air Force**
Public Affairs Command
Information

Every day, Air Force organizations and personnel are reminded of the importance of operations security and cybersecurity, and how integrating

Only install apps from trusted sources. Check an app's reviews, confirm the legitimacy of the app store, and compare the app sponsor's official website with the app store link to make sure they're the same. Many apps from untrusted sources contain malware that can steal information and install viruses.

Understand app permissions before accepting them. Check the privacy settings for an app before you install it. Be cautious about what access to your personal information you give apps.

Be smart on open Wi-Fi networks (<https://www.us-cert.gov/ncas/tips/ST05-003>). If unsecured, cybercriminals within range of the connection can get to your personal information. It's wise to not use an open network unless you really have to.

Wipe data on your old phone before getting rid of it. Your personal information is private for a reason, and you want to keep it that way when it's in someone else's hands. Reset it to its factory settings before you donate, resell or recycle it.

them into day-to-day operations helps protect proprietary and sensitive information from disclosure, espionage and exploitation.

Virtually every mission across the range of military operations depends on cybersecurity and

Report stolen smartphones. Did you know there's a stolen phone database? Well, there is, so be sure to report the theft to local law enforcement, then register it with your wireless service provider. Other providers will be alerted, and they can set up remote "bricking" so it can't be used without your permission.

Don't modify your smartphone's security settings. This undermines the built-in security features and can make the device more susceptible to attack.

Backup and secure your data. Contacts, documents and photos should be stored in the cloud, on a computer or on a portable storage device so you can restore the information if it gets erased, lost or stolen.

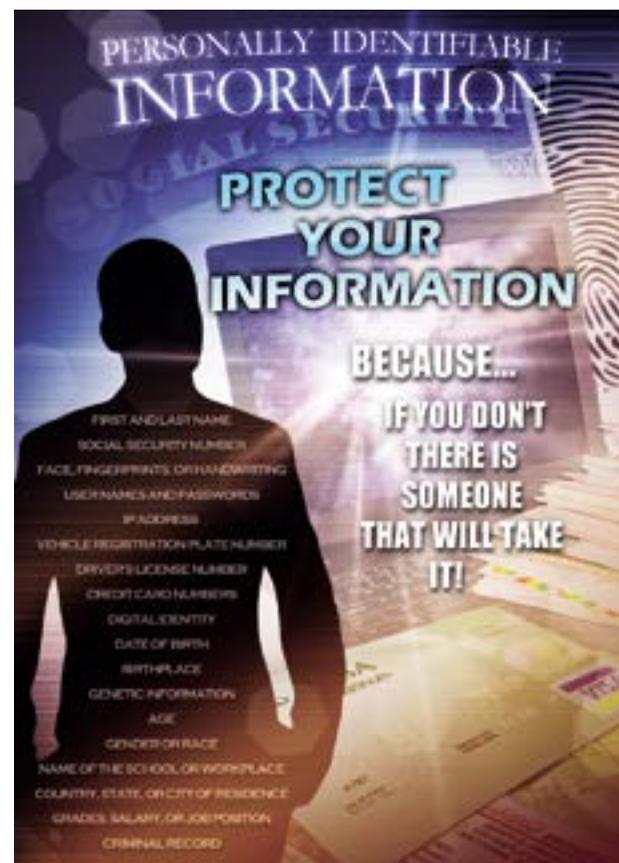
Install security that enables remote location wiping. This might be a default on your phone or an app. It can remotely locate and erase all of the data on your phone if it's stolen or lost. Some apps also offer loud alarms to find your phone (even if it's on silent), as well as to help locate lost devices.

Access updates and

every Airman is tasked to defend and protect the domain.

Even at home, OPSEC and cybersecurity together can deter those who strive to exploit information for personal gain.

"Twenty-first century warfare has quickly



Graphic by William Parks

patches to your software. Set these up to automatically update so you reduce the risk of exposure to cyber threats.

On social media sites, limit the personal information you post. Do you want a stranger to know how long you're going on

vacation? Probably not, so don't post it on social media. Make sure your connections don't, either.

Remember the Internet is a public resource. Same basic concept as above – if you

See **SOCIAL, P21**

Cybersecurity, operation security vital to mission success

By **Secretary of the Air Force**
Public Affairs Command
Information

Every day, Air Force organizations and personnel are reminded of the importance of operations security and cybersecurity, and how integrating

them into day-to-day operations helps protect proprietary and sensitive information from disclosure, espionage and exploitation.

Virtually every mission across the range of military operations depends on cybersecurity and

every Airman is tasked to defend and protect the domain.

Even at home, OPSEC and cybersecurity together can deter those who strive to exploit information for personal gain.

"Twenty-first century warfare has quickly

extended beyond the traditional domains of air, space, land and sea," said Lt. Gen. William Bender, Air Force chief information officer.

"Cyberspace has emerged as the latest domain. From fuel pumps on the flightline, GPS link on

weapons platforms, to the computer on your desk – every system that operates in and through cyberspace represents a vulnerability to the domain."

In the days of data breaches, phishing, hack-

See **OPSEC, P16**



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News Briefs

Federal Employees Health Benefits Fair

The 2015 Federal Employees Health Benefits Fair takes place from 9 a.m. to 4 p.m. Wednesday at the Arnold Hall Community Center, 1560 Stewart St., building 5506 on Joint Base San Antonio-Lackland. It is open to current and retired federal employees and representatives will be available to discuss various insurance options. Open season is Nov. 9 through Dec. 14.

Robert G. Cole High School JROTC Turkey Shoot

The Robert G. Cole High School Junior ROTC holds their annual turkey shoot from 8 a.m. to noon Nov. 14 at the Cole High School Air Rifle Range at 4001 Winans Road on Fort Sam Houston. The event is a shooting competition divided into eight categories from elementary school to adult with prizes in each category. Tickets can be bought at the event or from any JROTC cadet prior to the competition.

North New Braunfels, Harry Wurzbach West Access Control Points Open In Mornings

The North New Braunfels Access Control Point, located by the Quadrangle, and the Harry Wurzbach West ACP, also known as the Pershing Gate, are open for incoming and outgoing traffic from 5:30-8:30 a.m. Monday through Friday, except on federal holidays, according to the 502nd Security Forces Squadron.

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Stray Animals Notice For JBSA-Fort Sam Houston Residents

Many stray or roaming animal sightings are near residences. The stray or roaming animals are seeking food, water and shelter. Although this is not necessarily a housing problem, housing officials ask that residents refrain from feeding any animal that does not belong to them or that is running wild on Joint Base San Antonio-Fort Sam Houston. If stray or roaming dogs in housing areas or entering the installation are seen, please call the 502nd Civil Engineering Squadron service call desk at 671-5555 to establish a work order and report the stray as soon as possible. Civil engineers will set traps for the strays and remove once the strays have been caught. If a wild animal is seen, keep away and make sure that no one is leaving food or water near housing areas. In addition, call Lincoln Military Housing at 221-0948 to have pest control service place a trap around the residence.

White House taps military medicine expertise for emergency preparedness campaign

By Steven Galvan,
USAISR Public Affairs and
Ramin A. Khalili,
Combat Casualty Care Research
Program

The White House Administration, alongside other government leadership, announced a new national public service campaign Oct. 6 designed to boost public awareness of what each person can do to help save lives during a major disaster.

The campaign, called "Stop the Bleed," is based on the success of the U.S. military in reducing combat deaths during recent conflicts in Afghanistan and Iraq. In those cases, since most combat fatalities occurred on the battlefield prior to reaching a hospital and the majority of potentially preventable deaths occurred due to hemorrhage, bleeding control is now a cornerstone of the improved survival techniques used by the armed forces.

A person who is bleeding can die from blood loss within five minutes. The "Stop the Bleed" campaign aims to teach everyday citizens basic techniques in hemorrhage control so that an injured person has a greater chance of living long enough to reach a doctor's care at the hospital.

"The Department of Defense's clinical experience and research in these areas underpins this entire effort," said Col. Todd Rasmussen, director of the U.S. Army Medical Research



Photo by Steven Galvan

(From left) Retired Army Col. (Dr.) John Holcomb, former U.S. Army Institute of Surgical Research commander; Col. (Dr.) Jeffrey Bailey, former USAISR Joint Trauma System director; Col. (Dr.) Kevin O'Conner, physician to the vice-president; Col. (Dr.) Robert Mabry, Robert Woods Johnson Congressional Fellow; retired Navy Capt. (Dr.) Frank Butler, Chairman of the Committee on Tactical Combat Casualty Care; and Dr. Dave Marcozzi, former White House staffer for medical policy, at the "Stop the Bleed" forum in Washington, D.C., Oct. 8.

and Materiel Command's Combat Casualty Care Research Program.

The CCCRP played an integral role in the development of the campaign, creating the "Stop the Bleed" logo and official campaign slogan, as well as advising the DOD and the National Security Council on program content.

The American College of Surgeons has also joined the campaign, establishing the Hartford Consensus Group that has championed the translation of military advances in external hemorrhage control to bystand-

ers, law enforcement, firefighters and emergency medical service medics.

"The efforts of this group have been compiled into the Hartford Consensus Group compendium that was recently released as a special communication of the college in an effort to improve survival from these events – which are, unfortunately, becoming increasingly common in the United States," said Dr. Frank Butler, Chairman of the Committee on Tactical Combat Casualty Care and director of pre-hos-

pital trauma care at the U.S. Army Institute of Surgical Research Joint Trauma System at Fort Sam Houston.

As a special operations surgeon while on active duty, Butler learned firsthand that someone with severe bleeding can bleed to death in a matter of minutes – often before the arrival of a trained medic. He has also seen the dramatic increases in survival achieved by the 75th Ranger Regiment and other special operations units that adopted the use of tourniquets and hemostatic dressings.

"Thanks largely to the efforts of the Tactical Combat Casualty Care group that have been ongoing since 1993, all of the U.S. military is now trained to provide life-saving external hemorrhage control interventions," Butler said.

Butler added that these advances in combat trauma care have saved many lives on the battlefield and now this knowledge will do the same thing in the civilian sector.

For more information about how to "Stop the Bleed" and help save a life, visit <http://www.dhs.gov/stopthebleed>.

Army installations kick off voting season

By Joshua Ford
U.S. Army Installation
Management Command

The U.S. Constitution mentions numerous rights that America's forefathers believed every citizen should have. One of those rights is mentioned in the Constitution more than any other – the right to vote. According to a 2014 Federal Voting Assistance Program report, many Soldiers and their families aren't taking advantage of their right to vote.

The report showed that military voters and their families lacked a "trigger" to get to the polls and vote, said Madeleine Roberts, voting assistance program manager for U.S. Army Installation Management Command at Fort Sam Houston.

Army voting assistance officers at Army installations around the world are launching a kickoff to the 2016 voting season campaign Nov. 4 – much earlier than previous voting seasons

– In the hopes of being that "trigger" in time to inspire Army Family members to go to the polls.

"It is important for Soldiers to vote because it is one of the freedoms in which they defend," said Rachel R. Gilman, the Army's voting action officer at the Army's Human Resource Command on Fort Knox, Ky.

"It's the job of the Voting Assistance Program to make registration, voting information, materials and assistance readily available to all eligible Army voters," she said. "We educate eligible voters about the importance of voting and provide every opportunity to register and cast a ballot."

Visibility of voting assistance resources and communications was listed as a key factor in initial motivation, according to the report.

