

FORT SAM HOUSTON News Leader

APRIL 10, 2015
VOL. 57, NO. 14



JBSA HOTLINES



DOD Safe Helpline
877-995-5247

JBSA Sexual Assault Hotline
808-SARC (7272)

JBSA Domestic Abuse Hotline
367-1213

JBSA Duty Chaplain
221-9363

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



Anonymous
support for sexual assault
survivors in the military

safehelpline.org | 877-995-5247

SEXUAL ASSAULT & AWARENESS MONTH **PAGES 2-3**



BAMC UNITS HONORED

PAGE 4



ARMY SOUTH NCO PARTNERSHIPS

PAGE 10-11

ARMY LIEUTENANT AWARDED SOLDIER'S MEDAL



Maj. Gen. Jimmie O. Keenan (center), the U.S. Army Medical Command's deputy commanding general (operations), presents the Soldier's Medal to Army 1st Lt. John M. Arroyo Jr. (right), as his wife, Angel, looks on during a ceremony Monday at the Warrior and Family Support Center on Joint Base San Antonio-Fort Sam Houston. The Soldier's Medal is the highest honor a Soldier can receive for an act of valor in a non-combat situation. To find out more about Arroyo, turn to page 14.

Photo by Robert Shields

Army Listening Session shows Army has a win-win partnership with city

By Sgt. 1st Class Christopher DeHart
Army North Public Affairs

The voices of the San Antonio community were heard at an Army community listening session held March 31 in the exposition hall next to the Freeman Coliseum in downtown San Antonio. More than 1,200 people attended the event, which began at 1:30 p.m. and lasted more than two hours.

"San Antonio has a win-win relationship with the military medical community," said Ann Stevens, president of BioMed SA and one of the speakers at the event who focused on the healthcare aspect of the relationship. "It benefits both sides of the partnership. San Antonio is the home of military medicine and has the largest, most integrated treatment facility in the U.S."

Attendees were shown the impact that force reduction would have on the San Antonio area, particularly in the areas of healthcare, education, veteran's community support and tourism.

The history of the city's ties to the Army, dating back to a land grant in the 1870s for the establishment of the fort, and the growth of its hospitals, universities and other businesses due to the close working relationship with the military were all related by those who stood up on behalf of the military.

Stevens was just one of a host of speakers who spoke on behalf of the benefits that have begun here and continue to grow as a result of the unique joint communities between San Antonio and Joint Base San Antonio-Fort Sam Houston. Each speaker addressed their area and

the impact that would result from any reductions by citing what having the military so closely intertwined meant to the economy and the people of San Antonio.

Speakers directly addressed the representatives from the Department of the Army, Col. Tom O'Donoghue and John McLaurin, who will report back to the Army Chief of Staff and Secretary of the Army.

Topics ranging from education and the efforts made by the school districts to accommodate the special needs of military families and their children to the expansions and modifications added to help the growth of the San Antonio Military Medical Center, including adding an exit at the hospital entrance from

See LISTENING, P12

Editorial Staff

502nd Air Base Wing/JBSA
Commander

Brig. Gen. Bob LaBrutta

502nd ABW/JBSA
Public Affairs Director
Todd G. White

JBSA-FSH Public Affairs Chief
Karla L. Gonzalez

Managing Editor
Steve Elliott

Associate Editor
L. A. Shively

Writer/Editor
Vacant

Layout Artist
Joe Funtanilla

News Leader office:

2080 Wilson Way
Building 247, Suite 211
JBSA-Fort Sam Houston
TX 78234-5004
210-221-1031
DSN 471-1031

News Leader Advertisements:

EN Communities
P.O. Box 2171
San Antonio, TX 78297
210-250-2440

News Leader email:

usaf.jbsa.502-abw.mbx.
fsh-news-leader@mail.mil

This Air Force newspaper is an authorized publication for members of the Department of Defense. Contents of the News Leader are not necessarily the official views of, or endorsed by, the U.S. government or Department of Defense. It is published weekly by the 502nd Air Base Wing and Joint Base San Antonio-Fort Sam Houston Public Affairs Office, 2080 Wilson Way, Building 247, Suite 211, Fort Sam Houston, Texas 78234-5004; 210-221-2030, DSN 471-2030. Printed circulation is 10,000. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other nonmerit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the printer shall refuse to print advertising from that source until the violation is corrected. The editorial content of this publication is the responsibility of the Director of Public Affairs. The News Leader is published by EN Communities, 301 Ave. E, San Antonio, TX 78205, 210-250-2440, a private firm in no way connected with the U.S. government, under exclusive written contract with the 502nd Air Base Wing and JBSA-Fort Sam Houston Public Affairs Office. The civilian printer is responsible for commercial advertising. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the U.S. Air Force. Stories and photos for publication consideration may be e-mailed to usaf.jbsa.502-abw.mbx.fsh-news-leader@mail.mil by close of business Friday.

Sexual assault survivor: 'You are not alone'

By Staff Sgt. Nancy Kasberg
American Forces Network-
Kaiserslautern

I remember the day like it was yesterday. My heartbeat echoed in my head as I attempted to dry my sweaty hands on my jeans.

I was 21 years old, sitting in a Korean court room, waiting to be questioned by prosecutors. How I ended up there was unreal. Just a few months earlier I was happy; I had a loving husband, amazing friends and arguably the greatest job in the Air Force, but the color in my world had been stolen.

This is my story of how I was sexually assaulted.

After a year at my first duty station, I wanted to further my career so I volunteered for a short tour to Korea. I soon received an assignment to Osan Air Base, South Korea, as an American Forces Network broadcaster. It would be difficult, I knew, because my husband was unable to join me, but we agreed it was a great opportunity.

Upon arriving in Korea, I quickly learned the assignment was no easy task. The days were long and work never seemed to stop. It wasn't until half way through my tour that I finally made time to volunteer off-base with a fellow coworker. We spent the day helping members in the local community practice their English-speaking skills. After lunch, my coworker and I said our good-byes to the Koreans and headed back to base.

The taxi dropped us off at the street right in front of the base. I paid

the driver, thanked him and waved good-bye to my buddy as he left to play pool off base.

Walking toward base, I noticed a button on my coat was loose, so I stopped at a tailor shop a few feet from the gate entrance. I walked in, greeted the worker with "Annyeonghaseyo," and asked if he could fix my button. He nodded and took the coat from me.

When he finished, I put it on and asked how much. He kept saying no charge and proceeded to get closer to me. The next few minutes became dark. He proceeded to take advantage of me and I just froze. I didn't know what to do; I was in shock.

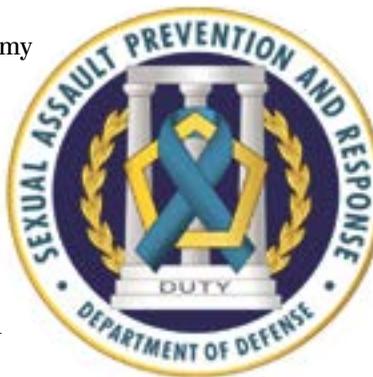
I couldn't believe what was happening. Once I snapped to, I ran as fast as I could toward base. I knew what had just happened to me wasn't right, and my mind and body didn't want to believe it. It felt like my brain kept telling me, there's no way it could have happened.

But it did.

As I sat in my room, replaying the events in my head, I heard the recognizable beeping sound coming from my computer. It was my husband calling me via Skype. I answered, and realizing something was bothering me, he asked what was wrong.

Hesitating, I slowly began to tell him what happened that day. I could see the anger and frustration in his eyes; he wanted so badly to hug and kiss me and tell me everything was going to be all right, but he couldn't.

The following day, I



took his advice and talked to my supervisor about the events that occurred. While comforting me, she asked what I wanted to do and explained my options. We walked to the Sexual Assault Response Coordinator's office and the lieutenant there escorted me to the (Air Force) Office of Special Investigations, where they took my statement.

The OSI agents were very understanding and explained that because this was a Korean national, I would have to file a report with the Korean National Police. I thought it would end there, but that was only the beginning.

The SARC informed me this would be a long procedure and recommended I use the Air Force's new Special Victims Council Program to help me through the process; I agreed.

A few weeks later, my first sergeant called to tell me that, according to Korean law, anytime a person files a sexual assault, both parties must present their account of the actions in front of a judge.

