



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



ARNORTH VIBRANT RESPONSE PHASE II PAGE 3



ARSOUTH TRAINS AT CAMP BULLIS PAGE 10



JBSA MOTORCYCLE SAFETY PAGE 13

Army South Joint Task Force Red Wolf, civic leaders plan for medical readiness training exercise

By Senior Airman Dillon Davis
97th Air Mobility Wing Public Affairs
Altus Air Force Base, Okla.

U.S. Army South Joint Task Force Red Wolf members were in La Blanca, Guatemala, recently to meet with civic leaders to plan medical readiness training exercise, or MEDRETE.

MEDRETE is a free medical clinic U.S. Army South, along with the government of Guatemala, has set up to address regional medical concerns and develop effective, economical solutions that can be used throughout the region.

The exercise is scheduled from Monday to June 2, with the clinic open from 8 a.m. to 3 p.m.

The meeting covered a variety of topics and provided a platform for U.S. Army South Joint Task Force Red Wolf members to pass along information to the community.

“Our intent for today was to meet with local civic leaders who are responsible for all the districts,” said U.S. Army Reserve Maj. Edward Vela, 321st Civil Affairs Brigade, task force civil affairs planner. “We wanted to set a plan going forward so they know what days each district is assigned to come to the MEDRETE. We will offer general medical screenings, dental, optometry, preventive medicine, obstetrics and gynecology and pharmaceutical services.”

U.S. service members assigned to the task force along with Aroldo Corderro, Municipal of La Blanca mayor, took the time to meet with the local civic leaders to gather additional information and better prepare for the approaching MEDRETE.

“We obtained the list of people who plan to attend from the civic leaders,” Vela said. “This will help us better prepare to help them as they come in. Before this, our primary contact was the La Blanca mayor, so we were able to hear directly from the civic leaders about the people they represent.”

The medical clinic is a large-scale operation that positively impacts a large percentage of the local population.

“There is a community population of roughly 34,000 people and we will unfortunately only be able to see 600 to 800 patients each day throughout the entire MEDRETE,” Vela said.

The U.S. government is dedicated to building partnerships with Guatemala and the Central American region and improving the level of health services, prolonging life and enhancing training for personnel in the healthcare fields.

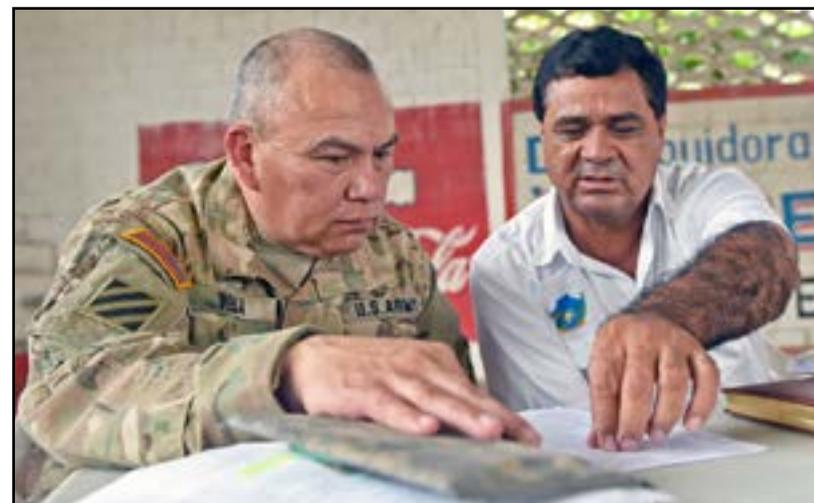


Photo by Senior Airman Dillon Davis

U.S. Army Reserve Maj. Edward Vela (left), 321st Civil Affairs Brigade task force civil affairs planner, and Aroldo Corderro, Municipal of La Blanca Mayor, look over a breakdown of the region's municipalities at a planning meeting May 4 during the Beyond The Horizon exercise in Guatemala. U.S. Army South and the local civic leaders are working together to plan a medical readiness training exercise for the citizens of La Blanca.

Editorial Staff

502nd Air Base Wing/JBSA
 Commander
Brig. Gen. Bob LaBrutta

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

502nd ABW/JBSA
 Public Affairs Chief
Bill Gaines

Writer/Editor
Steve Elliott

Writer/Editor
Janis El Shabazz

Layout Artist
Joe Funtanilla

News Leader office:

2080 Wilson Way
 Building 247, Suite 111
 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
 210-250-2052

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 111, 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 502nd ABW/JBSA Public Affairs Chief. The News Leader is published by EN Communities, 301 Ave. E, San Antonio, TX 78205, 210-250-2052, 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 Thursday.