Army voting assistance officers want Soldiers to get educated on the voting process and make plans to vote in the upcoming presidential



Photo by Dustin Senger

Army Maj. Ashantas Cornelius (left) fills out her absentee ballot form while Pfc. Crystal Miller looks for the mailing address matching Cornelius' home of record during a voting assistance drive at Camp As Sayliyah, Qatar, in 2008.

election early.

"Some of our population doesn't have confidence in the system and believe their vote will not count or that they should take part in the process due to being service members," Roberts said.

"We want to provide awareness and ensure they have the tools to be active participants, and educate them on their voting rights as citizens."

Soldiers are allowed to maintain political affiliation to a party and

are allowed to endorse a candidate in a political race, Roberts said. Those are some of the misconceptions voting assistance officers are charged with educating Soldiers and families about.

That education also includes how voting can directly effect Soldier's investments to include retirement and medical benefits, Roberts said.

Finally, voting assistance officers will be meeting with commanders at a local level to ensure they understand the importance of allowing their Soldiers the time to register and vote – even if it's via an absentee ballot.

"Getting support from military leaders plays a big role in Soldier participation," Roberts said.

"The bottom line is each individual vote matters," Roberts said. "Especially those votes coming from our military population. They are the ones fighting on the frontlines so we can continue to enjoy the freedoms we enjoy today: which includes that right to vote."

At Fort Sam Houston, contact the installation voting officer at 221-1424 or by email at usaf.jbsa.502-abw.mbx.502-fss-votingassistance@mail.mil.

Have fun, stay safe on Halloween with simple tips

By Ricardo S. Campos
Fire and Life Safety Educator
JBSA Fire Emergency Services

Halloween is supposed to be a fun, safe and happy holiday for you and your kids. By following a few simple safety tips, you'll look forward to many happy years of Halloween fun.

By establishing great memories for your kids, they'll be more likely to carry on the traditions that you have instilled in them for future generations to come.

This year, make sure you have an extra safe Halloween night with these trick-or-treat tips:

- If buying a costume, make sure

the label says "flame resistant." Flame resistant means it will be difficult for the costume to catch fire. If it does, the fire will go out fast.

- If make a costume, use flame-resistant fabrics, such as polyester and nylon. These materials will resist burning if exposed to a flame.

- Tell kids to stay away from candles and jack-o-lanterns that may be on steps and porches. Their costumes could catch fire if they get too close.

- Kids should never carry candles when they are trick-or-treating. Always use a flashlight, flameless candle or a light stick.

- Tell kids to let you know right

away if they see other kids playing with matches or lighters.

- Don't use candles for decorations. They're dangerous, especially when left unattended.

- Use only decorative lights tested for safety by a recognized testing laboratory. Check lights for broken or cracked sockets, frayed or bare wires or loose connections. Throw away damaged sets and don't overload extension cords.

- Check the Consumer Product Safety Commission's website for the latest on Halloween-related consumer product recalls.

- If you have a Halloween party, check for cigarettes under furniture

cushions and in areas where people were smoking before you go to bed.

- Remove any materials around your home or property, such as garbage or excess vegetation, which an arsonist could use to start a fire.

To learn more about Halloween fire safety tips visit the National Fire Protection Association's website at <http://www.nfpa.org/education> or contact the fire prevention offices at Joint Base San Antonio-Fort Sam Houston at 221-2727, JBSA-Lackland at 671-2921 or JBSA-Randolph at 652-6915.

Trick-or-treating hours at JBSA-Fort Sam Houston are 5-8 p.m. Saturday.

6 x 4.75 AD

Military kids learn life lessons from NBA pros at Fort Sam Houston

By Carole Chiles Fuller

Air Force Civil
Engineer Center Public Affairs
JBSA-Lackland

Seventy-five Department of Defense youth from Joint Base San Antonio locations learned life lessons and basketball skills from NBA and former San Antonio Spurs legend Bruce Bowen and current Spurs guard Patty Mills during a Jr. NBA clinic at Cole High School on Joint Base San Antonio-Fort Sam Houston Oct. 19.

Bowen, defensive-minded player who earned three championship rings with the Spurs, along with Mills, worked out alongside the young participants, demonstrating skills for offense and defense and bringing smiles to their faces.

"It's a pleasure and an honor to be able to have an impact on some of the kids of our military service people," Bowen said.

Bowen has been active in community service in San Antonio since his days as a player from 2001-2009, promoting fitness for kids and families.

"I learned from (Spurs coach and U.S. Air Force Academy graduate) Gregg Popovich. It's better to help others and everything else will come in due time," Bowen said. "When you have a chance to impact a kid's life, it's fantastic. They're able to take things that you taught them and give it to others. It's kind of a circle of life so to speak, as far as the continuous giving effort, especially in this great city of San Antonio."

Mills, who has a 2014 NBA championship ring with the Spurs, said he



Photos by Carole Chiles Fuller

Bruce Bowen, former San Antonio Spurs legend and current ESPN analyst, encourages Jr. NBA clinic participants during a dribbling drill at Cole High School on Joint Base San Antonio-Fort Sam Houston Oct. 19. Bowen shared his enthusiasm for the sport, physical fitness and healthful living with the participants and their family members.

was thrilled to present the idea of lifelong fitness to the youth, and spread joy through the sport of basketball.

"You can see how much fun the kids are having and the smiles on their faces," Mills said. "It's all about the young kids and having a healthy lifestyle. That's why I'm here today, to share the healthy choices that I have made in my short career. These are the kids of the future, so being here is a big deal for me."

Bowen noted that basketball can teach valuable life lessons, including the concept of resiliency.

"There are different times in the game of

basketball where you're down by 10 with 2 minutes to go, and you start seeing the character of some teams that aren't prepared," Bowen said. "I think with Gregg Popovich and the things that he learned at the Air Force Academy ... it's not about being down and out in those moments as long as there's time on the clock.

"So transfer that into our society today. Maybe you didn't start out so well during the first half of the school year, but you can still finish up strong. Those are the little lessons that I think basketball and other sports provide. When kids understand that all I have to do is my best,

that's good stuff. That's a good recipe for us to have something truly special in life," Bowen said.

The clinic was one of many held across the United States the week of Oct. 19 to help the NBA tip off its expanded youth basketball participation program.

However, it was the only one scheduled at a military installation during tip-off week, said Phaethon Bolton of NBA Social Responsibility, who helped organize the event.

"All we're doing is saying, 'thanks for your parents' serving'," said NBA clinician Frank Lopez of Lakeland, Fla.

"My son, Jarvis, really enjoyed the interaction with new kids and the drills, but wished the clinic was longer. It's really special (when players) choose the military community to volunteer their time," said Jarvis Pettaway, a human resources specialist at the Air Force Personnel Center, Joint Base San Antonio-Randolph.

The children of Chief Petty Officer Ferdinand Ajel, with the Navy Recruiting District, San Antonio, said they enjoyed learning more about playing defense. Alex, 13; Kalea, 11; and Noelani, 10; also said they had a great time.

"It was nice. Everyone was so enthusiastic about it," Alex said.

The Spurs mascot, the Coyote, and members of the dance squad, the Silver Dancers, added to the fun, enthusiastic atmosphere.

Jr. NBA is a free program that allows any existing youth basketball

league to receive discounts on uniforms and other youth basketball resources as well as access to Jr. NBA events and opportunities, including NBA player/legend appearances, grant funding and professional development for coaches. Leagues can register at <http://jr.nba.com>. Registration opened Oct. 19.

The NBA is promoting the Jr. NBA to installation leagues as part of a Commitment to Service initiative be-

tween the NBA and Department of Defense, which focuses on having athletes and service members work together to create a culture of service in their communities and promote healthy living, successful life transitions and good leadership.

Air Force families can learn more about healthy living, to include planning healthy meals and ways to get fit together at <http://www.usaffitfamily.com>.



Spurs guard Patty Mills helps a Jr. NBA clinic participant work on his dribbling skills at Cole High School on Joint Base San Antonio-Fort Sam Houston Oct. 19. Seventy-five military children participated in the clinic, the tip off of the NBA's Jr. NBA Week.

Construction projects abound on BAMC campus

By Dewey Mitchell
BAMC Public Affairs

New construction of two facilities and renovation work at the Center for the Intrepid are keeping construction workers busy on the BAMC campus and have resulted in the temporary loss of more than 200 patient parking spaces.

A new shuttle bus is delivering staff from the parking garage to free up more spaces for patients' convenience, allowing them to park closer to San Antonio Military Medical Center for their appointments.

In Parking Lot D,

construction began in September on a new fire station. The new facility will serve to protect the patients and staff of the BAMC Campus and will be operated by the 502nd Civil Engineering Squadron Emergency Services.

The fire station will be about 13,000 square feet and is expected to be completed next September.

Also under construction just outside SAMMC's main entrance is a hyperbaric facility addition, which is also about 13,000 square feet. Construction is expected to be

completed next July.

Hyperbaric medicine provides treatment for wound care, decompression sickness, arterial gas embolisms, carbon monoxide poisoning and provides the only active duty hyperbaric fellowship program.

At the Center for the Intrepid, construction of transition space was recently completed, so the fabrication unit could move to temporary quarters while the second floor is renovated for the expanded IDEO operation. Renovation work is expected to be completed next April.



Courtesy photo

An area near Brooke Army Medical Center's main entrance is fenced off for construction of the hyperbaric facility addition, resulting in the loss of some parking spaces.

FALL BACK THIS WEEKEND



Courtesy graphic

Daylight saving time will end with a "fall back" to standard time at 2 a.m. Sunday. Don't forget to turn your clocks back Saturday night before you go to bed so that you can enjoy the extra hour on Sunday morning.

3 x 4.75 AD

Army surgeon general: 'Engagement' key to civilian readiness

By David Vergun
Army News Service

Civilian workforce "engagement" is another way to bolster Army readiness, said Army Surgeon General Lt. Gen. Patricia Horoho.

Readiness, which has been identified by the Army's chief of staff as the service's top priority, is not only the domain of Soldiers, Horoho said. It's a responsibility shared by the Army's civilian workforce.

Horoho spoke at the Civilian Awards Luncheon during the 2015 Association of the United States Army Annual Meeting and Exposition in Washington, D.C., Oct. 14.

The No. 1 way to bring about readiness to the civilian workforce, she said, is "engagement," which is another term for esprit de corps.

Engagement, she said, doesn't correlate with employment longevity or paygrade. Instead, it's the "cumulative effect of five variables: culture, brand, values,

trust and mission."

The culture of each organization will be different, depending on its mission, Horoho said. For example, for many organizations, such as the Army labs, that culture might include experimentation and risk taking. But a very different culture would be in an organization tasked with potentially launching nuclear missiles.

Horoho said it's important that everyone in an organization reach consensus on what its culture should be and then live that culture every day.

Additionally, every civilian employee should know the organization's "brand" and that brand should be a strong one, Horoho said.

While the Army has had its Trusted Professionals brand, each organization within the Army has one that is unique to it.

Soldiers have a strong foundation in Army values, Horoho said. Examples of those include the "Army Values," and

the "Warrior Ethos." Each organization within the Army will also have its own values that are more closely aligned with its mission.

In Army medicine, values associated with preventative care and treatment, for example, would be important, she said.

Trust occurs "when the employer and the employee become a team, not opponents," Horoho said. Trust must be transparent and involve commitment to each other and to the team.

Conversely, external stakeholders must also have trust in the organization supporting them, she said. For instance, sick or injured Soldiers must trust Army medicine. An infantry unit must trust its close-air support, and so on.

While the chief of staff has repeatedly said that the Army's mission is to fight and win wars, each organization within the Army will also have its own secondary mission that supports the larger



Photo by David Vergun

Army Surgeon General Lt. Gen. Patricia Horoho speaks during the Civilian Awards Luncheon at the annual meeting of the Association of the United States Army in Washington, D.C., Oct. 14.