"You will have to face him if you want to keep going with this," he said.

I echoed softly, "Face him?" This was the last thing I wanted.

He got quiet and then told me, "Hey, I don't agree with this system. You should never have to see him again. I will support whatever decision you make, but just know our OSI translator says most women end up retracting their statements because they're afraid of facing their assailant."

After hearing that, I knew I had to do what was right.

Soon, an Air Force captain from the SVC contacted me. As a lawyer, he would help me through any legal issues and be available for support.

Finally, the day arrived when I would have to face the man who assaulted me. At the Korean National Police Station, we would argue the truth over that day's events.

My first sergeant and commander drove in from Seoul to accompany me. Before leaving the office, my commander talked to me. He asked me how I was doing and if I was ready.

But I will never forget what he told me next, "I have to tell you that I really admire what you're doing. It takes a lot of guts, so let's go out and (seek justice for what has happened to you)."

We pulled up to the police station and an officer escorted us into a room. The door opened and I saw my assailant. Next to him was an empty chair where the officer signaled me to sit. Shaking, I managed to take my seat at which time my assailant starts yelling. There was

no need for translation; my interpreter told me he was accusing me of lying and trying to ruin his marriage.

I left the room momentarily to try and compose myself. I took a deep breath and looked in the mirror. I had been so stressed for the past two months and it reflected in my physical appearance. My skin had broken out from my face all the way down to my chest.

But I knew in my heart what happened that day; I wasn't a liar. I closed my eyes and prayed to God for strength.

I made my way back into the room. I looked around at all the people who came out to support me – my commander, first sergeant, station manager and OSI translator and, for the first time in a long time, I felt safe.

I remained as calm as I could and answered the questions asked of me, despite my offender being a few inches away and constantly yelling at me and my interpreter.

This was, by far, the hardest thing I've had to face in my life.

Weeks went by before we heard anything. The judge decided to take my case to court. I would have to testify again, except this time no one was allowed in the court room with me.

My special victim's counselor walked me to the door of the court room. Then a Korean officer took me in and motioned me to sit in a chair that had been placed in the middle

See SURVIVOR, P16



Joint Base San Antonio
<http://www.facebook.com/JointBaseSanAntonio>
Joint Base San Antonio-Fort Sam Houston
<http://www.facebook.com/JBSAFortSamHouston>



Joint Base San Antonio
http://www.twitter.com/JBSA_Official
Joint Base San Antonio-Fort Sam Houston
<http://www.twitter.com/JBSAFSH>



<http://www.jbsa.af.mil>
<http://www.samhouston.army.mil/pao>

News Briefs

Closure of Ludington Road

Ludington Road, located in the industrial section of the southeast corner of Joint Base San Antonio-Fort Sam Houston, will be closed through Feb. 10, 2016, to rebuild the road. Access to the Army South organizational parking area will be from Parker Hill Road through the 502nd Civil Engineer Squadron Operations storage yard. Access to the Tactical Equipment Maintenance Facility, building 4115, will be restricted to contractors only.

JBSA-Fort Sam Houston Hosts Army Soldier Show April 17-18

The 2015 U.S. Army Soldier Show, titled "WE SERVE," kicks off its tour with free shows at 7 p.m. April 17 and 18 at the Fort Sam Houston Theater, building 2270, on Joint Base San Antonio-Fort Sam Houston. Doors open an hour prior to the show and entry into the show is on a first-come, first-seated basis and is open to Department ID cardholders and their guests. Check back and visit <http://ArmyMWR.com/Soldiershow> for 2015 content including: behind-the-scenes videos, tour schedule, cast/crew biographies and more. For more information, 466-2020.

Wilford Hall Drop-Off Point Closed April 27-29

Because of construction, the Wilford Hall Ambulatory Surgical Center main entrance drop-off point, closest to the parking garage, will close to vehicle traffic April 27-29. The main entrance will still allow for foot traffic from the parking garage. Patients are encouraged to use other entrances on these days.

Telephone Sponsorship Access No Longer Authorized

With the implementation of Air Force Manual 31-113, Installation Perimeter Access Control, dated February 2015, telephonic sponsorship for installation access is no longer authorized. Effective Saturday, Joint Base San Antonio-Fort Sam Houston visitor centers will no longer accept telephonic sponsorship for any category of visitor, vendor or contractor requesting access to the installation. The only authorized means of sponsorship will be by ".mil" government email or by physically going to the visitor center with the access request. JBSA-Fort

See NEWS BRIEFS, P6

Joint Base San Antonio leaders hold Sexual Assault Awareness and Prevention Month proclamation signing

By Petty Officer 1st Class Jacquelyn D. Childs
Navy Medicine Education and Training Command Public Affairs

Senior officers representing the five military services in San Antonio gathered April 1 for the annual Sexual Assault Awareness and Prevention Month 2015 proclamation signing ceremony at the Medical Education and Training Campus Academic Center on Joint Base San Antonio-Fort Sam Houston.

The five leaders signed a proclamation on behalf of their respective military service branch to pledge to do their part to combat the issue of sexual assault year-round.

The ceremony included remarks from Lt. Gen. Perry L. Wiggins, commanding general of U.S. Army North (Fifth Army) and the senior Army commander of JBSA-Fort Sam Houston and JBSA-Camp Bullis; Rear Adm. Rebecca McCormick-Boyle, commander, Navy Medicine Education and Training Command; Brig. Gen. Robert Miller, commandant, Medicine Education and Training Campus, who represented the Air Force; Lt. Col. Eric Dill, 4th Reconnaissance Battalion and 4th Marine Division commanding officer, representing the Marine Corps; and Cmdr. Benjamin Golightly, Coast Guard Cryptologic Unit Texas commanding officer, representing the Coast Guard.

"While this is an annual proclamation, our actions must demonstrate a daily affirmation," McCormick-Boyle



Photo by Olivia Mendoza

(From left) Rear Adm. Rebecca McCormick-Boyle, commander, Navy Medicine Education and Training Command; Lt. Gen. Perry L. Wiggins, commanding general of U.S. Army North (Fifth Army) and senior Army commander of JBSA-Fort Sam Houston and JBSA-Camp Bullis; Brig. Gen. Robert Miller, commandant, Medicine Education and Training Campus; Lt. Col. Eric Dill, 4th Reconnaissance Battalion and 4th Marine Division commanding officer; and Cmdr. Benjamin Golightly, Coast Guard Cryptologic Unit Texas commanding officer, gathered at the METC Academic Center April 1 to sign the Sexual Assault Awareness and Prevention month proclamation.

said. "We must forcefully, deliberately and preemptively take action to prevent sexual assault, swiftly intervene when it does occur to care for those victimized and vigorously pursue justice for perpetrators.

"It is an abhorrent act of violence that goes against our core values as Sailors, Marines, Soldiers, Airmen and Coast Guardsmen," McCormick-Boyle added. Those attending also had the opportunity to hear from Army Capt. Jacqueline Just, who shared both good and bad first-hand experiences as a victim.

"I'm thankful for the support of the hospital commander, my supervisor and my Sexual Harassment and Assault Response Prevention advocates for helping me get through this storm," said Just, who claimed to have felt like she was being punished at her last command after coming forward to report her

commander for sexually assaulting her and her friend.

Now she urges others who might be in similar situations to not be afraid and come forward. "If you are a victim of sexual assault, seek help," she said.

Just's negative experiences and those of other victims like her are awakening leaders to the need

to get more involved and in turn push their units or commands to be more aware of what's going on around them.

"We have no room to talk about one gender or another," Wiggins said. "We have no room to have someone take advantage of someone else based on rank, demographic or race. No

place for any of it.

"When you put on the uniform of the United States service member, you are bigger and better than society," Wiggins added. "If society can't solve it, I get it. But in our formations, we're bigger than that. You represent an institution that we cannot afford to tarnish."

JBSA-Fort Sam Houston, JBSA-Lackland and JBSA-Randolph will all be doing their part to raise awareness by hosting special events and public education opportunities throughout April, including a tri-service talent show, a golf tournament, a 5K run and a self-defense class. For more information about these events and others, contact your SAPR/SHARP office.

To report a sexual assault or speak confidentially to a victim advocate, call the Department of Defense Safe Helpline at 877-995-5247 or contact your local SARC or victim advocate.