Army at 'strategic crossroads' says vice chief of staff

By J.D. Leipold
 Army News Service

The Army is at a "strategic crossroads" in which the decisions made over the next few years will lay the foundation for the next generation of Soldiers, according to Army Vice Chief of Staff Gen. Daniel Allyn.

The Army needs to continue incorporating lessons from more than a decade of conflict and adapt its formations for the demands of today's complex operating environment while building critical capabilities to ensure technological overmatch – "a hallmark of America's Army," Allyn said. He spoke May 10 at an Institute of Land Warfare breakfast in Washington, D.C.

Highlighting the roles 187,000 active and reserve-component Soldiers are playing in more than 140 countries, Allyn noted that while units such as the 916th Forward Engineer Support Team, the 2nd Stryker Cavalry Regiment and the 30th Armor



Photo by J.D. Leipold

Vice Chief of Staff of the Army Gen. Daniel Allyn speaks at the monthly Institute of Land Warfare breakfast May 10. Allyn stressed consequences of fiscal constraints on modernizing and its effect on overmatched capabilities.

Brigade Combat Team are providing substantial strategic flexibility and depth to combatant commanders worldwide.

"Despite significant reductions of force levels in Iraq and Afghanistan, demand for Army forces has not abated as quickly as our end-strength," Allyn said. "This is no small task. At current end strength, the Army risks consuming readiness as

fast as we build it.

"Today the Army has a third fewer active brigade combat teams than in 2012, yet emergent demand for Army forces has increased by 23 percent during the same period," he said, adding that the Army fulfills nearly half of all planned combatant commander requirements and almost two-thirds of emergent demands. "Yes, we have a very busy Army, and we're struggling to adequately modernize our force for the future while sustaining current operations tempo."

Allyn said the global security environment demands the Army remain prepared to execute joint operations against a wide range of threats and diverse environments and that realistic and rigorous training across all echelons is the bedrock to readiness and that all requires sustained resources in time and money.

"As leaders we know that readiness is not

See **CROSSROADS, P9**



JBSA Makes Cent\$ helps ensure every dollar counts

By Brig. Gen. Bob LaBrutta
 502nd Air Base Wing and Joint Base San Antonio Commander

Did you have an idea on how to eliminate waste?

Don't let that idea get away, because the 502nd Air Base Wing and Joint Base San Antonio needs you to identify any wasteful practice you see via a JBSA Makes Cent\$ submission.

If we can make an adjustment to, or eliminate waste in, what we're doing, save resources and still accomplish our mission – then we want to hear about it.

Submitting and getting suggestions approved on the JBSA

Makes Cent\$ websites can now benefit you. In addition to the saving opportunities you bring to JBSA, you can earn time off for your approved ideas.

"1" Approved idea – Certificate/time off award (2 hours)

"3" Approved ideas or more than \$5K saved – certificate/coined by 502 ABW/CC/time off award (4 hours)

"5" Approved ideas or more than \$10K saved – certificate/time off award (8 hours)

Visit [http://www.jbsa.mil/Resources/JBSAMakesCent\\$.aspx](http://www.jbsa.mil/Resources/JBSAMakesCent$.aspx) to learn more about what is going on around the command as well as to submit your ideas.

Army allows Soldiers to wear headphones in gym

By C. Todd Lopez
 Army News Service

Soldiers jogging or lifting in the gym may now be allowed to listen to music through small headphones or ear buds, according to Army Directive 2016-20, released May 6.

Acting Secretary of

the Army Patrick J. Murphy signed a memo that authorizes Soldiers to listen to music on a variety of devices and ear pieces while doing personal physical training inside gyms, though the memo does give final word on the new policy to installation or unit commanders.

"Effective immediately, unless the unit or installation commander prohibits otherwise, Soldiers may use headphones, including wireless or non-wireless devices and earpieces, in uniform only while performing individual physical training in indoor gyms or fitness centers," Murphy wrote

in the memo.

The headphones cannot be more than 1.5 inches in diameter and the memo states violators may be subject to administrative or disciplinary action under the Uniform Code of Military Justice.