Army mission, she said.

Knowing the organization's mission and reaching consensus and buy-in on that mission is important, Horoho said.

And because sometimes organizations change, the mission statement might have to have to change as well. When that happens, there should be consensus on what those changes are, she said.

Creating engagement, Horoho said, "is a shared responsibility between both employees and their supervisors. It's an outcome of a team effort. It's an expectation, not an entitlement ... I believe each of us as team members must understand where you are and where the team is in all of the five variables."

Everyone in an orga-

nization, Horoho said, must have a voice in the conversation about those five variables.

"If we are to win in a complex and uncertain world, we need the certainty that our civilian workforce is fully engaged," the Army surgeon general stressed.

Paraphrasing President Ronald Reagan, Horoho said, "the ability of this or any administration to succeed depends in no small degree on the energy, the dedication and the spirit of federal employees."

Army civilians can do that, she said, by "providing the foundation and institutional knowledge that allows us to do what we do."

In her own organization, she said, 48,000 of the 181,000 personnel are Army civilians.

Horoho concluded that throughout her 40-year career, she's "found the civilian workforce to be one of the most dedicated, one of the most inspiring workforces that there is."

SPURS from P1

we're helping them have a better day," Ginobili said. "Many of them watch us on TV and they enjoy what we do, so we come here to say hi and share some experiences and have a good time."

Popovich, an Air Force veteran and U.S. Air Force Academy graduate, thinks community activities are important for his team, especially supporting military members.

"Any time we can honor these men and women who have sacrificed so much, it's the least that we can do. It's a great way

for all of us to understand how fortunate we are, so it's a win-win for everybody," said Popovich, who has coached the team to five NBA championships.

"They enjoy seeing the players and the players appreciate what they have done, and what they have to go through here. It's pretty incredible; I think it teaches the players a lot about perseverance and coming back from diversity," Popovich said.

"One of the most impressive things about the whole Spurs team is their demonstration of teamwork, during all of their games and all of

their actions in the city," said Brooke Army Medical Center Commander Col. Evan Renz.

As a leader, Renz has a great appreciation for other leaders.

"When I spoke to Coach Popovich I thanked him for the excellent example of leadership that he gives, not just on the basketball court but throughout the community," Renz said. "It inspires young people to see that kind of teamwork. He creates a better community and we owe a great debt to Coach Popovich for what he brings to the San Antonio area."



Photo by Robert Shields

Spurs Coach Gregg Popovich (center) and Spurs player Danny Green (right) talk with Spc. Cruz Allen Oct. 21 at the Center for the Intrepid.

Joint Trauma System wins medical excellence award

By Steven Galvan
USAISR Public Affairs

The Joint Trauma System at the U.S. Army Institute of Surgical Research on Fort Sam Houston was selected as the winner of the eighth annual Maj. Jonathan Letterman Award for Medical Excellence, presented by the National Museum of Civil War Medicine in Bethesda, Md., Oct. 8.

This is the second year in a row the USAISR won the Letterman award.

The award is named after Maj. Jonathan Letterman, known as “the father of battlefield medicine” when selected as the medical director of the Army of the Potomac in 1862. During the battles of South Mountain and Antietam, Letterman fine-tuned what is now known as the Letterman Plan. This plan not only saved the lives of countless Civil War soldiers; his plan continues to save lives on today’s battlefields, Afghanistan and wher-

ever emergency medical help is needed.

According to the museum website (<http://www.civilwarmed.org/>), the annual award recognizes an individual and an organization for leading innovative efforts in civilian emergency care, combat casualty care, prosthetic technology, improving outcomes for patients with catastrophic injuries or leveraging today’s cutting medical technology to develop new ways to assist military service members or civilians who have suffered severe disfiguring wounds.

Accepting the award for the JTS was Col. (Dr.) Kirby Gross, JTS director.

“Although the award was presented in October, the award was earned since the inception of the JTS and Joint Theater Trauma System,” Gross said. “The JTTS was first fielded in 2005 with stateside support of the JTS at the USAISR. The last theater presence of the JTTS personnel



Photo by Steven Galvan

(From left) Craig Lebo, National Museum of Civil War Medicine board member; Col. (Dr.) Kirby Gross, U.S. Army Institute of Surgical Research Joint Trauma System director; Dr. Kenneth Bertram, U.S. Army Medical Research and Materiel Command principal assistant for acquisition; and Betsy Estilow, National Museum of Civil War Medicine board president during the eighth annual Maj. Jonathan Letterman Award for Medical Excellence by the National Museum of Civil War Medicine Oct. 8 in Bethesda, Md. Gross accepted the award for the USAISR JTS.

concluded in December 2014, but the theater presence continues by application of clinical practice guidelines and participation in the weekly combat casualty care curriculum conferences.”

The JTS was established at the USAISR in

2004 when the assistant secretary of defense for health affairs directed all military branches to work together to develop a single trauma registry to improve trauma care delivery and patient outcomes through the continuum of care.

“The JTS staff re-

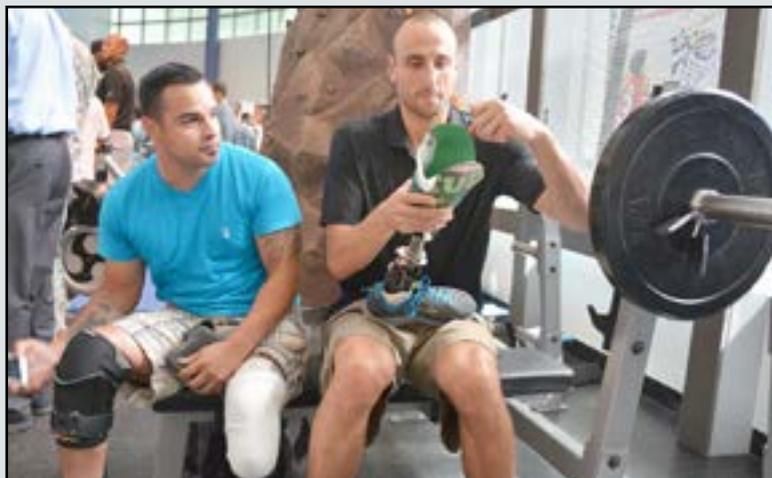
ceived this award due to the positive impact on combat casualty care outcomes,” Gross said. “The award demonstrates that professional peers and military medical leaders have identified the impact of the JTS. As one of the many contributors to the JTS,

this award inspires me to ensure the JTS continues to remain innovative and relevant in combat casualty care.”

Gross added that the JTS by way of the data collected from the wars in Afghanistan has contributed to unprecedented survival rates, as high as 98 percent for casualties arriving alive to a combat hospital.

“This award is a direct result of the remarkable staff at the JTS who make substantial contributions every day to optimizing combat casualty care,” said Col. (Dr.) Michael D. Wirt, USAISR commander.

“Congratulations to all for improving the quality of care for our Wounded Warriors from the battlefield definitive care stateside. There is still much to be done, and I am proud to be with you leading the charge at providing the best care and equipment for our battlefield wounded and those who care for them.”



Photos by Robert Shields

(Above) Spurs veteran Manu Ginobili (right) signed Spc. Joel Ramos’s prosthetic leg at the Center for the Intrepid Oct. 21. The Spurs visited warriors and family members at the Warrior & Family Support Center and the CFI. Players also signed autographs and participated in a game of wheelchair basketball.



Spurs player Tony Parker (far right) and his teammates served lunch at the Warrior & Family Support Center Oct. 21. The team visited with warriors, family members and staff and signed autographs before heading over to the Center for the Intrepid to visit with patients and play wheelchair basketball.

BAMC doctors focus on healing hands and arms

By Robert A. Whetstone
BAMC Public Affairs

The Hippocratic Oath is viewed as a rite of passage for physicians. It is not unique to U.S. doctors, but familiar to all in the profession. As medical practitioners from the San Antonio Military Medical Center traveled to Tegucigalpa, Honduras to conduct an orthopedic medical readiness exercise Sept. 16-30, a specific element of that oath was on the forefront of their minds.

A rallying point of the oath could not be more poignant for missions like MEDRETEs: "I will remember that I do not treat a fever chart, a cancerous growth, but a sick human being, whose illness may affect the person's family and economic stability."

Army Lt. Col. Mickey

Cho, mission commander and orthopedic surgeon, offered more insight.

"MEDRETEs are an excellent opportunity for surgeons and operating room staff to provide needed surgical services to an underserved population," he said. "These exercises also allow surgical teams to work together in an operational setting simulating a deployment environment in terms of managing limited resources and triaging surgical priorities."

MEDRETEs normally offer general health care to depressed regions in countries that lack the infrastructure to support the population.

The team of 19 medical professionals and surgeons spearheaded the San Antonio Military Medical Center's three-fold mission; focus on repair of specific hand

and arm orthopedic conditions; increase their proficiency, and enhance U.S.-Honduran relations while improving the host nation health care structure.

These missions involve months of planning and coordination across multiple levels of command. In addition to Brooke Army Medical Center, Joint Task Force Bravo, U.S. Army South, Regional Health Command-Central (Provisional), U.S. Army Medical Command and U.S. Southern Command were all critical to the mission's success.

Army Capt. Christina Deehl, MEDRETE executive officer, was an essential element of the planning process.

"I did a lot of the pre-planning, making sure logistically we were prepared, doing inventories, packing, shipping,

quartering the shipment of goods on all the pallets to arrive in Honduras," Deehl said.

Planning began around June 8, making for long work hours for Deehl, a dietician by trade, whose "day job" is the commander of Company A, BAMC Troop Command.

With an estimated homicide rate of 171 per 100,000 people, San Pedro Sula, located 112 miles from Tegucigalpa, holds the world's top ranking as the most violent city, according to a report by Business Insider. Proximity to San Pedro Sula offered myriad types of injuries that challenged the MEDRETE team, typically administered by machete upon unsuspecting local workers and bystanders.

"Our doctors worked on one patient who had no skin on his arm because of his injury; the soft tissue was exposed," Deehl said. "So they took a flap of skin off of his hip and sewed his arm to his hip so the skin could grow back."

Another challenge the team faced was an English-Spanish language barrier. Only two of the 19 team members spoke Spanish.

Deehl used as much conversational Spanish as she could to help. "I can speak half-Spanish," she chuckled. "The rest of the team did whatever they could to make people understand. That was difficult."

Despite security concerns and the language barrier, the team successfully treated more than 50 patients. The universal language of pain, coupled with some obvious trauma associated with



(From left) Air Force Maj. Evan Jones, Army Lt. Col. Mickey Cho, Army Capt. Aaron Vandenbos and a Honduran medical resident conduct surgery with Army Sgt. First Class Marguerita Mitchell (standing) scrubbing in. The Brooke Army Medical Center team conducted a medical readiness exercise in Tegucigalpa, Honduras, Sept. 16-30, focusing on orthopedic procedures to hand and arm injuries.

the injuries helped the team mitigate difficulties in the OR.

"This has been my fifth MEDRETE to Honduras, and it still amazes me how the team comes together in a short period of time to overcome any challenges that we face," Cho said. "By working closely with the host nation surgeons and staff, we were able to overcome scheduling and equipment issues."

Many of the patients seen by the team lived outside the city limits of Tegucigalpa. They were workers and laborers who might have had their injuries for years, languishing with them due to the lack of funds or transportation. After

treatment, many of the patients would make the trek back to the MEDRETE team to simply say thank you.