AMEDDC&S, HRCOE LEADERS SIGN SEXUAL ASSAULT AWARENESS AND PREVENTION MONTH COMMANDER'S PROCLAMATION



Col. Eric Edwards (right), chief of staff of the U.S. Army Medical Department Center and School, U.S. Army Health Readiness Center of Excellence, signs the center's Sexual Assault Awareness and Prevention Month proclamation April 1 at Blesse Auditorium, Willis Hall, as Col. Jack Davis, commander of the 32nd Medical Brigade looks on. Brigade Command Sgt. Maj. Michael Gragg, also signed the proclamation. By signing the proclamation the leaders of the AMEDDC&S, HRCoE are committed to instilling a culture that stands against any and all acts of sexual violence.

Photo by Esther Garcia

New program honors BAMC units for exceptional patient care

By Elaine Sanchez
BAMC Public Affairs

Two Brooke Army Medical Center units were recognized March 17 for their positive impact on patient safety, experience and satisfaction.

BAMC Commander Col. Evan Renz presented the optometry service and the 3W inpatient ward with 3-foot-tall Commander's Award trophies to honor their standout dedication to safe, quality care during the first quarter of fiscal 2015. The units are the first to be honored through this new BAMC recognition program.

"BAMC Command Sgt. Maj. Tabitha Gavia and I are proud of both of these teams for their tremendous commitment to excellence in patient care," Renz said.

The quarterly Com-

mander's Award program recognizes the outpatient clinic with the most outstanding patient experience and service and the inpatient ward with most improved or impacted patient safety, said Maj. Jason Smith, chief of the clinical operations division.

The program was inspired by BAMC's High Reliability Organization journey, which focuses on delivering the safest, highest quality care with an aim of zero preventable harm

BAMC's 3W team stood out for reporting 162 "Good Catch Events" over the past year, with 63 in the last quarter.

Good catches – recognizing potential medical errors quickly – can have a direct and potentially far-reaching impact on patient safety, explained Lt. Col. Van McCoy, 3W

clinical nurse officer in charge.

"I frequently tell my team, 'I want you to treat all of the patients here on 3W with the same care and respect you would give to a beloved family member,'" McCoy said. "Ward 3W nursing staff live by the mantra issued to us from Col. Vivian C. Harris (chief, Medical Nursing Services) that 'Patients are our No. 1 Priority.'"

"Patient safety is a team effort, and all team members provide great contributions and focus in order to keep our patients safe," added Robin Francis, assistant chief nurse in charge for 3W.

The Department of Community and Family Medicine's optometry team, which includes the McWethy Troop Medical Clinic and the Fort Sam



Photo by Robert Shields

Brooke Army Medical Center Command Sgt. Maj. Tabitha Gavia (left) and BAMC Commander Col. Evan Renz (right), present the Commander's Award trophy to the staff of 3W during a March 17 ceremony.

Houston Clinic, was honored in part for receiving more than 200 Army Provider Level Satisfaction Surveys with a perfect 100 percent rating in the area of "overall visit satisfaction" three months in a row, noted Col. Carol Rymer, BAMC's

optometry chief.

"We are all humbled and grateful for this appreciation," Rymer said. "This can only be accomplished by the dedication of a team – from the very first encounter a patient experiences on the phone or online,

to the front desk staff assisting in the check-in process of a patient, to the compassionate, quality care of patients by our technicians, doctors and ancillary services. It truly is a consolidated organizational effort every step of the way."

AIR FORCE AID SOCIETY DONATIONS ONGOING

Brig. Gen. Bob LaBrutta (right), 502nd Air Base Wing and Joint Base San Antonio commander, fills out a 2015 Air Force Assistance Fund pledge form April 3 as Capt. Enisa Dervisevic, JBSA-Fort Sam Houston installation project officer, looks on. The 2015 Air Force Assistance Fund Campaign runs until May 1. Air Force bases worldwide are participating in this fundraising event which raises money for four Air Force charities: Air Force Aid Society, Air Force Enlisted Village, Air Force



Photo by Johnny L. Saldivar

Villages Charitable Foundation and the General and Mrs. Curtis E. LeMay Foundation. New this year is an updated Air Force Assistance Fund website at <http://www.afas.org/>, which features information about all of the affiliate charities, a link to the donation forms, videos, assistance stories and frequently asked questions.

News Briefs

Continued from P3

Sam Houston has two operational visitor centers, with the Walters Visitor Center located adjacent to the Walters Entry Control Point at 2150 Winfield Scott Road, building 4179 and the Scott Visitor Center located adjacent to the Harry Wurzbach East Entry Control Point at 3701 Winfield Scott Road, building 2843. For more information, visit <http://www.jbsa.af.mil/library/visitorinformation.asp> or call 221-1108 or 221-2756. Requests for sponsorship can be sent by email to usaf.jbsa.502-abw.list.502-sfs-fsh-visitor-control-center-owner@mail.mil. For more information concerning these processes, call 221-1108 or 221-2756.

Bicycle Registration

More than 23 bicycles were reported stolen in 2014 on Joint Base San Antonio-Fort Sam Houston, according to 502nd Security Forces Squadron officials. Approximately 25 percent of these bicycles were recovered and returned to their owner, because the owner knew the serial number or the bicycle was registered with the 502nd SFS. From 9 a.m. to 1 p.m. April 18, the 502nd SFS Crime Prevention Unit will register bicycles at the Military & Family Readiness Center, building 2797. Bike owners don't have to bring your bicycles; simply have basic information available at time of registration, such as a description and the serial number on the frame. For more information, call 221-0729.

JBSA-Fort Sam Houston Prepares For Command Cyber Readiness Inspection

From Aug. 31 through Sept. 4, the Defense Information Systems Agency will conduct a Command Cyber Readiness Inspection for the Joint Base San Antonio-Fort Sam Houston area of responsibility. The inspection focus will be on unclassified (NIPRNet) and classified (SIPRNet) networks and supporting traditional security practices. To ensure JBSA-Fort Sam Houston passes successfully, every unit and network user is responsible for being knowledgeable on proper cyber security, traditional security and physical security practices. For more information, contact your unit's G2/S2/Security Manager.

AMEDDC&S, Army Health Readiness Center of Excellence, earns Army Star Strong Flag

Esther Garcia
AMEDDC&S, HRCoE
Public Affairs Office

The Army Medical Department Center and School, Army Health Readiness Center of Excellence, have culminated a two-year journey to earn the Army Star Strong Flag safety award.

The Army Safety and Occupational Health Star Site Flag is an Occupation Safety and Health Act-based program which recognizes organizations for excellence in safety management.

The journey began in January 2013 with a visit from the Army Medical Command Safety Office. From the initial visit, a total of 243 action items were completed prior to being assessed for star status.

Organizations were evaluated in subjects such as management leadership and employee involvement, worksite analysis, hazard prevention and control and safety and health training. The final assessment was accomplished in January 2015 with the recommendation for the Department of Defense Voluntary Protection Program Star status.

The Army Star Strong Flag and Certificate of Recognition was presented to Maj. Gen. Steve Jones, commanding general, AMEDDC&S, HRCoE, March 27 at Blesse Auditorium, Willis Hall, by Maj. Gen. Jimmie Keenan, deputy commanding general (operations), U.S. Army Medical Command and chief, U.S. Army Nurse Corps on behalf of Lt.



Photo by Esther Garcia

(From left) Maj. Gen. Jimmie Keenan, deputy commanding general (operations) for Army Medical Command and chief of the Army Nurse Corps; Maj. Gen. Steve Jones, commanding general, Army Medical Department Center & School, Army Health Readiness Center of Excellence; and AMEDDC&S, HRCoE Command Sgt. Maj. Andrew Rhoades pose with the Army Safety and Occupational Health Star Strong Flag unveiled on March 27 at Blesse Auditorium in Willis Hall.

Gen. Patricia Horoho, Army Surgeon General, for successful completion of the requirements for recognition as an Army

Safety and Occupational Health Star Site. "It is an honor to be here on behalf of the surgeon general," Keenan

said. "I have to give huge accolades to all of you. What you have

See FLAG, P16

Navy Recruiting salutes Reserve centennial with Fiesta medal

By LA. Shively
JBSA-Fort Sam Houston
Public Affairs

Navy Recruiting District San Antonio is commemorating 100 years of Reserve service by dedicating this year's Fiesta medal to the Navy Reserve.