To push music through "conservative and dis-

crete" earpieces, Soldiers are also permitted to "wear electronic devices, such as music players or cell phones" on their waistband, in accordance with Army Regulation 670-1. That regulation says the color of the carrying case for such a

See **HEADPHONES, P9**



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

News Briefs

Rambler Fitness Center Hosts JBSA Aerobathon

Fitness enthusiasts will get a chance to participate in free workout sessions, learn the best ways for staying active and fit and have a chance at winning prizes at the Joint Base San Antonio Aerobathon from 8 a.m. to 1 p.m. Saturday at the JBSA-Randolph Rambler Fitness Center. The Aerobathon is open to active-duty service members, dependents, retirees and Department of Defense cardholders. Participants can sign up for several 45-minute workout classes led by fitness instructors from all JBSA locations, including kick boxing, Zumba, cycling, circuit training, yoga and other aerobic sessions. Tony Horton, a personal trainer and creator of the P90X exercise program, will also conduct two workout sessions of his new fitness program. The workout sessions will be geared towards beginner and experienced participants. In between workout sessions, participants can visit several vendors who will be displaying products and information that promote proper nutrition and living a healthier and stress-free lifestyle. There will be prize drawings and the first 1,000 event participants receive a water bottle or towel with the logo of the 502nd Force Support Squadron. For more information, call 652-5763. JBSA members who want to participate in the Tony Horton workout sessions must register in advance at 502fss.fsk.jbsacommunityevent@us.af.mil.

Jadwin Entry Control Point Temporary Closure

The existing Jadwin Entry Control Point will close temporarily, starting at 6 p.m. May 27 and remain closed through Aug. 28. All traffic will be re-routed to the commercial and regular lanes at the Walters Entry Control Point. This closure is to allow installation of active vehicle barriers and supporting utilities at this gate. For safety reasons, this gate must be closed to all traffic during this time. The North New Braunfels gate is open for regular, non-commercial traffic to Department of Defense ID holders from 6-9 a.m. weekdays. For more information, call 221-5283.

See NEWS BRIEFS, P6

Vibrant Response 16 enters second week

By Sgt. Cody Quinn
28th Public Affairs Detachment
Camp Atterbury, Ind.

Soldiers gathered at Camp Atterbury, Ind., to kick off the second week of Vibrant Response 16, a Northern Command and U.S. Army North annual exercise that prepares military and civilian emergency response personnel to react to a national emergency May 8 through Sunday.

During phase two of Vibrant Response 16, Task Force 76, an Army Reserve command, and Task Force 38, a National Guard command, tested their preparedness and response in an event of a no-notice nuclear detonation in the homeland.

"We are beginning operations. This is the second iteration of Exercise Vibrant Response 2016," said Maj. Gen. David C. Wood, 38th Infantry Division commander, Indiana National Guard. "We'll be executing an operations order and delivering it to our subordinate task forces."

Vibrant Response 16 tests the ability of the U.S. emergency response network to react to a 10-kiloton nuclear bomb detonation. The scenario was acted out in real time and required personnel to demonstrate their abilities in all parts of a potential emergency.

"This exercise is very important," Wood said. "This is the second year in a row we've been assigned to Command and Control Chemical, Biological, Radiological and



Photo by Army Master Sgt. Brad Staggs

Brig. Gen. James Blackburn, U.S. Army North deputy commanding general, along with Maj. Gen. Scottie D. Carpenter, 84th Training Command (Unit Readiness) commanding general, and their entourage tour the Muscatatuck Urban Training Center May 11. The MUTC was developed in conjunction with the State of Indiana as a large urban training site that leveraged existing masonry buildings, and which supports Camp Atterbury, Ind., urban training requirements, while also providing a unique training venue for other Army units, Department of Defense exercises and federal agencies.

Nuclear, or CBRN, Response Element. We are acting as first responders in case of a major CBRN event in the United States."

Roles assigned to the subordinate units included finding and distributing supplies, search and rescue operations, information distribution and logistics operations during the weeklong exercise.

"We're learning a lot about how to deal with a real world crisis scenario," said Sgt. Josh Coleman, Nebraska National Guard chemical operations specialist. "We're getting an opportunity to interact and communicate with our counterparts in different branches and services."

Members of the Army, Marines, Air Force, Navy and various state National Guards and

Army Reserves set up operations in a barren simulation center during the exercise. They were tasked with setting up a workspace from scratch and organizing their personnel to accomplish their mission.

"We are required to be on station 96 hours

into the event," Wood said. "Our primary mission is to save lives and alleviate suffering."