"Having them come to the hospital and just say thank you, knowing this is going to change their lives and restore function and quality of life, it was very rewarding," Deehl said.

The MEDRETE team worked dawn to dusk, sharing the load every step of the way.

"I was extremely proud to see how hard every Soldier and Airman worked and how well they worked together," Deehl said. "Everybody got together and we all did the work until it was done."



Courtesy photos

Mission commander and Brooke Army Medical Center orthopedic surgeon Army Lt. Col. Mickey Cho and Honduran residents work on a case. The BAMC team conducted a medical readiness exercise in Tegucigalpa, Honduras, Sept. 16-30, focusing on orthopedic procedures to hand and arm injuries.



Joint Base San Antonio FORCE SUPPORT SQUADRON

Monthly Events

November

Bowling

Bowlers participate in turkey shoot out

Bowl at the JBSA-Fort Sam Houston Bowling Center Nov. 10-13, 11 a.m. to 2 p.m. Each game bowled qualifies as an entry into a drawing for a turkey awarded Nov. 13. For more information, call 221-4740.

Bowling special offered for Veterans Day

Come to the JBSA-Randolph Bowling Center Nov. 11, 10 a.m. to 4 p.m., to celebrate Veterans Day. The special bowling rate is \$2 per game, per person, with a \$2.50 shoe rental. For more information, call 652-6271.

Candy madness happening at the Bowling Center

Purchase a burger basket from Susie's Kitchen at JBSA-Lackland Bowling Center during November, 11 a.m. to 1 p.m., and receive a free Snickers® candy bar. For more information, call 671-1234.

Prizes are presented at Thanksgiving tournament

Join the JBSA-Randolph Bowling Center for the annual Thanksgiving Bowling Tournament Nov. 25, 6 p.m. This is a scratch match game format and cost is \$50 per person. Prizes are presented to the first-, second- and third-place winners. For more information, call 652-6271.

Bowling center closes for Thanksgiving

The JBSA-Randolph Bowling Center is closed Nov. 26. For more information, call 652-6271.

Black Friday deals are at the Pro Shop

Stop by the JBSA-Randolph Bowling Center Pro Shop for the third-annual Black Friday sale Nov. 27, 9 a.m. to noon. Door prizes are drawn on the hour and prices are slashed up to 75 percent on bowling balls, bags, shoes and accessories. For more information, call 652-6271.

Families bowl together

Bring the family to the JBSA-Fort Sam Houston Bowling Center Nov. 27-29, noon to 5 p.m., for \$1 games and \$1 shoes. For more information, call 221-4740.

Treat the family to a fun-filled day at the JBSA-Randolph Bowling Center and take advantage of the Rent-A-Lane Special Nov. 27, 1-4 p.m. This special includes two hours of bowling, a 16-ounce soda for each person and a large pizza for \$50. Shoe rental is not included. For more information, call 652-6271.

Thanksgiving specials are at the Bowling Center

Visit the JBSA-Randolph Bowling Center Nov. 27, 28 and 29 to celebrate Thanksgiving and bowl at the special rate of \$2.50 per game, per person, with a \$2.50 shoe rental. Cosmic Bowling is not included.

Join the bowling fun at the JBSA-Randolph Bowling

Center Nov. 28, 8-11 p.m. and enjoy unlimited Cosmic Bowling for a party of four or more. Cost is \$20 per person and includes Cosmic Bowling, shoe rental, a 16-ounce soda and a large pizza. For more information, call 652-6271.

Detox for a better game

Resurrect bowling balls at the JBSA-Lackland Bowling Center Pro Shop with the detox machine. Avoid the cost of a new ball by removing oil from deep in the surface using warm water, a mild cleaning agent and high energy bubbles. Cost is \$20 per ball. For more information, call 652-1234.

Clubs

Club hosts bingo events

Join bingo extravaganza at the JBSA-Randolph Kendrick Club Nov. 2 and 16 with \$15,000 in total jackpots, a free buffet at 5 p.m. and Early Bird Bingo at 6 p.m.

Celebrate November birthdays with bingo at the JBSA-Randolph Kendrick Club Nov. 10. Birthday members get one free machine, cake and lots of fun. This is for Randolph club members only. ID and club card required.

Pre-Thanksgiving bingo is held at the JBSA-Randolph Kendrick Club Nov. 25. Win door prizes and a chance to win a cooked turkey or ham.

The JBSA-Randolph Kendrick Club hosts a Mini Bingo Extravaganza Nov. 30 with \$5,000 in jackpots and a complimentary buffet at 5 p.m. For more information, call 652-3056.

Chef prepares specials for every palate

The JBSA-Lackland Gateway Club creates a special dining experience in the Mesquite dining room, 5-8 p.m. The Nov. 13 menu features prime rib au jus, baked potatoe, asparagus with peppers and house salad. The Nov. 20 menu includes a porterhouse steak with mushrooms and onions, baked potato, grilled corn on the cob and a house salad. Cost is \$16.95 for members and \$18.95 for nonmembers. For more information, call 645-7034.

Club celebrates Thanksgiving early

Join the JBSA-Lackland Gateway Club for a pre-Thanksgiving feast Nov. 19, 11 a.m. to 3 p.m. Cost is \$10.95 per person and the buffet features roast turkey with cornbread dressing, cranberry sauce, honey-glazed ham, tilapia with lemon dill, fried chicken, pork chops Marsala, brandied yams, macaroni and cheddar salad, fresh fruit, pasta salad, ambrosia, desserts and beverage. For more information, call 645-7034.

November birthdays are celebrated with food

The JBSA-Randolph Parr Club offers a complimentary buffet for people with November birthdays Nov. 4. The buffet includes salad, two vegetables, two starches, two

entrées, soup and birthday cake. There is no cost for birthday members. Cost is \$11.95 for members, \$5.95 for members' children, 6-12 years, \$13.95 for nonmembers and \$7.95 for nonmembers' children, 6-12 years. Children 5 years and younger eat for free. For more information, call 652-4864.

The club prepares Thanksgiving dinner to go

Relax this Thanksgiving and let the JBSA-Randolph Parr Club do the cooking. Choose from an 18-20 pound deep-fried, smoked or roasted turkey or a quarter pit baked ham. Orders are accepted beginning Nov. 4 and must be picked up by Nov. 25, 5 p.m.

Cost for the turkey is \$45 for members and \$55 for nonmembers. Cost for the turkey meal is \$95 for members and \$105 for nonmembers. Cost for the ham is \$55 for members and \$65 for nonmembers. Cost for the ham meal is \$105 for members and \$115 for nonmembers. Both meals feed five to six people and include cornbread dressing, mashed potatoes, gravy, green beans, candied yams, cranberry sauce, bread and pumpkin or pecan pie. Cost to have all food preheated is \$15. Coupons, club bucks and gift certificates are not accepted as payment for this promotion. For more information, call 652-4864.

Nightlife is at the club

The JBSA-Lackland Gateway Club is the hot spot on base for night time fun all month:

Kick off the month Nov. 6 at the Maverick Lounge with Doggin' Dave Productions 5-8 p.m. Enjoy bar food, cold drinks, good friends and great music.

Karaoke Night is Nov. 7 and 21, 8 p.m. to midnight, with music provided by DJ Dee Dee. Sing or be entertained and enjoy a beverage in the Lone Star Lounge.

Check out variety nights in the Lone Star Lounge Fridays, 5 p.m. to 1 a.m., and Saturdays, 6-11 p.m. DJ LJU entertains Nov. 6, Doggin' Dave Productions provides the music Nov. 13 and DJ J Roek entertains Nov. 14 and 20. For more information, call 645-7034.

Club shows appreciation to veterans

Veterans Day is celebrated at the JBSA-Randolph Parr Club Nov. 8. Veterans receive half off the cost of brunch. Club card and military ID are required. For more information, call 652-4864.

Sky Lounge provides musical entertainment

Stop by the Sky Lounge on the second floor of the JBSA-Randolph Parr Club for music and hors d'oeuvres. DJ Stevie Mac plays Nov. 6 and the Tobias Band entertains Nov. 20. Cost is \$3 for members and \$5 for nonmembers. For more information, call 652-4864.

JBSA FSS

Fly-in turns old school

Join old school camaraderie at the JBSA-Randolph Parr Club Auger Inn Nov. 6 and 20, 5 p.m., with free refreshments and a live band. For more information, call 652-4864.

Community Programs

Theater goes take in a play

Come to the JBSA-Fort Sam Houston Harlequin Dinner Theatre now through Nov. 14 to see "Blithe Spirit." Charles is a novelist and arranges for an eccentric medium to hold a séance. The medium inadvertently summons Charles' late wife, Elvira, which leads to a hilarious array of miscommunication. This show is sponsored by THE GUNN AUTOMOTIVE GROUP. No federal endorsement of sponsor intended. For more information, call 222-9694.

Bargains are found at the flea market

The JBSA-Lackland Skylark Community Center hosts a flea market at the Warhawk Fitness Center, building 2418, parking lot Nov. 7, 8 a.m. to noon. Sellers can set up wares for buyers looking for a bargain. Reservations for space are available for \$10. Tables to rent cost \$15 and payment for reservations must be paid in cash and in person at the Skylark Community Center, building 6576. For more information, call 671-3191.

Veterans are celebrated

Come to the JBSA-Fort Sam Houston MacArthur Parade Field to show appreciation and honor veterans with the 502d Force Support Squadron Nov. 13, noon to 2 p.m. Food and entertainment are provided and attendees are entered to win prizes such as a large screen television, gift cards and more. For more information, call 652-5763.

The Christmas spirit is spreading at the theatre

Stop by the JBSA-Fort Sam Houston Harlequin Dinner Theatre Nov. 27 to Dec. 26 to view the play "Tinsel Town," a Christmas music revue featuring songs from favorite Christmas movies including "White Christmas," "The Polar Express," "How the Grinch Stole Christmas," "It's a Wonderful Life" and more. This high-energy show is fun for all ages and is sponsored by THE GUNN AUTOMOTIVE GROUP. No federal endorsement of sponsor intended. For more information, call 222-9694.

Squadrons show holiday spirit in a big way

The JBSA-Lackland Arnold Hall Community Center hosts the Giant Holiday Card Challenge Dec. 1. Get together and submit a giant holiday card representing squadron spirit and win \$500 in club bucks for the next unit event at the Gateway Club. Sign up by Nov. 13. Winners are announced at the JBSA tree-lighting ceremony. For more information, call 6712941.

Equestrian Center

Horseback riding lessons offered

The JBSA-Fort Sam Houston Equestrian Center offers horseback riding lessons for beginners and advanced riders, 7 years and older, in English and Western style riding. Therapeutic riding lessons are also available.

Horses, saddles and tack for lessons are provided if needed. Cost is \$60 per hour for a private lesson, \$175 for five group lessons, \$225 for five partially private lessons and \$250 for five private lessons. For more information, call 224-7207.



Prizes for best turkey costume & turkey call

2015 TURKEY TROT

Nov. 14 • 9 a.m.
Fitness Center on the
Medical Education & Training Campus

Free
Open to all DOD ID cardholders
Pre-registration not needed
Sign in no later than 8:30 a.m.

For more information, call 808-5713.

www.MyJBSA-FSS-MWR.com

Fitness

Swimmers participate in Modern Pentathlon

Participate in a 200-meter free-style competition Nov. 6, 1 p.m., at the JBSA-Fort Sam Houston Jimmy Brought Swimming Pool. Swimmers with a posted time of 2 minutes and 30 seconds or faster may be invited to join the Modern Pentathlon team. For more information, call 221-1234.