Officially unveiled March 8 during a centennial celebration at the Navy Operational Support Center San Antonio, the medal features the centennial logo on the front with NRD contact information on the reverse in the Navy colors of blue and gold.

"I was excited to see we were incorporating

the Reserve centennial into the medal, because I have 15 years of Reserve experience," said Cmdr. Karen Muntean, NRD San Antonio executive officer. "Getting to tie our medal to the Navy Reserve is very special to me. It's a piece of my history."

Muntean said she understands the challenges, as well as the commitment a reserve Sailor makes, both as a drilling reservist and on active duty as a commanding officer.

"Even though a Reservist is on active duty just two days a month and two weeks a year, it is a full-time commitment,"

Muntean said. "They are balancing two career paths while also supporting their families and their local communities."

Muntean said Navy Reservists are responding to an innate call to serve and that Navy Recruiting is happy to salute their dedication with the centennial medal.

Those new to Fiesta may see only the colorful jangling medals hanging from sashes and hats. But looking deeper, behind the reserve centennial medal for instance; reveals a tradition of excellence in service to the country and to fellow Americans, the commander explained.



Photo by Ed Dixon

Navy Capt. Steve Brown (left), commanding officer, Navy Operational Support Center San Antonio, and Command Master Chief Jermaine Rawls unveil artwork of the Fiesta medal that features the Navy Reserve Centennial logo during a March 8 celebration of 100 years of service of the Navy Reserve in San Antonio at NOSC San Antonio.

Army surgeon general warns of damage to MEDCOM under sequester

By J.D. Leipold
Army News Service

Another sequestration could mean the loss of more than 6,000 medical personnel from the Army, the service's surgeon general told senators March 25 in Washington, D.C.

Lt. Gen. Patricia D. Horoho testified before the Senate Appropriations subcommittee on defense about the fiscal 2016 budget request and its potential impact on the U.S. Army Medical Command.

"The Army is preparing to draw down to an active-duty end-strength of 450,000 Soldiers that will result in a reduction of more than 800 active-duty MEDCOM personnel," Horoho said. "If sequestration returns, the Army may be compelled to reduce active-duty

strength to 420,000 – leading to an anticipated reduction of greater than 3,000 active-duty MEDCOM personnel."

In her written testimony, she wrote that based on Army Medical Command's experience from the 2013 sequester, MEDCOM expects to lose an additional 3,000 civilians across the command.

Further, the damage to the civilian work force – despite aggressive hiring actions since 2014 – has still left a shortfall of more than 1,800 civilians.

"While many think of MEDCOM as green-suit healthcare providers, the reality is civilian employees comprise 60 percent of the workforce – they are the backbone, stability and glue of our system," she said.

Speaking about the



Photo by J.D. Leipold

Army Surgeon General Lt. Gen. Patricia D. Horoho testifies before the Senate Appropriations subcommittee on defense March 25 about the fiscal 2016 budget request and the potential impact of another sequestration on the U.S. Army Medical Command.

2016 defense health program budget,

Horoho first highlighted the accomplishments of Army medicine, citing the development of a ground-breaking vaccine for Ebola; the promotion of the Performance Triad

and increasing the impact of readiness touch points that include embedded providers, Soldier Centered Medical Homes, dental clinics and garrison medical facilities.

"Our Soldiers' readiness remains our number

one priority," she said. "We added combat power back to the force by reducing the number of Soldiers who were non-deployable due to health reasons – we made tremendous strides in our transformation from a healthcare system to a system for health."

She said the journey Army medicine is moving along has made it a highly reliable organization for safety and health care delivery through the use of evidence-based practice and cutting-edge research, which now delivers care far forward through tele-health efforts.

"The Military Health System review validated our pathway to improve safety and quality of care to our Soldiers, our families and those retiring," she said. "The review

showed that we are either above or comparable to the best health care systems in the nation."

Horoho said that Army medicine's focus was based on four priorities: deployment medicine and casualty care; readiness and health of the force; the capability to keep a ready and deployable medical force and to assure the health of families and retirees.

"However, all the lessons learned and progress we have made as a result of the last 13 plus years of persistent conflict and our focused efforts at continuous improvement along our four priorities are at risk of being slowed, halted and reversed, given an unstable environment and the detrimental second- and third-order effects of sequestration."

ARSOUTH NCOs help build true partnerships in Central and South America, Caribbean

By Michael L. Lewis
Army NCO Journal

The geography and people within the area of responsibility of U.S. Army South are wholly different than what most Army NCOs have experienced in their careers. Similarly different are the ways the command makes use of NCOs' core skills of leading, caring, training and maintaining while promoting the command's motto, "Juntos Podemos! - Together We Can!"

"The opportunity for the NCOs of Army South is that we get to help our partner nations develop their NCO corps," said Army South Command Sgt. Maj. Dennis Zavodsky. "That falls in line with the Army chief of staff's priority of being a globally responsive and regionally engaged Army. The good news is there's a lot of work to be done, so there's a lot of opportunity."

U.S. Army South, headquartered at Joint Base San Antonio-Fort Sam Houston, is the Army service component command of U.S. Southern Command. It encompasses everything from Cuba and Guatemala to Tierra del Fuego at the southern tip of Argentina and Chile - 31 countries in Central and South America and the Caribbean.

Though many NCOs have developed working relationships and strong bonds with soldiers from other countries they have fought alongside in Iraq or Afghanistan, Army South's main work of international bridge-building is more nuanced, Zavodsky said.

"We try to leverage the regional influencers," he said. "For example, some ask why we

work so closely with Colombia. It's because Colombia brings other nations to its schools. With Colombia, we're almost at the point where we are with the United Kingdom. We have so many shared interests and institutional familiarity, it's truly two partners working together.

"The opposite side of the spectrum would be some of the Central American armies that really need - from A to Z - Institutions established," Zavodsky said. "They need to gain authorities, they need pay reform - everything you can think of an NCO corps possibly needing, they need."

Much of what Army South does is smaller and more localized. A good example are the components of "Beyond the Horizon," ARSOUTH's signature exercise, said Sgt. 1st Class John Gurisko, the humanitarian and civic assistance NCO in charge of the command's G-3 exercises directorate.

"We begin planning for them about 15 months out," he said. "For each exercise, it usually consists of four engineer projects that help build either a clinic or a school, and four medical exercises, where National Guard units from different states go down there and help provide medical aid, which can include optometry and general health checkups."

Though the entire exercise may last two months, Guard and Reserve units rotate in for two-week stretches, which fulfill their annual training requirement and make use of their civilian job skills, Gurisko said.

"We plan everything, including how they're getting down there



Photo by Robert Ramon

Staff Sgt. Robert Hogeland (center), the clinical operations NCO in charge at U.S. Army South's medical directorate, demonstrates various ways to stabilize a fractured ankle to members of the Uruguayan military during a tactical Combat Lifesaver Course subject-matter expert exchange in September 2014 outside of Montevideo, Uruguay.

and making sure they have the required training and certifications," he said.

NCOs are also integral to the planning process for the engineering projects, said Sgt.

Maj. Byron Ross, the sergeant major of the Army South Assistant Chief of Staff Engineer Directorate.

"Whatever construction is agreed upon, our directorate's

construction operations sergeants will look at the feasibility," he said. "They are the people who actually manage the planning and construction for whatever National Guard unit is identified

to actually construct the project. They are the quality control, and the planning aspect of it is actually bigger than the actual execution."

Such a project management role is not common for engineer NCOs in regular units, Ross said. So, engineer construction operation NCOs at Army South are being trained to become project management professionals, a civilian certification that is rare among NCOs serving in vertical construction units throughout the Army.

"This higher level of project management certification gives them the skills and knowledge of professional licensed construction managers, so that NCOs can be more effective in managing at a high rate of efficiency and manage more projects," Ross said.

"In combat heavy vertical construction units, NCOs are only required to know project management based on the Army's military doctrine, which is not as robust as professionally licensed construction managers. Becoming a project management professional takes it far beyond

basic project management skills, so NCOs have the skills to manage more effectively and provide quality control and quality assurance of several schools, hospital clinics, latrines and other facilities," Ross added.