The end state of the exercise is for U.S. Army North to certify the Task Forces' ability to respond to a national emergency at the conclusion of the exercise.

"It is a different kind of mission than fighting in Iraq or Afghanistan," Wood said. "We want to continue to improve our staff processes and get better so we can support our subordinate brigades and support our higher headquarters."



Photo by Sgt. Cody Quinn

Department of Defense personnel participate in an exercise involving a simulated nuclear detonation in Pittsburgh during Vibrant Response 2016 at Camp Atterbury, Ind., May 10. The annual exercise prepares military and civilian emergency response personnel to react to a national emergency.

Army South attends Fuerzas Aliadas-Humanitarias 2016 opening ceremony in Tegucigalpa, Honduras

Brig. Gen. James P. Wong, U.S. Army South deputy commanding general of Operations and National Guard Affairs, traveled to Tegucigalpa, Honduras, April 18 to participate in the opening ceremony of Fuerzas Aliadas-Humanitarias 2016.

FA-HUM 2016 is a multinational exercise which includes military and civilian personnel from 14 countries in Central and South America, and the Caribbean, including Canada and the United States, as well as representatives from more than 21 international and regional organizations.

The exercise promotes regional partnerships among military organizations, governments and non-governmental agen-



Brig. Gen. James P. Wong, U.S. Army South deputy commanding general of operations and National Guard Affairs, speaks during the Fuerzas Aliadas-Humanitarias 2016 opening ceremony April 18 in Tegucigalpa, Honduras.

cies to improve regional interoperability and coordination in the conduct of humanitarian assistance and disaster relief operations.

(Source: U.S. Army South Public Affairs)



Photos by Miguel Negron

Fuerzas Aliadas-Humanitarias 2016 is a multinational exercise which includes military and civilian personnel from 14 countries in Central and South America, and the Caribbean, including Canada and the United States, as well as representatives from more than 21 international and regional organizations. FA-HUM 16 promotes regional partnerships among military organizations, governments and non-governmental agencies to improve regional interoperability and coordination in the conduct of humanitarian assistance and disaster relief operations.

Surgeons General say medical readiness aligns with overall military readiness

By Terri Moon Cronk
DOD News, Defense Media Activity

Maintaining medical readiness for the nation's fighting force aligns with the military's top readiness priority, the Army, Navy and Air Force surgeons general told a Senate appropriations panel.

Surgeons general Army Lt. Gen. (Dr.) Nadja Y. West, who is also the commanding general, of U.S. Army Medical Command; Navy Vice Adm. (Dr.) C. Forrest Faison III and Air Force Lt. Gen. (Dr.) Mark A. Ediger described how they are maintaining medical readiness for the force of the future in budget request hearing for defense health.

Army medicine's priority of readiness and health is a direct reflection of the service's top readiness posture, West said. "We see readiness and health as closely coupled," she added.

Combined Army, Navy and Air Force medicine comprises a joint medical force without peer, West said.

"The Army continues to be the nation's premier expeditionary medical force to meet the challenges of a complex world" by remaining globally engaged, regionally aligned and surge ready to face the ever-changing challenges of tomorrow, the Army surgeon general said.

Army medicine must

also continue to ensure its beneficiaries have access to high-quality and safe health care, West said. "As we look for ways to continue to improve how we operate, access to care is a matter for all of us," she said.

With a goal of adding more primary and specialty care appointments in Army medical treatment facilities, West said she has "directed rapid improvements" for access to care.

"My commitment to our nation, the Army and Congress today is the Army will never be caught unprepared for tomorrow's challenges," West said, emphasizing the importance of force development to better prepare Army medical professionals for the future.

"Army medicine will continue to stand as a unique organization that has the versatility, agility and scale to adapt to the challenges that arise at home or abroad," she said.

Navy medicine is an agile, rapidly deployable force, and three factors are indisputable, Faison said.

"We have the highest combat survival in recorded history," the Navy's surgeon general said. "Many of our wounded warriors alive today ... would have died of their wounds in any

See READINESS, P15

470TH MILITARY INTELLIGENCE BRIGADE HOSTS 2016 CENTRAL TEXAS MILITARY INTELLIGENCE BALL

Ejército Mexico (Mexican Army) Brig. Gen. Jose Alfredo Ortega Reyes (left) presents Col. James C. Royse (right), 470th Military Intelligence Brigade commander, with a carved statue of the Mexican Coat of Arms as a token of appreciation for having him as a guest of honor at the 2016 Central Texas Military Intelligence Ball April 29 at the Eilan Hotel in San Antonio. They are joined by Col. Dustin A. Shultz, 505th MI Brigade commander (center). The ball was hosted by the 470th MI Brigade.