Veterans are appreciated

The JBSA-Randolph Rambler Fitness Center hosts an open house for veterans Nov. 10, 11 a.m. to 1 p.m. Tour the fitness center and learn how top quality of life can improve. The fitness center offers top-of-the-line equipment and excellent programs. Fitness center staff is on hand to answer questions. For more information, call 652-7263.

Athletes are faced with a new challenge

The JBSA-Fort Sam Houston Jimmy Brought Fitness Center hosts the Firefighter Challenge, Nov. 14, 9 a.m. This event includes a firehose carry, buddy drag, fire truck pull and other endurance trial events. This is a free event and open to all Department of Defense ID cardholders 18 years and older. For more information, call 221-1234.

Runners participate in Turkey Trot

Support The Great American Smoke Out with the JBSA-Randolph Rambler Fitness Center Turkey Trot 5k run or walk Nov. 19, 11:30 a.m., at the fitness center jogging trails.

All participants are entered in a drawing to win a turkey for the holidays. For more information, call 652-7263.

Skylark swimming is ongoing

The JBSA-Lackland Skylark Aquatics Center has lap swimming Monday, noon to 1 p.m., Tuesday - Friday, 11 a.m. to 1 p.m., and open swimming Monday - Friday, 4-7 p.m., and Saturday, 12:30-4:30 p.m. Swim lessons are available for swimmers 3 years and older. And children 7 years and older may join the Youth Swim Team. For more information, call 671-3780.

Golf

Warrior Golf Scramble

Golfers are invited to play in the monthly JBSA-Fort Sam Houston Golf Course Warrior Four-Person Scramble Nov. 6, with a 12:30 p.m. shotgun start. Cost is \$25 for members and \$35 for nonmembers. The fee includes 18 holes of golf, green fees, golf cart, dinner and gift certificates for the winners of longest drive and closest to the pin. The first-, second- and third-place winners also receive gift certificates. For more information, call 222-9386.

Golf course looks for a champion

Sign up now for the rescheduled JBSA-Lackland Gateway Hills Golf Course Championship, Nov. 7-8, 8 a.m. shotgun start. Cost for the individual stroke play tournament is \$50 per player and includes a tee gift and food and beverages. Prizes are awarded to the winners and the tournament is open to all JBSA annual fee payers, Department of Defense ID card holders and civilians. Participants must have a verifiable handicap to be flighted and pay green and cart fees daily. Golfers must secure their own base access. For more information, call 671-3466.



JBSA-RANDOLPH PARR CLUB

DECK NIGHT

NOV. 5 • 5-9 P.M.

Bar: 4:30-9 p.m. Members: \$8 Nonmembers: \$17 Children, 6-12 years: \$6.50 Buffet: 5-7 p.m.

Coupons are not accepted for this event. For more information, call 652-4864.

www.myjbsa-houston.com

FORCE

Golfers take home the turkey

The JBBSA-Lackland Gateway Hills Golf Course hosts a turkey shoot Nov. 2-22. Cost is \$10 per day. Prizes are awarded to winners. For more information, call 671-3466.

Veterans Day is honored with a tournament

Join the JBBSA-Randolph Oaks Golf Course for an individual low-net, low-gross Red, White and Blue tournament Nov. 11 with 7-9 a.m. tee times. Cost is \$10 plus green and cart fees. For more information, call 652-7263.

Golf gets competitive

Come to the JBBSA-Randolph Golf Course Nov. 20, 12:30 p.m. shotgun start, to compete in the JBBSA Force Support Squadron Golf Classic, a four-person scramble. Cost is \$50 per person and includes lunch, green and cart fees and gift certificates for the winning teams. This event is sponsored by Randolph-Brooks Federal Credit Union and Silver Eagle Distributors. No federal endorsement of sponsor intended. For more information, call 652-4653.

Golf course closes for Thanksgiving

The JBBSA-Randolph Oaks Golf Course facility is closed Nov. 26. For more information, call 652-7263.

Golfers save on shoes

The JBBSA-Lackland Gateway Hills Golf Course offers 10 percent off all golf shoes in stock throughout November. For more information, call 671-3466.

Information, Tickets and Travel

Dallas Cowboy ticket packages available

Reserve 2015-2016 "Tailgate Getaway" all-inclusive Two Night packages for Dallas Cowboy home games starting at \$399 per person. Price includes deluxe motor-coach transportation, one breakfast buffet per person, transportation to stadium, Texas barbecue buffet party with unlimited beverages, live entertainment, an autograph session with a Dallas Cowboy, a 400-level game ticket and refreshments en route. For more information, call 671-3059.

Theme park fun is ongoing

JBBSA-Randolph Information Tickets and Travel, located in the Community Services Mall, building 895, has daily passes to SeaWorld®. Adult passes are \$60 and passes are \$50 for children 3-9 years. The park is open weekends through Dec. 31 and the Waves of Honor™ promotion is offered to active, retired and veterans. This promotion ends Nov. 8 for veterans and retirees and Dec. 31 for active duty.

JBBSA-Randolph ITT also has discount passes to Six Flags®, open weekends Nov. 24 to Jan. 3, 2016. For more information, call 652-5142.

Sail to the ultimate destination for relaxation

Make reservations with JBBSA-Lackland Information, Tickets and Travel to cruise the Eastern Caribbean Jan. 27 to Feb. 6, 2016. The cruise travels from San Juan, Puerto Rico to St. Thomas, St. Kitts, St. Maarten, Antigua, Grand Turk, Half Moon Cay, in the Bahamas and back to Galveston, Texas. Rates start at \$900 per person. Gratuities and airfare are not included. A \$250 per person deposit and a \$10 service fee is due at time of booking with final payment due Nov. 13. For more information, call 671-7111.

Library

More than just books

The JBBSA Libraries offer a variety of resources for the military and their families to include: books, audio-books, magazines, newspapers, videos, music, video games, and more. A computer lab with printing and scanning capabilities and conference rooms are also available. E-resources such as e-books, e-audiobooks, e-subscriptions and informational databases are also available in-person and online at <http://www.jbsalibraries.org>.

Enjoy a story or two and an activity at the JBBSA libraries. Story time is hosted at the JBBSA-Fort Sam Houston Keith A. Campbell Memorial Library Thursdays, 10 a.m., the JBBSA-Lackland Library Tuesdays, 10 a.m. and the JBBSA-Randolph Library Wednesdays, 10 a.m. Registration is not required. For more information, call the JBBSA-Fort Sam Houston Keith A. Campbell Memorial Library at 221-4702, the JBBSA-Lackland Library at 671-2673 and the JBBSA-Randolph Library at 652-5578.

JBBSA-Lackland Gateway Club

DELICIOUS

Holiday Meals To Go

Save time during
the holidays and let the
Gateway Club Cook for You!
Nov. 1 to Dec. 19

Choose between a Baked Turkey or Glazed
Ham only or order the entire meal!

Meals include cornbread stuffing, whipped potatoes, gravy,
sweet potatoes, corn, green beans, cranberry sauce & apple pie.

Prices range from \$45 to \$90

For more information, call the
JBBSA-Lackland Gateway Club, 645-7034.

Military & Family Readiness

Workshop provides holiday stress management tips

Sign up for the Managing Holiday Stress workshop at the JBBSA-Fort Sam Houston Military & Family Readiness Center Nov. 2, 2-3 p.m., or the JBBSA-Lackland M&FRC Nov. 4, 1-2:30 p.m. The holiday season is full of unique stressors, review methods to identify symptoms and management techniques. Define holiday expectations and strategies to guide children through the holidays with

minimal stress. For more information, call the JBBSA-Fort Sam Houston M&FRC at 221-2830 or the JBBSA-Lackland M&FRC at 671-3722.

Classes help improve computer skills

The JBBSA-Fort Sam Houston Military & Family Readiness Center offers Microsoft Office 2013 foundational classes for Word, PowerPoint and Excel. Each course has two parts and provides a basic overview to help users become proficient and improve work flow. Trainings are 8 a.m. to noon. Microsoft Word dates are Nov. 3 and 5, PowerPoint is Nov. 10 and 12 and Excel is Nov. 17 and 19. For more information, call 221-2380.

Buyers can become prepared for shopping

A representative from the Better Business Bureau hosts a Smart Consumers workshop at the JBBSA-Lackland Military & Family Readiness Center Nov. 4, 9-11 a.m. Receive information to help learn to avoid identity theft, use credit wisely and shop online. Also, discuss financial planning, budgeting and saving. For more information, call 671-3722.

Workshop focuses on strengthening marriages

Challenge previous notations about what marriage should be and learn to appreciate all that is right now and future potential. This four-part workshop, Nov. 9-10 and 16-17, 5-7 p.m., must be attended in order. For more information, call 221-2418.

Spouses receive guidance

Military spouses are invited to attend the quarterly spouse orientation, Heart Link, at the JBBSA-Lackland Military & Family Readiness Center Nov. 4, 9-11 a.m., or the JBBSA-Randolph M&FRC Nov. 12, 8:30 a.m. to 1:30 p.m. Receive information about resources and programs on JBBSA and the surrounding area. Learn military customs, courtesies, ranks and acronyms. For more information, call the JBBSA-Lackland M&FRC at 671-3722 or the JBBSA-Randolph M&FRC at 652-5321.

Parents review academic accommodations

The Exceptional Family Member Program monthly support group provides an overview of grading and progress monitoring for students with disabilities Nov. 5, 11 a.m. to 12:30 p.m. at the JBBSA-Randolph Military & Family Readiness Center. Review practices for evaluating academic performance on grade-level standards, with accommodations, modified curriculum, and prerequisite levels. For more information, call 652-5321.

Key spouses attend training

Key Spouse training is held Nov. 12, 8:30 a.m. to 3 p.m. and is mandatory for all newly appointed Key Spouses and highly recommended for new Key Spouse members. Topics include program roles, Sexual Assault Prevention and Response training, resiliency and suicide prevention. For more information, call 221-2418.

Retirement is on the way

Service members planning retirement or in the last re-enlistment period before retirement are encouraged to sign up for the JBBSA-Lackland Military & Family Readiness Center Four to Go workshop, Nov. 13, 9 a.m. to 1 p.m.

The content and layout in the Force Support Squadron section of this newspaper was provided by the Joint Base San Antonio FSS Marketing Team. No federal endorsement of sponsors intended.

JBSA FSS

Subject matter experts present information on finance, post-retirement, legal issues, employment, veteran's benefits and survivor benefits. For more information, email 802fss.fsfr@us.af.mil or call 671-3722.

Single parents connect

The JBSA-Randolph Military & Family Readiness Center hosts a brown-bag forum Nov. 19, noon to 1 p.m., to bring single parents together and share helpful resources and ways to overcome challenges. Focus on stress management relaxation techniques followed by an open discussion. Registration is not required. For more information, call 652-5321.

Outdoor Recreation

Boat rates are reduced all season

The JBSA-Lackland Equipment Rental offers half-price weekend boat rentals now through February. Prices vary depending on the size and type of boat. Weekend rentals begin Fridays, 8 a.m. to 3 p.m. and end Mondays, 3 p.m. For more information, call 925-5533.

Bikers gear up for the fall motorcycle ride

The JBSA-Lackland Outdoor Recreation invites all JBSA personnel to enjoy a 200-mile ride Nov. 7, 10 a.m. to 5 p.m. with fellow motorcyclists. The starting point is Port San Antonio. For more information, call 925-9112.

Concealed Handgun License Class offered

The JBSA-Camp Bullis Rod-N-Gun Recreation Center provides concealed handgun license classes Nov. 7 and 14, 8 a.m. to 1 p.m. Successful completion of this class is required for a Texas CHL. Cost is \$65. Students must be 21 years old and older or active-duty military 18 years old and older to participate. For Department of Defense ID cardholders only. For more information, call 363-2332.