"Project management professional skills amplify and focus on the effectiveness of the NCO as the manager, the skill or proficiency of the constructors and stakeholder's interest," Ross said. "In a combat-heavy vertical construction unit, NCOs usually don't get into the stakeholder's interest or project funding and programming, because that process is not normally at the NCO level. But here, we bring NCOs to that next level."

Aside from Beyond the Horizon, ARSOUTH's bread-and-butter work involves facilitating small teams of soldiers as they train partner nation troops, Zavodsky said.

"We can do a lot with a little," he said. "Our deployments might be from three to seven people. We're not sending battalions to do operations somewhere."

Staff Sgt. Robert Hogeland, the clinical operations NCOIC in

Army South's medical directorate, was part of a small team sent to Uruguay in September.

"We went down there to conduct a Combat Life Saver class for their medics and their infantrymen, so they will have more advanced knowledge of how to take care of casualties," he said. "We share a lot of the techniques we've learned from being in war over the years. Some of it doesn't apply exactly, because they're not at war, they're dealing with cartels. But the training is good, and it's relevant."

Yet, not just any Army NCO is ready to train partner nations' soldiers, Zavodsky said.

"For an NCO to be successful here, first of all, you have to be competent in your own field," he said. "Before you can show anybody what right looks like, you first of all have to be right. There's a big difference between being able to execute a task and having the confidence level needed to be able to teach a task. That's a higher level of competence where you understand it clearly enough that you can communicate it, tell people reasons why, give pros and

cons, and reach into your bag of tasks, techniques and procedures and say, 'These are ways I've done this, and this is what may work for you.'"

Many U.S. NCOs may not realize the disparities in motivations for being an NCO and education levels, Zavodsky said.

Hogeland said such challenges have made him a better trainer.

"I'm really good at hands-on training. All I have to do is show them," he said. "What I've noticed is that when I'd get frustrated, I'd want to yell at them. But since I don't speak Spanish, I learned to just be patient and just show them over and over again; I take my time. Trust me, if I could speak Spanish, I'd probably be yelling at some of them. But I've learned to just be calm, and the teaching comes much better. They become confident, because they're not afraid to mess up in the class. You have to mess up to learn what the right thing is."

Army NCOs are more than just trainers, Zavodsky said. They act as ambassadors for both the United States and a professional NCO corps.

"They ask for us because of our credentials and our capabilities, but we also recognize that we are partners," he said.

Army South NCOs have to be

able to act independently with far less supervision than is the norm, Zavodsky said.

"We may need two NCOs to go down to Peru, and you might be there for six months," he said. "You're going to be at this school, and you'll be checked on once in a while by the embassy staff. But other than that, you'll be on your own. And most of our NCOs love it, because they say it gives them the chance to prove that they can really do it. But you have to enter with a certain level of maturity to understand that you're representing so much more than yourself at that point."

Yet if they remain open, adaptive and receptive, U.S. NCOs can benefit greatly from the fruits of a true partnership relationship, Hogeland said.

"We learn from them, too," he said. "A lot of their environment is jungle, and we haven't dealt with a lot of jungle since Vietnam. So, we pull a lot of information from them about jungle medicine and how they improvise, because they improvise everything; they don't have as advanced equipment as we do. It's very interesting to see what they've come up with. They have some very good ideas that are very innovative. And that's the exchange we get."



Photo by Sgt. 1st Class Walter van Ochten

Staff Sgt. Jesus Rivera-Garcia (far right), a worksite safety noncommissioned officer with the 284th Engineer Company, 961st Engineer Battalion, 420th Engineer Brigade, U.S. Army Reserve, inspects a forklift load as members of the unit begin the process of unloading supplies to build a bathroom for a school during the U.S. Army South-organized Beyond the Horizon exercise in April 2013 at Achiote, Panama.



Photo by Robert Ramon

Sgt. Maj. Jorge Lopez (right), the sergeant major of U.S. Army South's medical directorate, conducts a presentation to members of the Uruguayan military during a subject-matter expert exchange in September 2014 in Uruguay.

LISTENING from P1

Interstate 35 and the replacement of a bridge leading into the base necessary to combat flooding.

“First and foremost, I would like to say thanks to everyone in attendance today. San Antonio is a city that calls itself Military City, U.S.A., and your presence today highlights ... your concern for our military members, those who wear the cloth of our nation,” said Lt. Gen. Perry Wiggins, commanding general, U.S. Army North (Fifth Army) and senior Army commander for JBSA-Fort Sam Houston and JBSA-Camp Bullis.

“This forum is an opportunity for the Chief of Staff of the Army and the Secretary of the Army to provide a presentation of the state of the Army and some of the impacts in the future so that we can share with our community members.”

Wiggins cited the major changes that came about since Sept. 11, 2011, with increased security and limited access to installations, and stressed to the crowd the importance of staying connected. “One thing we can never do is lose touch with our community, he said, “because the Army exists to serve the citizens of this nation.”

JBSA-Fort Sam Houston is the last of 30 installations directed by the Army Chief of Staff to hold community listening sessions to allow the Army to collect and consider community input to better inform the Army how and where force structure changes will be made by determining how they will affect the installations, as well as the community.

“What you have here is a vibrant, growing, important community,” McLaurin said. “I just want you to know that, despite whatever may come as far as cuts are concerned that the

Army is forced to make, we love San Antonio and we love you.”

In a 2014 assessment report, the Army estimated it may need to further reduce its personnel from a war-time high of 570,000 to 420,000 by the end of the decade. If this happens, maximum potential cuts could include approximately 6,000 local personnel over the next five years.

Including family members, JBSA-Fort Sam Houston and JBSA-Camp Bullis would lose nearly 15,000 individuals. The estimated financial impact to the greater San Antonio area, assessed by the San Antonio Chamber of Commerce, would be approximately \$382 million.

“A reduction of almost 15,000 people in our local military family would hurt,” says Richard Perez, president and CEO of the San Antonio Chamber of Commerce.

“There is one thing that sets San Antonio apart,” said Joe Schubert, the final speaker of the day. “As communities have gotten larger in other places, the military has become less important. From what you’ve heard today, San Antonio is quite the opposite. They’ve gone out and said we care about the military and asked what they can do to make sure it’s known how important the military is to the San Antonio community.”

Stories of the connection that exists in the city between the people and their military counterparts were shared throughout the event. Chuck Bunch, a member of the Military Affairs Committee, told the audience about numerous times when he was an Airmen that folks bought him meals, yet didn’t make any attempt to claim credit for their kindness or accept repayment.

“This is what you get in San Antonio – we are a city of action, not just words,” he said.

Eligible Airmen may choose retirement plan at 14 1/2-year mark

By Debbie Gildea
Air Force Personnel Center
Public Affairs

The Air Force Personnel Center at Joint Base San Antonio-Randolph has developed an automatic notification process that sends a message directly to regular Air Force and headquarters Active Guard Reserve members when they reach 14 1/2 years of active service.

The new process will help ensure eligible military members are aware of their options in choosing a retirement plan with ample time to make an educated decision.

Prior to implementation of the new process, only about 52 percent of Airmen acknowledged the notification message and during the new process preliminary testing,

95 percent of Airmen responded to the message.

The Career Status Bonus – or REDUX – program was implemented in 1986. It allows Airmen who initially entered service Aug. 1, 1986 or later the option to choose either the REDUX retirement plan or the high three plan once they have 14 1/2 to 15 years of active service. In 2000, a \$30,000 bonus was approved for Airmen who choose REDUX.

Information about each retirement plan, including a link to a retirement calculator, is available on the myPers website. Go to <https://mypers.af.mil> and enter Career Status Bonus or REDUX in the search window.

“Our goal is to ensure

all eligible Airmen know what their options are and are able to make informed decisions,” said Ann Lacey, military retirement policy and procedures branch.

“We don’t want to steer Airmen one way or the other, but we do want them to be aware that they have reached the decision eligibility point. So, we also use the notification message to point them to resources that will help them choose the most beneficial plan for them.”

Under the new notification process, Airmen will get an email at their 14 1/2-year mark.

The email will include an embedded link to an information page with an acknowledgement button. Airmen must click the acknowledgement button to let AFPC

know they are aware of their options. Doing so will take them to a page that includes in-depth information about each option.

“Acknowledging that you’ve been notified does not mean you are accepting the REDUX plan or rejecting it,” Lacey said. “It just lets us know that you are aware. For Airmen who are unable to respond to the initial notification, we’ll send three follow-up reminders.”