Photo by Monica Yoas

JBSA-RANDOLPH LEGAL TEAM SELECTED AS BEST IN AETC



Courtesy photo

Members of the 502nd Security Forces and Logistics Support Group Office of Staff Judge Advocate were recognized as the 2015 Air Education and Training Command Outstanding Legal Office of the Year in the small office category May 12 at Joint Base San Antonio-Randolph. The AETC award is based on three criteria: accomplishments, office leadership and professional development and base and community involvement and outreach.

News Briefs

Continued from P3

Winans Entry Control Point Operations

Beginning June 18, entry into Watkins Terrace Housing, Youth Services, Fort Sam Houston Independent School District, Dodd Field Chapel and the Army Reserve Center through the Winans Entry Control Point, will require an approved Department of Defense-issued access credential. All visitors, contractors, and vendors with non-DOD issued credentials such as a driver's license, passport, etc., will stop at a visitor center located on Joint Base San Antonio-Fort Sam Houston, to be identity proofed, background vetted and issued a credential prior to entering the Winans Entry Control Point. Visit the JBSA webpage at <http://www.jbsa.mil/Home/VisitorInformation.aspx> for visitor center hours, locations, contact information and more detailed instructions. To speak to a security assistant call 221-1902/221-1903.

FEGLI Open Season

The Office of Personnel Management holds a Federal Employees' Group Life Insurance, or FEGLI, open season from Sept. 1-30. During this time, eligible employees can elect or increase their FEGLI life insurance coverage. The effective date for changes to FEGLI coverage under an open season election will be delayed one full year to the beginning of the first full pay period on or after Oct. 1, 2017. As a reminder, FEGLI coverage can be cancelled or reduced at any time. Enrollees satisfied with their current FEGLI coverage do not need to make any elections during the FEGLI Open Season. Department of the Army civilians must log into the Army Benefits Center-Civilian website at <https://www.abc.army.mil> and go into the Employee Benefits Information System. For assistance, call 877-276-9287 weekdays from 6 a.m. to 6 p.m. For additional information, visit <https://www.opm.gov/healthcare-insurance/life-insurance/>.

Fort Sam Houston Resident Survey Underway

The Joint Base San Antonio-Fort

See NEWS BRIEFS, P17

59th Medical Wing Gateway team takes innovation training to SAMMC

By Shannon Carabajal
59th Medical Wing Public Affairs

With a proven track record and increasing demand for its services, the 59th Medical Wing Gateway Innovation Center deployed its mobile training team to the San Antonio Military Medical Center at Joint Base San Antonio-Fort Sam Houston April 25-29.

Thirty-one students, including 10 from other military treatment facilities around the U.S., learned innovative problem-solving techniques at the week-long course designed to help students and their sections work smarter, better and faster.

"This is something we've been looking forward to; there's huge interest from our SAMMC team and others around the Air Force for the course," said Master Sgt. William Rapoza, 59th MDW Gateway Academy and Innovation Center NCO in charge.

The center provides instruction on innovative problem solving techniques, inspires people to challenge the status quo, and teaches leadership skills that foster empowerment, trust and respect.

Since the first class graduated in January 2015, more than 300 Gateway graduates at the Wilford Hall Ambulatory Surgical Center at JBSA-Lackland have been the catalysts behind 73 Rapid Improvement Events, more than 200 "Just Do It" projects and 394 Lean Daily Management projects, saving the Air Force more than \$9.1 million, said Tech. Sgt. Vanessa Arthur, Gateway Innovation Center NCO in charge.

"The overall goal of the Gateway is to get people looking at processes with a different set of eyes. When students graduate, they go back to their units with an enhanced skill



Courtesy photo

Students simulate checking in and tracking patient movements in a mock clinic during the Gateway Academy's "Seven Wastes" class April 26 at the San Antonio Military Medical Center on Joint Base San Antonio-Fort Sam Houston. The goal of the class was to find ways to eliminate wasted time during appointments which would help enhance patient care.

set," Arthur explained. "They'll have new problem-solving techniques, some new tools, and they can go back and look at their processes and look for ways to add quality and value for the patient."