Archery takes on another dimension

The JBSA-Camp Bullis Rod-N-Gun Recreation Center hosts a three-dimensional archery competition Nov. 21-22, 8 a.m. to 1 p.m. Registration is 8-10 a.m. and the course must be completed by 1 p.m. The fun shoot is \$15, the competition shoot is \$20 and children 12 years and younger participate for \$5. For more information, call 295-7529.

JBSA recreation park closes for Thanksgiving

The JBSA Recreation Park @ Canyon Lake is closed Nov. 26. For more information, call 830-964-3576.

Boat rentals are half price

Rent any boat at the JBSA Recreation Park @ Canyon Lake for half price during November. Cost includes safety equipment; fuel is not included. Rentals are on a first-come, first-serve basis and completion of the Boater's Safety Course through the state of Texas, a JBSA Outdoor Recreation office or JBSA Recreation Park @ Canyon Lake is mandatory. For more information, call 830-226-5357.

Cottages are discounted

Rent a cottage at the JBSA Recreation Park @ Canyon Lake for \$75 a night Monday through Thursday during the month of November. Cottages include three bedrooms with a queen-size bed in each room, a full bathroom, a full kitchen, a fully furnished living room with a television and

a Blu-ray DVD player. Each cottage accommodates up to eight people and linens are provided. For more information, call 830-226-5357.

Youth and Children

Youth attend Thanksgiving holiday camp

The JBSA-Fort Sam Houston Thanksgiving Camp runs Nov. 23-25 for youth in kindergarten through seventh grade. Preregistration is required and cost is based on family income. Register children at Parent Central through Nov. 11. For more information, call 221-4871.

Register youth for the JBSA-Randolph Youth Programs Thanksgiving Holiday Camp Nov. 2-13. Camp runs Nov. 23-25 and is open to youth in kindergarten to sixth grade or 5-12 years. Fees are based on total family income and all required paperwork must be on file including pay stubs and shot records. For more information, call 652-3298.

Holiday child care available

Parents working through the holidays are invited to enroll children 5-12 years in the JBSA-Lackland School Age Program for safe, fun activities Nov. 23-27. Sign ups made after Nov. 9 are subject to availability and a \$15 late fee. Camps include field trips and are closed during observed holidays and have reduced hours on Air Education and Training Command family days. For more information, call 671-2388.

Volleyball camp keeps youth active

Youth 9-18 years can sharpen sports skills at the JBSA-Lackland Youth Programs volleyball camp, Nov. 23-25. Cost is \$50 per child with lunch included. Sign ups made after Nov. 9 are subject to availability and a \$15 late fee. For more information, call 671-2388.

Families attend dinner and program

KLRN and Curious George visit building 1703 at JBSA-Fort Sam Houston Nov. 6, 4-6 p.m., to provide information about family programming offered by KLRN. For more information, call 221-5151.

Youth sports registration is ongoing

Register children for JBSA-Fort Sam Houston basketball now through Nov. 6. Cost for youth 5-14 years is \$50 per child and youth 3-4 years is \$45 per child. All sports registrations are processed at Parent Central, building 2530 on Funston Road. For more information, call 221-5513.

Youth programs available for free

Bring youth to participate in membership free week in celebration of Month of the Military Family Nov. 9-13 at the JBSA-Randolph Youth Programs. No membership is needed to participate in clubs, activities or open recreation. This program does not include instructional classes, league sports and School Age Programs. Regular membership is \$36 per year. For more information, call 652-3298.

Parents get a break

JBSA-Lackland Youth Programs presents Give Parents A Break Nov. 12, 1-5 p.m. Parents drop off children 5-12 years at Youth Programs for activities, entertainment and snacks. Cost is \$25 per child with multiple child discounts or free with a GPAB referral. Preregistration is required. Parents with children 6 months to 5 years call 671-3675 to make

reservations. For more information, call 671-2388.

JBSA-Randolph Youth Programs hosts Give Parents a Break/Kids Adventure Night Nov. 14, 6-10 p.m. Registration is Nov. 1-11. This event is at the Child Development Programs Annex for children 2 years and younger and at Youth Programs for children 3 years and older. Cost is \$25 with a multiple-child discount and free for GPAB waiver holders. For more information, call 652-4946.

Families are invited to spaghetti dinner

Join the JBSA-Randolph Youth Programs for a free appreciation spaghetti dinner Nov. 12, 5-6 p.m. at building 585. For more information, call 652-3298.

Middle school dance glows through the night

The JBSA-Fort Sam Houston Glow in the Dark Dance is Nov. 13, 7-10 p.m. at the Youth Center, building 1630. Middle-school youth in sixth to eighth grade may attend the dance. Cost is \$3 or \$1 with two cans of food. For more information, call 221-3502.

Children learn home-alone safety tips

Join the JBSA-Randolph Youth Programs for a Home Alone class Nov. 19, 5-6 p.m., at the JBSA-Randolph Military and Family Readiness Center, building 693. This class gives children the basic tools and knowledge to confidently stay home alone. Registration ends Nov. 17. For more information, call 652-3298.

Volleyball madness leads to nutrition

Youth in 6th-12th grade, are invited to play a round robin of volleyball at the JBSA-Fort Sam Houston Youth Center Nov. 20, 7-10 p.m. Youth also learn facts about nutritious snacks. This is a coed activity. For more information, call 221-3502.

Basketball lasts until midnight

The JBSA-Fort Sam Houston Youth Programs hosts Midnight Basketball Nov. 21, 7 p.m. to midnight, for youth 11 years and older. It is free to attend and healthy snacks are provided. Youth in 6th-8th grade, play until approximately 9 p.m. and youth in 9th-12th grade play until midnight. For more information, call 221-3502.

Facilities close for holidays

The JBSA-Fort Sam Houston Youth Centers, Middle School, Teen Center and School age Programs are closed Nov. 26-28. For more information, call 221-3502.

STAY CONNECTED

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

Visit and "like" us on Facebook as 502d Force Support Squadron JBSA-Randolph.

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



The ghosts of old BAMC still roam U.S. Army South headquarters building

By Eric R. Lucero
U.S. Army South Public Affairs

Lights turning off and on and elevators moving from floor to floor on their own. Sudden drops in temperature. Soft whispers heard by individuals who are alone in a room. Chairs moving without being touched.

And of course ... the basement shadows.

All of these things can be found in any typical horror movie, but you wouldn't expect them to occur at your place of work.

Building 1000 on historic Fort Sam Houston may be occupied by U.S. Army South, but that wasn't always the case.

In 1936, the first shovels broke dirt at the location and within two years, the first patients were transported to what was then known as Brooke Army Medical Center, or BAMC.

Throughout the next 60 years, the building treated hundreds of thousands of patients until finally relocating across post in 1996.

For the next seven years, the building was vacant and unused with the exception of an occasional training area for Soldiers and security forces needing a location to practice their "entering and clearing a building" skills.

In 2003, Army South moved in and it didn't take long for the unit's Soldiers and civilians to notice there was much more to the building than just another workstation.

"This place, just like any hospital, experienced a lot of people who died or suffered within these walls," said Dr. Isaac Hampton, U.S. Army South historian. "I wouldn't think it would be unusual for people to experience paranormal happenings here."

Personnel working in the lower level would report unusual feelings of not being alone or items at their desk moving when they returned. After several inquiries, they were informed the lower level was home to the former hospital's trauma unit and emergency room.

"I don't care what it used to be down there," said Sgt. Ricardo VacaMedina. "I went to the basement once and thought I saw some glowing eyes and took off back into the elevator. I'll never go back down there again."

Fortunately for VacaMedina, his job keeps him out of the basement.

The basement isn't the only place workers have experienced unexplain-



Capt. Nolan Anderson, a medical planner with U.S. Army South, attempts to help the Galleon Ghoul by administering eye drops to the ghoul's irritated red eyes at the Old BAMC/U.S. Army South headquarters on Fort Sam Houston.

able happenings.

In the building's fifth floor, in an area that used to house the psychiatric ward, voices can occasionally be heard laughing and crying late in the evenings, according to unnamed sources.

Although some people remain adamant that what they experienced was real, others chalk it up to overactive imaginations paired with rumors that have been passed among co-workers throughout the years. Still, others have decided to have fun with it and have conjured up their own explanations for the spooky happenings.

"A lot of people say their stuff got moved, or taken, or just breaks when they're not around. I think it's the ghost of an old chief warrant officer," said one Soldier, who wished to remain anonymous. "That's probably why nobody ever sees him. Nobody ever sees chief warrant officers, but we know they're around somewhere."

"I have heard the rumors of the old BAMC Building, now Army South Headquarters, being haunted. One October evening a couple years ago, I found myself coming into work late on a Sunday night to work on some spreadsheets that were due the following week," said Master Sgt. Jose Moraga,

another Soldier assigned to U.S. Army South. "I had been on temporary duty and needed to catch up. As I walked from my truck to the parking lot, I looked up to the seventh floor and noticed the lights flickering on and off in a strange pattern. I found it odd but didn't think much of it.

"As I crossed the street, there was a black cat that I almost stepped on. Talk about awkward! I swear I've seen this movie before," Moraga said. "So I walk inside building 1000 and start walking down the stairs to the lower level and the lights go off. I stopped because it was pretty dark and I sure didn't want to hurt myself a week before the fitness test. I always thought there were emergency lights in stairwells but they didn't come on.

"As I waited on the stairs, a ghostly voice started talking to me, saying 'Go back home, master sergeant, you're not welcome here!' The lights came back a minute later and I continued down the stairs into the logistic section," Moraga continued. "I started working on my spreadsheets and checking emails and I noticed something very strange when the lights flickered on and off a few minutes later. Then my computer screens turned off and back on. I immediately logged off correctly, because I didn't want to miss my critical patches on my computer, secured my ID card and walked out of the logistics. To this day I don't know what really happened that October night but I'm fairly



The Galleon Ghoul spends some time annoying Jessica Canyon, a security officer with Allied Burton at the Old BAMC/U.S. Army South headquarters on Fort Sam Houston.

certain our building is haunted."

Other employees have come up with catchy nicknames for the building's ghost.

Hampton is responsible for the phrase, the "Galleon Ghoul," a name that pays homage to U.S. Army South's unit patch with a Spanish Galleon ship on a wave.

Whatever you choose to call it, or whatever your experience may be within the walls of the Old BAMC building, one thing remains constant; someone or something wants you out of there ... promptly at 4:30 p.m. ... and it also doesn't want you in there on the weekends ... or holidays.

Okay, that may just be what I've experienced.



The Galleon Ghoul wreaks havoc on end-of-the-year budget files in the G8 section at the Old BAMC/U.S. Army South headquarters on Fort Sam Houston.

Photos by Eric Lucero

4 x 9.75 AD



Courtesy
illustration

OPSEC from P2

ing and social media, one can never be too careful.

“We are excited about this year’s Cybersecurity Awareness Month,” said Col. Mary Benson, the Air Force’s senior information security officer. “Cybersecurity is such an integral part of ensuring operations security in our Air Force; therefore, we are especially excited to share Cybersecurity Awareness Month with our OPSEC partners.”

Lawrence Wisdom, the Air Force OPSEC program manager said the month-long observance is, “a great opportunity to remind personnel of the relationship OPSEC and cybersecurity share in keeping personnel and the mission safe.”