The default plan is the high three retirement, so once Airmen have acknowledged the option to choose, if they do nothing, they will automatically get the high three plan.

Airmen who want the REDUX plan must complete the election form, have their commander

sign it, and then submit it to AFPC by their 15 years of active service date.

Because of significant differences between the two plans, Air Force officials recommend Airmen seek financial counseling before they make a decision.

“Every Airman and Family Readiness Center is required to have a certified financial counselor on staff, so we recommend that all Airmen contact their local center for assistance before they make their retirement plan decision,” said Jeffrey Nelson, AFPC commu-

nity readiness analyst.

“Every Airman’s situation is different, and our counselors won’t direct Airmen one way or the other. What they will do is work with each Airman to help them understand the impact their decision will have, short-term and long-term.”

For more information about Air Force personnel programs go to myPers at <https://mypers.af.mil>. Individuals who do not have a myPers account can request one at www.retirees.af.mil/shared/media/document/AFD-120510-068.pdf.

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>.



Fort Hood shooting survivor receives Soldier's Medal, highest non-combat honor for valor

By Elaine Sanchez
Brooke Army Medical Center
Public Affairs

A Special Forces Soldier who was severely wounded in the Fort Hood shooting last year received the Army's highest non-combat honor for valor at the Warrior and Family Support Center on Joint Base San Antonio-Fort Sam Houston Monday.

Maj. Gen. Jimmie O. Keenan, Army Medical Command's deputy commanding general for operations, presented the Soldier's Medal to Army 1st Lt. John M. Arroyo Jr. in front of a packed crowd of family and friends.

"I give all the glory to God, because I took a .45 to the throat and lived," Arroyo told the audience. "But this medal isn't about me. I accept this award for the Soldiers who passed that day. And for the Soldiers and leaders who made lifesaving decisions. Without them, my wife would be receiving this award, not me."

Despite severe wounds to his throat and right arm, Arroyo was able to alert other Soldiers that there was a shooter in the area on April 2, 2014. "He was heroically involved in personal harm and danger, voluntarily risking his life to save the lives of fellow Soldiers," the medal citation reads.

A year ago this month, Arroyo had just pulled into brigade headquarters parking when he heard shots fired. The next shot he heard was the one that ripped through

his throat. Gasping for breath, he fell to the ground, but distinctly heard a voice telling him to "hurry and get up."

He stumbled toward a man for help before realizing he was about to seek aid from the shooter, Army Spc. Ivan Lopez. Lopez had already shot and killed two Soldiers and wounded more than a dozen others in another building by the time he pulled into that parking lot.

Three Soldiers spotted Arroyo across the parking lot with what looked like a red scarf around his neck. They realized he was bleeding profusely from the throat and, without any regard for their own safety, rushed to provide their comrade lifesaving care. Those first responders – Staff Sgt. Juan Morales, Staff Sgt. Raymond Borrego and Sgt. David Amaro – were in the audience – seeing Arroyo in person for the first time since the shooting.

Morales recalled rushing to Arroyo's side, cradling him as the Soldiers worked to staunch the bleeding. "When I got to him, he whispered to me, 'He's in the brigade,'" he said. The Soldier immediately called 911.

The shooter was confronted moments later by a military police officer. She fired a shot at him and he responded by committing suicide. Four Soldiers, including Lopez, were killed and 16 others wounded that day.

With his throat and right arm critically injured, Arroyo was rushed to surgery at Carl R.



Photo by Robert Shields

Army 1st Lt. John M. Arroyo Jr. (second from left) and his wife, Angel, pose with Arroyo's first responders (from left) Sgt. David Amaro, Staff Sgt. Raymond Borrego and Staff Sgt. Juan Morales. The Soldiers drove from Fort Hood, Texas, to honor Arroyo. It was the first time they had seen him in person since the shooting.

Darnall Army Community Hospital and transferred to Scott and White Memorial Hospital for further care.

In her remarks at the ceremony, Keenan recalled visiting Arroyo at Scott and White. He couldn't talk due to a tracheotomy so communicated with the general via white board.

"That day in his hospital room, John gave me something: a Special Forces patch. I told him I will always carry this in my pocket. And I do," the general said as she pulled the patch out of her uniform pocket. "I carry it to remind me of the type of Soldiers and leaders we have in this Army."

"And that's the type of leader and Soldier John Arroyo is," she added,

"selfless, always thinking about others, and always giving back."

Keenan praised the first responders, and all who have been involved in his care and support over the past year. "The progress John has made is truly phenomenal. He would not have made that progress without his family, his spiritual beliefs, and without the tremendous team that wrapped their arms around him and his family to make sure that he was taken care of," she said.

Arroyo thanked Keenan for transferring him to Brooke Army Medical Center. "She put me in the hands of world-renowned doctors," he said, "at the number one DOD facility for rehabilitation and the

number one facility for occupational therapy."

Arroyo had been told his voice box and right arm were damaged beyond repair. Yet, two months later he was talking again and after months of intense rehabilitation at the Center for the Intrepid, Brooke Army Medical Center's outpatient rehabilitation facility, has regained the use of his right hand.

As he continues to recover, Arroyo shares his story with everyone he meets.

"He talks to Soldiers, prisoners and students about making the most of second chances," Keenan said. "He's not only a phenomenal leader, but a tremendous Soldier."

Arroyo said he survived for a purpose and

plans to make the most of his second chance.

"No way was I going to lay on the ground," the Special Forces Soldier said at the ceremony. "It is going to take a lot more than a .45 to take a Green Beret out."

The Soldier's Medal is the highest honor a Soldier can receive for an act of valor in a non-combat situation, equal to or greater than the level that would justify a Distinguished Flying Cross if the act had occurred in combat.

Notable recipients include Colin Powell, who rescued his comrades from the wreckage of a helicopter crash in Vietnam, and personnel who risked their lives to assist comrades in the wake of the 9/11 attack on the Pentagon.

Army launches 'not in my squad' zero tolerance initiative

By J.D. Leipold
Army News Service

The Army's senior noncommissioned officer announced a new initiative to rid the ranks of sexual assault and harassment by giving responsibility for zero tolerance to first-line squad leaders.

"Not in my squad' is not a bumper sticker; it's an anthem, a call to duty," said Sgt. Maj. of the Army Daniel A. Dailey during a Pentagon courtyard observance March 31 to kick off Sexual Assault Awareness and Prevention Month.

"Not in my squad' is a promise that each leader must take in order to care for those in his or her charge," Dailey said. "Not in my squad' is about junior leaders taking ownership of solutions."

The Army is working a plan to have division-level and corps sergeants major identify their best squad leaders and select a diverse group of 32 squad leaders from across the force who exemplify the Army profession, Dailey said.

These squad leaders will discuss and develop recommendations on how junior NCOs can further build and sustain a climate of dignity, respect, trust and inclusion, he said.

Citing statistics outlined in the 2014 Department of Defense report to the president on sexual assault prevention and response, Dailey said the reporting of sexual assault in the Army had increased by 12 percent, a statistic he viewed as a vote of confidence.

"We are headed in the right direction to

change the culture of reporting and ultimately preventing sexual assault and harassment," he said. "We must remain committed to making further advances along our five lines of effort - prevention, investigation, accountability, advocacy and assessment and we must continue to work on fostering a climate where individuals are not afraid of retaliation or the stigma of reporting a crime."

Army Chief of Staff Gen. Ray Odierno followed Dailey, telling the audience of Soldiers and civilians about a video he had seen during the Sexual Harassment/Assault Response and Prevention summit of senior leaders he had hosted in February. The video was shot shortly after the Soldier and NCO of the Year had just finished an obstacle course.

"They were tired and were given a pop question - how do you think the Army should deal with sexual assault and sexual harassment - their answers got to the core of everything we believe in," Odierno said. "They talked about the core of a squad, the importance of each other, relying on each other



Photo by J.D. Leipold

Sgt. Maj. of the Army Daniel A. Dailey introduces the "not in my squad" initiative during the launch of Sexual Assault Awareness and Prevention Month March 31 at the Pentagon.

and the importance of eradicating this from our Army... and that told me our Soldiers understand what's right.

"This is really about the core of who we are and making sure everybody underneath us understands we will not tolerate these acts," Odierno added.

"Not in my squad, not in our Army: we are trusted professionals, so I know all of us will join together and continue to tirelessly and tenaciously focus on the well-being, safety and dignity of

our Soldiers and equally dedicated civilian corps," said Army Secretary John McHugh.

"Sexual assault and sexual harassment shatters good order - it shatters discipline, but more than anything else it shatters the lives of our Soldiers and our larger Army family, and for all those reasons and so many more, we've got to do everything we can, day after day, hour after hour to stamp out sexual assault and reprisal," McHugh said. "We have to instill trust and con-

fidence in our Soldiers and our civilians so they know they can come

forward to leaders and when they do, they won't be victimized again."

INSIDE THE GATE

Carseat 101

Monday, 1-3 p.m., Military & Family Readiness Center, building 2797. Review the basics associated with car seat installation. This class is required to attend the car seat clinic. Call 221-2705.

Screamfree Marriage

Monday, April 20, 27, 2-4 p.m., Military & Family Readiness Center, building 2797. This three-part workshop challenges previous notions about what marriage should be and discusses how to appreciate all that is right now and what will be in the future. Call 221-2418.

Retirement, Pre-Separation Counseling

Tuesday and April 28, 9 a.m. to noon, Military & Family Readiness Center, building 2797. This is a mandatory training and required before attending any TAP GPS workshops. Appointments can be scheduled up to 24 months before retirement. Call 221-2705.

Anger Awareness

Tuesday, 1-3 p.m., Military & Family Readiness Center, building 2797. Learn to identify triggers, signals, expressions of anger and techniques to effectively control anger. Call 221-2418.

FLAG from P6

accomplished is monumental. You are the first educational institution to receive this award.

"When you think of the 59,000 people year round that come in and out of here, plus the staff,

SURVIVOR from P2

of the room. I looked around; no one sat in the pews and there was no jury – just a judge, an interpreter and a transcriber.

They all stared as the prosecutor approached me. I was the victim, yet

Helping Us Grow

Securely (Hugs) Playgroup

Tuesday, April 21 and 28 Apr, 9-11 a.m., Middle School Teen building 2515. Parents and children up to age 5 are invited to an interactive playgroup. Registration not required. Call 221-2705.

Teen Talk

Tuesday and April 28 Apr, 4:15-5 p.m. and 5-6 p.m., Middle School Teen Center, building 2515. This discussion group is for teens on teen related topics. Teens must be enrolled in Youth Programs to attend. Call 221-2418.

Exceptional Family Member Program Coffee Talk

Tuesday, noon to 1 p.m., Military & Family Readiness Center, building 2797. A casual dialogue regarding individualized education. An expert from Parent Resources Network will be available to answer questions. Call 221-2705.

Pre-Deployment Briefing

Tuesday, Thursday, April 21, 9-11 a.m. and April & 23, 28, 30, 1-3 p.m., Military & Family Readiness Center, building 2797. All military members scheduled to deploy, go on temporary duty assignment longer than 30 days or on a remote assignment are required to attend this briefing. Call 221-2705.

Sponsorship Training

Wednesday, 2-3 p.m., Military & Family Readiness Center, building

2797. Mandatory training for sponsors, the Electronic Sponsorship Application & Training (eSAT) must be completed. Visit <http://apps.militaryonesource.mil/ESAT> to view the online application, registration for sponsors and a training certificate for personnel files. A sponsorship duty checklist, newcomer needs assessment, welcome packet and links to important Department of Defense and service relocation site will also be provided. Call 221-2705.

Army Family Advocacy Programs Unit Training

Wednesday, 2-4 p.m., Military & Family Readiness Center, building 2797. This is a mandated training that covers domestic and child abuse and identifying, preventing, restricted and unrestricted reporting and victim compensation. Call 221-2418.

Bringing Baby Home

Wednesday and April 22, 9 a.m. to 1 p.m., Military & Family Readiness Center, building 2797. This two-part series helps prepare new parents for their baby's homecoming. Information is provided on infant care, safety, and more. Dads are encouraged to attend. Call 221-2418.

Family Readiness Group Leadership Academy

Wednesday-Thursday, 8:30 a.m. to 4 p.m., Military & Family Readiness Center, building 2797. This twoday training is provided for

ensure that everyone understands the importance of safety, not just an officer or noncommissioned officer responsibility, but even the youngest private that is down at advanced individual training," Keenan said. "You value the entire

alone; many others on base came forth and said they, too, had experienced harassment from this man. The Air Force put his shop off-limits, helping to ensure others wouldn't fall victim to the same crimes.

Throughout the four-month ordeal, my Air

family readiness group key positions on roles and responsibilities. It also facilitates establishing a network of resources and communications. Call 221-2705.

Post-Deployment Briefing

Wednesday, April 22, 29, 1-3 p.m., Military & Family Readiness Center, building 2797. All military members returning from deployment are required to attend resiliency training to help reintegrate into home life. This briefing provides resources to help military members deal with the stressors associated with returning home. Spouses are highly encouraged to attend. Call 221-2705.

1, 2, 3 Magic Positive Parenting Tools

Wednesday and April 22, 11 a.m. to 1 p.m., Family Advocacy Program, building 3387. This class teaches people to find positive parenting tools to use with their children. Learn parenting techniques to help build better relationships between parents and children. Call 292-5967.

Safety Seat Clinic

Thursday, 9:30-11:30 a.m., Fire Station building 3830. This inspection ensures children are safely and properly restrained when on the road. Registration is required and child must be present for weigh-in and measurement. Prerequisite is Car Seat 101 class. Call 221-2705.

team. Congratulations for achieving this status."

1st Lt. Ashley Denoyer, Dr. Rita Creitoff-Rodriguez, Melissa Hastings, Joel Zoucha, Juan Garcia and Julius Chan from the AMEDDCC&S, HRCoE, safety office received the Commander's Superior

Force and Army family stood by my side. My special victim counselor helped me through every step of the legal process, despite being stationed in Japan.

To this day, he continues to check up on me from time to time. OSI volunteered an agent fa-

Anger, Stress Management

Thursday and April 23, 2-4 p.m., Family Advocacy Program, building 3387. A comprehensive anger program for those who want to examine the different causes of stress and learn techniques to more effectively cope with anger and stress in a group setting. Call 292-5967.

Volunteer Of The Year Awards

Thursday, 1-3 p.m., Military & Family Readiness Center, building 2797. The Annual Joint Base San Antonio-Fort Sam Houston Volunteer of the Year Awards identifies and recognizes the outstanding and innovative volunteer efforts to the Joint Base San Antonio-Fort Sam Houston community to include Army, Navy, Air Force, Marine and Coast Guard personnel. Volunteers receiving awards at the 2015 VOYA are being recognized for their services rendered Jan. 1 through Dec. 31, 2014. Nominations for the 2016 VOYA will be collected throughout the 2015 calendar year. For more information on becoming a volunteer or nominating a volunteer, call 221-2380.

Step Families 101

April 17 and 24, noon to 4 p.m., Military & Family Readiness Center, building 2797. The step-family can be complex and when it comes to family relationships. Class discusses changing family dynamics, evolving roles and the joys that can come from a step

Performance Award for their outstanding performance during the final evaluation for the safety award.

"The Army Star Strong award was a team effort. Our safety management system continues to grow and evolve due to the

miliar with Korean law to translate and advise my counselor and me on the next step.

Everyone in my chain of command, my fellow Airmen and Soldiers all the way up to the Pentagon, showed sincere and personal support.

Today, with the love

family. Call 292-5967.

Newcomer's Orientation

April 17, 9 a.m. to noon, Military & Family Readiness Center, building 2797. Mandatory for military and civilian personnel newly assigned to Joint Base San Antonio. Service members must coordinate with their unit personnel coordinator or commander support element to schedule their orientation. Call 221-2705.

Military Spouse Team Building Camp Out

April 18-19 at Joint Base San Antonio-Canyon Lake Recreation Area. Open to key spouses, family readiness groups, Hearts Apart, Warriors in Transition, their families and other Department of Defense ID cardholders. This event includes resiliency training, team building exercises, challenge games, a nature hike, dinner and s'mores. Payment and supplies are coordinated through JBSA-Lackland Youth Programs at 671-2388. For team building details, call 221-9079 or 221-2418.