“We are just as excited to be a part of Cybersecurity Awareness Month,” Wisdom continued. “It is very important our Air Force personnel know cybersecurity is everyone’s responsibility and that their daily actions can make or break a mission and possibly put themselves and their families at risk, thus the importance of practicing good OPSEC.”

The actions below can help every Airman keep their identity and information safe online while improving the Air Force’s cyber resilience:

- Set strong passwords, change them frequently and don’t share them.
- Ensure work and personal operating systems, browsers and other critical software are optimized and kept secure through regular updates.
- Communicate with family, friends and communities about the importance of internet safety.
- Limit the amount of personal information shared online and use privacy settings as much as possible on social media.
- Be cautious about what is received or read online and the potential for phishing and identity theft campaigns.
- Scrutinize content before posting online. Will the post embarrass the unit or family, or give someone with malicious intent an opportunity to exploit the information? If the answer is yes, don’t post it.

Remember OPSEC and cybersecurity are everyone’s responsibility.

Physician assistants celebrate chosen profession

By Esther Garcia
AMEDDC&S, HRCoE Public Affairs

Medical students, faculty and family members with the Interservice Physician Assistant Program, Graduate School Program, U.S. Army Medical Department Center and School, U.S. Army Health Readiness Center of Excellence, met at Salado Creek Park on Fort Sam Houston to celebrate Physician Assistant Day Oct 8.

The event was part of Physician Assistant Week from Oct. 6-12 and was an opportunity to showcase their roles.

"The focus for the Physician Assistant Day is a celebration of our chosen career profession and those that have come before us," said officer candidate and student Sgt. Amanda Blackley, historian for the Interservice Physician Assistant Student Society.

The IPASS is a student-based organization that

consists entirely of current military students and veterans from the Army, Navy, Marine Corps, Coast Guard and Air Force in the IPAP.

IPAP students and graduates are trained by a combination of military and civilian instructors at the AMEDDC&S, HRCoE, accredited by the University of Nebraska.

"Our student society promotes academic achievements, clinical excellence and fellowship to benefit our program, our community and ourselves," Blackley said.

Students complete the IPAP in two phases. The 29 month program includes 13 months of didactic instruction at Fort Sam Houston, followed by 16 months of clinical rotations at one of 22 remote sites at Army, Navy or Air Force hospital commands.

"It is a monster program and the world's largest with 215 physician assistant programs



Photo by Esther Garcia

Physician assistants training with the Interservice Physician Assistant Program, Graduate School Program at the U.S. Army Medical Department Center and School, U.S. Army Health Readiness Center of Excellence, enjoy an afternoon of food, games and fun at the annual Physician Assistant Day Oct. 8 at Salado Creek Park on Fort Sam Houston, one of several activities held celebrating Physician Assistant Week Oct. 6-12. But it wasn't all fun, as the students also studied for an upcoming examination.

around the world," said IPAP director Navy Cmdr. Ron Perry. "Of those, 200 are in the United States.

"We are the largest by far," Perry added. "We are the program for the

military, the program for Department of Defense and for all the services."

In 1996, the program became an interservice course. In 2003, the program became a

master's degree granting institution and in 2008, became part of the graduate school program at AMEDDC&S, HRCoE. In 2011, the program of instruction was extended

to 29 months.

"We received a full 10-year re-accreditation this year," Perry said. "We have a 99 percent first-time pass rate on national certification examinations and the 11th-ranked program in the U.S., per U.S. News & World Report.

"We are granting the No. 1 sought after graduate degree in the country, which is a master's in physician assistant studies. These folks will be joining the number one ranked profession over the next 10 years," Perry said.

"All of these are adding value and validation to what we do each and every day. They are going to touch the lives, limbs and hearts of millions of people all over the world."

"I saw this as an opportunity and it paid off," said Army 1st Lt. Catrein Keeley. "I like it. The program is intense and challenging, but good."

DEFENSE MEDICAL READINESS TRAINING INSTITUTE WELCOMES NEW CHIEF



(From left) Retired Navy Vice Adm. (Dr.) Michael Cowan, executive director, Association of Military Surgeons of the United States, first commander for the DMRTI and guest speaker; Col. Amy Korman, deputy director, Defense Health Agency Education and Training Directorate and presiding officer for the ceremony; Col. John Garr, outgoing commander/division chief; Col. Kirby Gross, incoming division chief; and Master Sgt. Deshawn Hamilton, senior enlisted advisor salute as the colors are posted at the DMRTI Change of Leadership Ceremony at the Fort Sam Houston Quadrangle Sept. 29. The DMRTI offers training to help doctors, nurses, physician assistants, and other medical service corps professionals from all military services prepare for the rigors of combat and the challenges of providing patient care on the front lines. Korman congratulated Garr for his dedication and leadership of the DMRTI for more than three years. Garr was recognized with the Defense Superior Service Medal.

Photo by Esther Garcia



Lt. Gen. Perry Wiggins (second from left), commanding general, U.S. Army North (Fifth Army) and senior Army commander for Fort Sam Houston and Camp Bullis, listens to updates on the "Adopt-A-School" program Oct. 22. He was joined at the head table by his wife, Annette, and representatives from the Fort Sam Houston, Northeast and San Antonio Independent School Districts

Photo by Sgt. Maj. Matt Howard

Fort Sam Houston hosts school partnership update with local districts

By Sgt. Maj. Matt Howard
U.S. Army North Public Affairs

Fort Sam Houston leaders met with representatives from the Fort Sam Houston, Northeast and San Antonio Independent School Districts

for a luncheon Oct. 22 to discuss recent successes and future plans for the installation's "Adopt-A-School" initiative.

The Adopt-A-School program was established by Fort Sam Houston to part-

ner area schools with Fort Sam Houston units. Soldiers volunteer their time to assist the schools by mentoring students and upgrading facilities among other efforts.

See **SCHOOL, P21**

59th Medical Wing NCO at JBSA-Fort Sam Houston earns AETC Lance P. Sijan award

By Staff Sgt. Jerilyn Quintanilla
59th Medical Wing Public Affairs

A 59th Medical Wing NCO at Joint Base San Antonio-Fort Sam Houston was recognized by the Air Education and Training Command for her leadership and character in and out of the office.

Tech. Sgt. Michelle L. Bernard, 959th Medical Group Microbiology NCO, earned the AETC 2015 Lance P. Sijan U.S. Air Force Leadership Award in the junior enlisted category. The award recognizes the accomplishments of officers and enlisted leaders who demonstrate the highest qualities of leadership in the performance of their duties and the conduct of their lives.

Nominees are rated on their scope of responsibility, professional leadership, leadership image and community involvement. Bernard's performance and leadership as the group unit training manager and microbiology NCO in charge at the San Antonio Military Medical Center, JBSA-Fort Sam Houston, made her an obvious choice for this award, according to her supervisor.

"When squadron leaders were looking at potential nominees for this award, her name popped up right away. She is always going above and beyond; she consistently performs at a level above her pay grade and it makes her stand out among her peers," said Master Sgt. Marlon Pugh, 959th MDG clinical laboratory flight chief.

As the unit training manager, Bernard directed administrative support of 1,600 personnel servicing 240,000 beneficiaries at SAMMC, the Department of Defense's only Level 1 trauma center. As microbiology NCOIC, she leads personnel and oversees operations within the molecular, bacteriology, mycology, parasitology, immunology and



Photo by Staff Sgt. Jerilyn Quintanilla

Tech. Sgt. Michelle Bernard unloads patient screening samples from a Roche 4810 machine in the molecular laboratory Oct. 7 at the San Antonio Military Medical Center, Joint Base San Antonio-Fort Sam Houston. Bernard recently received the Air Education and Training Command 2015 Lance P. Sijan U.S. Air Force Leadership Award in the junior enlisted category.

virology laboratories.

"To me, this award means we have a great team. It is a direct reflection of all the people around me; the people I supervise, my mentors and supervisors. I've had some great mentors that have afforded me several opportunities to challenge me and help me grow, so I feel quite blessed and honored," Bernard said.

Before winning at the MAJCOM level, Bernard competed and won at the squadron, group and wing levels. She will now compete at the Air Force level competition.

The award is named in honor of former Captain Lance P. Sijan, an Air Force Academy graduate and combat pilot, who was posthumously awarded the Medal of Honor for his intrepidity while evading capture by the North Vietnamese and during his subsequent captivity as a prisoner of war.

MICC HOSTS FINAL GAZEBO CONCERT



Photo by Daniel P. Elkins

Brig. Gen. Jeffrey Gabbert, commanding general, U.S. Army Mission and Installation Contracting Command, and his spouse Doreen hosted the final concert of a summer series Oct. 25 with a reception for civic leaders at their home that was followed by a concert by the 323rd Army Band, "Fort Sam's Own," at Fort Sam Houston. The performance set the mood for Halloween with a handful of themed musical selections that allowed both band and MICC members to have a little fun. During a performance of Michael Jackson's "Thriller," the brass band ensemble kicked off a dance choreography and were soon joined by members of the MICC in a flash mob. The MICC commanding general donned a mask and studded glove to lead the MICC flash mob and was joined by Maj. Gen. Perry Wiggins, U.S. Army North (Fifth Army) commanding general and senior Army commander of Fort Sam Houston and Camp Bullis.

Major accident response exercise prepares Joint Base San Antonio for air show

By Robert Goetz
JBSA-Randolph Public Affairs

Planning for an air show involves preparing for a variety of scenarios, including something as catastrophic as a mass casualty event. A major accident response exercise Oct. 6 at Joint Base San Antonio-Randolph, site of the 2015 JBSA Air Show and Open House Saturday and Sunday, tested the installation's ability to handle such a crisis.

"During exercise JBSA 15-05, we conducted an air show MARE involving mass casualties and hazardous materials, and evaluated Team JBSA's disaster response force's ability to respond to the incident," said Michael Broeker, 502nd Air Base Wing Inspector General wing inspection team manager. "The major scenario was simulating an F-16D aircraft crashing into the crowd, causing major casualties."

Broeker said the complex exercise required support from nearby communities.

"The Southwest Texas Regional Advisory Council, City of San Antonio



Photo by Melissa Peterson

Joint Base San Antonio-Randolph firefighters help put out a simulated fire during a mass casualty exercise at JBSA-Randolph Oct. 6. The purpose of the exercise was to prepare emergency personnel to respond to a possible mass casualty incident.

Emergency Operations Center and 48 civilian hospitals received simulated patients as part of the exercise," he said.

STRAC is an organization that develops, implements and maintains the regional trauma and emergency health care system for 22 counties.

The exercise, a coordinated effort of the JBSA disaster response force, crisis action team,

emergency operations center, 12th Flying Training Wing, 59th Medical Wing, Brooke Army Medical Center, regional civilian first responders and civilian hospitals, tested first and emergency responders' abilities to respond to the scene, assess and treat injuries, and contain and protect the scene of the incidents during the notification, response,

withdrawal and recovery phases.

Like all exercises, the air show MARE used role players as victims, witnesses and family members of the victims to add realism and variety.

Broeker said the communication process for an emergency starts with incident notifications to first responders such as fire emergency services and security forces as

well as the command post, which is then responsible for generating a report to the crisis action team and emergency operations center. The fire chief typically serves as incident commander.

For the JBSA air show, the crisis action team will be stationed at JBSA-Randolph and the emergency operations center, as always, at JBSA-Lackland.

Broeker called the air show MARE "effective."

"It highlighted a lot of good things we did effectively and recognized some areas that we need to work on," he said. "We want to make sure we're prepared for any eventuality that happens."

"The ultimate purpose is to be prepared if an aircraft crash occurs," Broeker said. "We practiced what we'd do if that happens."

6 x 3 AD

Military and Family Life Counselor Program supports families in confidential setting

By Robert Goetz
JBSA-Randolph Public Affairs

More than 10 years ago, the U.S. Army initiated a confidential counseling program that helps military members and their families cope with the stresses of deployment and other issues unique to the military lifestyle.

Administered by Magellan Health Inc., a health care management company, and MHN Inc., a mental and behavioral health services company, the Military and Family Life Counselor Program is now entrenched on installations throughout the armed services, including Joint Base San Antonio, which is home to more than 30 licensed clinical providers known as MFLCs.

"The program provides short-term, situational, problem-solving, non-medical life counseling services to active-duty military members, as well as the National Guard and Reserve, and their family members," said Brian Dougherty, JBSA-Fort Sam Houston Military & Family Readiness Center director. "It's a non-threatening way for service members and their families to talk to someone in a comfortable setting," he said.

Dougherty said military members and their families may meet MFLCs in an office at a military and family readiness center, a restaurant, a coffee shop or any place that is convenient for them.

Confidentiality is a key feature of the program, said Vonda Ware, JBSA-Lackland M&FRC director.

"By far, the biggest attraction of the MFLC program is that those seeking nonmedical counseling through this program are granted confidential and off-the-record counseling, except when mandated to report in cases of preventing harm to self or others, which means they experience no career repercussions or impacts as a result of seeking help," Ware said.

Dougherty said service members are often reluctant to seek help because they believe their careers will be affected.

"But in this program, there are no records kept unless there is an indication of child abuse, domestic abuse or other duty-to-warn situations," he said.

Those cases must be reported to the proper authorities, which, depending on the situation, include the M&FRC director, military police or security forces, and family advocacy and behavioral health professionals.

MFLCs, who have a master's degree or doctorate in a mental health-related field such as social work, psychology, and marriage and family therapy or counseling, help military members and family members address a variety of issues, Dougherty said.

Some issues stem from the military lifestyle, including deployment stress, coping skills, homesickness, relocation adjustment, reintegration, separation, resiliency and dealing with sadness, grief and loss, while life skill issues range

"The program provides short-term, situational, problem-solving, nonmedical life counseling services to active-duty military members, as well as the National Guard and Reserve, and their family members. It's a non-threatening way for service members and their families to talk to someone in a comfortable setting."

Brian Dougherty

JBSA-Fort Sam Houston Military & Family Readiness Center director



Courtesy illustration

from anger management, communication and relationships to conflict resolution, parenting and decision making.

Dougherty said JBSA has 13 MFLCs for adults, including seven at JBSA-Fort Sam Houston, four at JBSA-Lackland and two at JBSA-Randolph.

Three of JBSA-Fort Sam Houston's MFLCs for adults are embedded in two brigades and one battalion, two support the student population and two are assigned to the M&FRC.

JBSA-Randolph's M&FRCs have two counselors, while JBSA-Lackland has two counselors assigned to the M&FRC and one each embedded in the 802nd Security Forces Squadron and 59th Medical Wing. The Child and Youth

Behavioral Counseling Program is an extension of the MFLC program specifically for young family members. JBSA has 19 MFLCs for children distributed among the schools and youth centers.

"For embedded units, one of the most common issues at JBSA is work-related stress," Dougherty said. "At military and family readiness centers, common issues are primarily family- and deployment reintegration-related."

Issues at schools and youth centers relate to child behavior for young children and relationship concerns for older teens and youth, he said.

Statistics show that service members and their families are using MFLC services. In July alone, 1,307 counseling services

were provided at JBSA-Fort Sam Houston, 677 at JBSA-Lackland and 149 at JBSA-Randolph. Similar numbers were posted in May and June.

Heavy utilization of MFLC services is occurring at JBSA-Fort Sam Houston training schools, where students experience increased stress due to personal, professional and academic issues, Dougherty said.

"Students are under tremendous pressure, but there are a lot of success stories," he said.

Air Force Master Sgt. Joe Ugarte, JBSA-Randolph M&FRC NCO in charge, said the program especially helps families cope with the absence of their loved ones during deployments.

"I believe this program is successful because no

records are kept and people can meet up with MFLCs at our local coffee shop," he said. "Sometimes people don't have anyone to talk to and our MFLCs can provide those short-term solution-focused counseling sessions."

Dougherty said using MFLC services can also lead to long-term care.

"In my experience, the MFLC program serves as a bridge between service members seeking behavioral health services and not seeking those services," he said.

Dougherty called the MFLC program "one of the most valuable Department of Defense programs that support service members and their families.

"It's like a blessing to them," he said.

INSIDE THE GATE

Armed Force Action Plan Forum

Tuesday through Thursday, 9-10 a.m., IMCOM Academy, building 4022. Issues submitted for the 2015 AFAP Forum will be reviewed, prioritized and presented to senior leadership. Call 221-2380.

SOCIAL from P2

think your job would frown on something you're planning on posting, don't post it. Only post what you're comfortable with everyone seeing. If you do post something controversial, know that even if you remove it, saved or cached versions may still exist.

Be wary of strangers. The Internet is full of weirdos and people misrepresenting themselves. Consider limiting who you allow to contact you on social media, and be cautious about what info you reveal.

Be skeptical. Don't believe everything you read online. There is a lot of false and misleading information out there, so try to verify details before taking any action.

Take advantage of privacy settings. Most sites have default settings that let anyone see your profile, but you can easily add more restrictions. Check up on these settings occasionally, too, since sites change their options from time to time.

Be wary of third-party applications. Game applications may be fun, but they often require a lot of your personal information. Be

Saving And Investing

Wednesday, 9:30-10:30 a.m., Military & Family Readiness Center, building 2797. Identify strategies to help reach financial goals and review the different type of savings options. Call 221-2380.

Holiday Spending Workshop

Nov. 6, 10:30 a.m. to noon, Military & Family Readiness Center, building 2797. Learn how to reduce stress and overspending by financially preparing for the holidays in advance. Call 221-2380.

wary of any that seem suspicious, and modify your settings so you limit what information they can access.

Use strong passwords. This is pretty standard for anything online, but it stands to be repeated. You don't want your password to be compromised, so pick a good one. Some tips on how to do that can be found at <https://www.us-cert.gov/ncas/tips/ST04-002>.

Check privacy policies. Some sites will share your information, including email addresses and user preferences, which can increase spam. To reduce that, consider hiding your email address or changing the settings so that only a few people you trust can see it (<https://www.us-cert.gov/ncas/tips/ST04-007>). Also, check out the site's referral policy so you don't unintentionally sign up your friends to get spam.

Hopefully some of these tips were new and useful to you. Here are a few more for non-techie computer users (<https://www.us-cert.gov/ncas/tips>), as well as social media tips for students and parents (http://www.dhs.gov/sites/default/files/publications/Social%20Media%20Guide_2.pdf).

CHAPEL WORSHIP SCHEDULE

PROTESTANT SERVICES

Sundays

Main Post (Gift) Chapel
Building 2200, 2301 Wilson Way
8 and 11 a.m. - Traditional

Dodd Field Chapel
Building 1721, 5584 Dodd Blvd.
8:30 a.m. - Samoan

10:30 a.m. - Gospel

Army Medical Department

Regimental Chapel

Building 1398, 3545 Garden Ave.
9:20 a.m. - 32nd Medical Brigade
Contemporary Service

11:01 - Contemporary "Crossroads"

Brooke Army Medical

Center Chapel

Building 3600,
3551 Roger Brooke Rd.
10 a.m. - Traditional

CATHOLIC SERVICES

Daily Mass

Brooke Army Medical Center Chapel
Building 3600,
3551 Roger Brooke Rd.
11:05 a.m., Monday through Friday

Main Post (Gift) Chapel

Building 2200, 2301 Wilson Way
11:30 a.m., Monday through Friday

*For worship opportunities of faith groups not listed here,
please visit the JBSA-Fort Sam Houston Chaplain's website at
<http://www.jbsa.af.mil/jbsachapel/samhouston.asp>.*

Saturday

Main Post (Gift) Chapel

4:45 p.m. - Reconciliation

5:30 p.m. - Evening Mass

Sunday

8 a.m. - Morning Mass, AMEDD

8:30 a.m. - Morning Mass, BAMC

9:30 a.m. - Morning Mass, MPC

11:30 a.m. - Morning Mass, BAMC

12:30 p.m. - Afternoon Mass, DFC

JEWISH SERVICES

8 p.m. - Jewish Worship,

Friday, MPC

8:30 p.m. - Oneg Shabbat,

Friday, MPC

ISLAMIC SERVICE

2:00 p.m. - Islamic Services

(Monday through Thursday) BAMC

1:15 p.m. - Jummah, Friday,

AMEDD

LATTER DAY SAINTS SERVICES

1 p.m. - LDS Worship, Sunday,

AMEDD

BUDDHIST SERVICES

10 a.m. - Buddhist Services,

Saturday, AMEDD

SCHOOL from P18

"As someone who has two kids who are grown and now out of the house, I have a deep appreciation for what teachers do," Lt. Gen. Perry Wiggins, commanding general, U.S. Army North (Fifth Army) and senior Army commander for Fort Sam Houston and Camp Bullis, told the educators in attendance. "You absolutely are one of the most important segments in our society today and we have put a lot of responsibility on you."

Representatives from the schools and units spent almost an hour detailing events they had held over the past six months, ranging from reading programs to staging a special performance of the Soldier Show.

In the near future, many schools have Veterans Day activities

and all of the schools were extended an open invitation to attend the Fort Sam Houston Salute to Veterans Ceremony Nov. 13.

Currently, 10 schools take part in the program: Pershing, Lamar, Bowden, Washington, Wilshire, East Terrell Hills, Camelot and Fort Sam Houston Elementary Schools, plus Wheatley Middle and Cole Middle/High School.

Mark Greszler, Army North deputy chief of staff for installation management, told the audience that 10 schools is about the right number considering the number of units on Fort Sam Houston, but added that he wasn't averse to expanding the program.

"We're always interested in opening this partnership up to more folks. If other schools are interested, we will try to accommodate them," he said.

Did you know?

One of the best things about ICE is that people can let service providers know when they do a great job, not just for poor service.

It takes 5 minutes or less to submit a comment at <http://ice.disa.mil>.



VIA offers express service to air show at JBSA-Randolph

VIA Metropolitan Transit is providing express service to the air show at Joint Base San Antonio-Randolph Saturday and Sunday.

VIA's JBSA Express routes 16 and 65, which provide trips between JBSA-Fort Sam Houston, JBSA-Lackland and the downtown USO San Antonio office on weekends, are being modified with supplemental service to also provide trips to the Air Show.

The supplemental trips to JBSA-Randolph will begin at 8:25 a.m. both days from the bus stop by the USO at 203 W. Market St. and each subsequent trip to the air show will leave the USO at 50 minutes after the hour until 3:50 p.m.



Return trips will also run at 50 minutes after the hour with the last trip to downtown leaving JBSA-Randolph at 6:50 p.m. Members of the public who

board the bus at the USO will be dropped off at the visitor center at the JBSA-Randolph Main Gate, where they can board the JBSA Air Show Shuttle to the general public entry. VIA will have accessible vans available to complement the shuttle on the grounds of JBSA-Randolph.

The fare for the express service to the JBSA Air Show is \$2.50 each trip with discounted fares available for children, seniors, and students. Riders can also purchase a \$4 day pass on the VIA bus to use for all of their public transportation trips that day.

(Source: Downtown San Antonio USO office)

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**CLASS
6X9.75 1**

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3 x 2.35 AD

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