Talk Is Cheap

April 20, noon to 2 p.m., Military & Family Readiness Center, building 2797. This class is designed to focus on communication skills, identify listening and speaking skills, understand the fundamentals of rhythm, tone and emotional factors of communication. Call 221-2418.

efforts and innovative ideas of each and every employee, said Melissa Hastings, AMEDDCC&S, HRCoE, safety manager. "Our leadership at every level makes safety a priority and our employees are fully engaged in making our workplace safe."

and support of my family and friends, my wound is slowly healing.

I hope that, in sharing my story, people may find comfort in knowing that no matter where you're serving, despite being away from everything you know, you are not alone.

OUTSIDE THE GATE

'No Soldier Left Behind'

The Brave Diamond Warriors Productions presents a play titled "No Soldier Left Behind" at 8 p.m. Thursday and April 17 at the Carver Community Cultural Center, 226 N. Hackberry St. Tickets are \$25, \$35 and \$5, with children 12 years old and under admitted free. Call 207-2234 for reservations.

Warrant Officer Association Meeting

The April meeting of the Lone Star Silver Chapter of the U.S. Army Warrant Officer Association will be at 5:30 p.m. April 20 at the Longhorn Cafe, 1003 Rittiman

Road, at the corner of Rittiman and Harry Wurzbach. All active duty, retired, Reserve, National Guard warrant officers and family members of current or retired warrant officers are invited. For more information, call 413-1965 or 257-0931.

JROTC Anniversary 5K

The Junior ROTC celebrates their 99th anniversary with a 5K run/walk at 11 a.m. April 25 at Brandeis High School, located at 13011 Kyle Seale Parkway, which will help break a Guinness world record, with JROTC units all over the world will be running on the same day at the same time. Visit <http://www.jrotc5Krun.com> and register for the Brandeis High School site. The Air Force Junior ROTC at Brandeis is hosting this run. For more information, call 397-8310.

Turfgrass 101 Seminar

The Bexar County Master Gardeners offers a free Turfgrass 101 seminar from 10:30 a.m. to noon April 25 at Milberger's Landscape Nursery, 3920 North Loop 1604 East. David Rodriguez from the Texas A&M AgriLife Extension Service will discuss the basics of lawn maintenance through proper nutrition, mowing, weed control and irrigation. Call 467-6575 or visit <http://www.bexarmg.org> for more information.

Texas Military Polo Club

Interested in a challenge and know how to ride a horse? The Texas Military Polo Club is offering polo lessons. For more information, call 512-484-4384 or visit <http://www.facebook.com/texasmilitarypolo>.

Military Salute At The Briscoe Museum

The Briscoe Western Art Museum, located at 210 W. Market St. in San Antonio, offers a military salute program that allows year-round free admission for active duty military and up to four members of their family. For more information, visit <http://www.briscoemuseum.org>.

New San Antonio Women's Basketball Team

The San Antonio Crusaders is a women's professional development league basketball team that starts their season May 2, competing in Mid-South Division of the Women's Blue-Chip Basketball League. The Crusaders will compete against Dallas Lady Diesel, Houston Sparks, Shreveport Suns and Texas Storm. The

WBCBL league was founded in 2004 as a way to provide highly competitive basketball for women in the United States and give them exposure to play at the next level. The Crusaders will be competing at the Antioch Sports Complex, 314 Eross Street in San Antonio. For more information, visit <http://sacrusaderbball.com> or <https://www.facebook.com/sanantonio-crusadersbball>.

Van Autreve Sergeants Major Association

The Sgt. Maj. Of the Army Leon L. Van Autreve Sergeants Major Association meets at 5 p.m. on the third Thursday of each month at the Longhorn Café, 1003 Rittiman Road. All active duty, Reserve, National Guard and retired sergeants major are invited. Call 539-1178.

2015 AFAF/ AER CAMPAIGNS

Joint Base San Antonio Air Force Assistance Fund project officer: 808-1394.

- JBSA-Fort Sam Houston AFAF installation project officers: 808-0169 or 295-8516.

- JBSA-Lackland AFAF IPOs: 925-5844 or 671-8272.

- JBSA-Randolph AFAFIPOs: 652-7185 or 652-1646.

- JBSA-Fort Sam Houston Army Emergency Relief project officer: 221-1612 or 221-0994.

Army Enlisted Commissioning Program makes nursing careers available

By Randy Lescault

Army Medical Recruiting Brigade
Fort Knox, Ky.

After eight years serving as a combat medic, then-Staff Sgt. Clinton Bunker decided to advance in his career and obtain his nursing degree and become an Army officer.

As a nurse in the U.S. Army, 1st Lt. Bunker, now works in the intensive care unit at Blanchfield Army Community Hospital on Fort Campbell, Ky.

"I wanted to work in a hospital," Bunker said, "and as a combat medic, I worked with a couple of physician assistants who advised me to go into the Interservice Physician Assistant Program. But when I compared that program to the Army Enlisted Commissioning Program, I decided the AECP was a better fit for what I wanted to do.

"The nursing program allowed me the ability to choose the school I

wanted," Bunker continued. "It also gave me a chance to get my family together. I chose to go to a school near my home town of Cabot, Ark."

Bunker graduated with a bachelor of science degree in nursing from the Arkansas Technical University Nursing School with a grade point average of 3.7 in 2012. He was inducted into the International Honor Society for Nursing upon graduation.

"Maintaining your grades while in nursing school is critical to remaining in the program," said Maj. James Campbell, AECP manager at the Health Services Directorate of the U.S. Army Recruiting Command, Fort Knox, Ky. "While in school the student retains the rank they held when entering the program. They are assigned to a company at Joint Base San Antonio-Fort Sam Houston, but their only job is to be a student." As a program man-

ager, Campbell isn't responsible for recruiting the AECP participants. That is done by Medical Recruiting Brigade recruiters throughout the United States, Germany and Puerto Rico. However, once in the program, Campbell advises the student on all AECP requirements and mentors them about opportunities and responsibilities as an Army nurse.

Since the program can take anywhere from 14 to 24 months to complete, the move to a university is considered a permanent change of station. Those in school will receive up to \$18,000 per year for education. In addition, they continue to receive the pay and benefits matching their rank.

"Each prospective candidate must have a conditional letter of acceptance from an approved university," Campbell said. "Once accepted their application packet is then sent to a

one-time-a-year board for approval. This way, once a person is accepted into the AECP they already have the college approval."

Spc. Athanasia Ashley chose a university in South Carolina instead of one closer to her home in Patterson, Ga., when she found out the state had additional academic requirements that would have kept her in school longer.

"I just did a Google search for nursing schools and came up with Francis Marion University in Florence, S.C.," Ashley said. "I started school in January 2013 and graduated Dec. 13, 2014. Right now, I am waiting for a class date to go to Basic Officer Leader Course and then I will be on assignment as a nurse."

According to Campbell, all AECP graduates enter the U.S. Army Nurse Corps as a medical-surgical nurse. After 1 1/2 to two years they are

eligible to move into a nursing specialty if they so choose. Both Bunker and Ashley say they hope to become a certified-registered nurse anesthetist in the future.

Campbell said the AECP is open to members of the National Guard, the Army Reserve and the active duty Army. While being a Soldier is a requirement of the program, having experience in a medical field is not. Although Bunker was a combat medic and Ashley joined the Army in 2009 as a medical laboratory technician, Campbell says anyone with a desire to become a nurse can apply as long as the required prerequisites are met.

Since contacting a recruiter with the Medical Recruiting Brigade is the first step in this process, Campbell recommends interested candidates contact the local medical recruiting center.

According to Campbell, recruiters from local

recruiting centers will provide several briefings on the AECP at military installations in the months ahead. However, it is not necessary to wait for the briefing to begin the process.

To find a nearby MRB recruiter, visit <http://www.healthcare.goarmy.com> and select the "Contact a Recruiter" option. Then choose AMEDD (medical) in the "My Interest" drop down menu, put in your zip code and click on the "Search" button. The application deadline, (for a completed packet) for AECP in FY15 is July 1.

Upon completion of the program AECP graduates owe the U.S. Army four years of service. Although NG, AR and active-duty Army service members are all eligible to enter the program, Campbell states that the four years after graduation must be completed as an active duty Army health care provider.

For more information, call 502-626-0801.