Studying the same curriculum as the class offered at WHASC, students in the mobile class received instruction from myriad experts in innovation, process improvement, leadership and customer service.

"The class allowed me to gain more experience working with Air Force members, and I was able to see how we can improve processes in our joint work centers at SAMMC," said U.S. Army Staff Sgt. Anthony Wright, SAMMC Nutrition Care Department NCO in charge of education and training.

"Also, with the course being held here made it more accessible for Army personnel to attend," Wright added.

The mobile course takes seven days to complete, including five at the mobile location,

and a two-day wrap-up session at WHASC.

It's the same curriculum with one exception. "During the regular nine-day course, we plug in project time. With the mobile class, we take the project time out," Rapoza said.

"Students first take the five-day class and then, in two months, they come to WHASC for the two-day wrap-up. They'll tour the San Antonio Toyota plant, do the clinical research tour, and brief their projects," he added.

"As a young Airman, I am constantly told to be an innovator; the Gateway actually gives me the tools to be one," said Airman 1st Class June Bell, from the 47th Medical Group at Laughlin Air Force Base, Texas. "The Gateway also showed me how to come up with a plan, execute and pass on the information to others."

The 59th MDW will offer the next mobile class this summer at the Medical Education and

Training Campus on JBSA-Fort Sam Houston. The team will continue to improve the course based on student feedback, and it hopes to receive funding to carry the course to other Air Force military treatment facilities.

Bringing the Gateway class to people outside of the 59th MDW and San Antonio will bring the Air Force a little closer to achieving the perfect patient experience, said Lt. Col. Stacey Van Orden, 59th MDW Business Innovation Center chief and High Reliability Operations deputy chief.

"Individual and unit processes are part of the bigger picture. You might not see patients on a day-to-day basis, but what you do impacts that perfect patient experience," she said. "The idea of the Gateway is just to enhance that. Everything we do serves the patient; that's why we're here."

For more information about the Gateway Innovation Center, call 292-8303.

59th Dental Group expands services to SAMMC Airmen

By Air Force Staff Sgt. Kevin Iinuma
59th Medical Wing Public Affairs

The 59th Dental Group has expanded services to Airmen who work at Joint Base San Antonio-Fort Sam Houston, potentially saving the San Antonio Military Healthcare System thousands of mission hours annually.

Working with the Army Dental Command, the 59th DG is sending three rotating teams to provide annual dental exams and

cleanings for up to 12 Airmen from the 559th Medical Group each week. Airmen from the 559th MDG work alongside their Army counterparts to provide health care services to beneficiaries at the San Antonio Military Medical Center.

According to Maj. Steven Bennett, 59th Dental Squadron dental services flight commander, the new initiative could save up to 2,000 annual mission hours – lost hours that could be better

spent tending to patients.

The initiative alleviates the burden of having Airmen drive between SAMMC and JBSA-Lackland for annual checkups and related services.

“For the nearly 1,500 Airmen at SAMMC, that could mean having to miss a half-day of work,” Bennett said, “and those missed hours add up quickly.”

“As we procure more instruments and stabilize personnel after the summer, we are aiming to double the dental patient load – up to 24 appointments per week,” he said.

For Air Force medical providers and technicians, the convenience of receiving dental services at SAMMC benefits them and their patients.

“The services received were absolutely outstanding. There was no time wasted during this appointment (such as) looking for parking or dealing with traffic,” said Maj. Traci Carter-Richardson, 959th Medical Operations Squadron clinical nurse. “I didn’t have to cancel patients’ (appointments) in my clinic or find staff to cover me for hours so I could get to an appointment across town.”

The program will continue throughout 2016. The Air Force and Army dentistry services will then decide on whether to extend it. For more information about this initiative, call 292-7775.



Photo by Air Force Staff Sgt. Kevin Iinuma

Capt. Danielle Wehri (right), 59th Dental Squadron general dentist, examines Maj. Traci Carter-Richardson (left), 959th Medical Operations Squadron clinical nurse, during her annual checkup at the San Antonio Military Medical Center. Providing dental services at SAMMC helps Airmen alleviate the burden of missing half of their duty day to accomplish annual dental requirements.

CROSSROADS from P2

easily restored once lost,” he said. “We are still recovering from the effects of the 2013-14 sequestration experience. Building readiness is a time-intensive and leader-focused endeavor and it is substantially affected by operational demand.”

What would make matters worse is a looming threat of a return to sequestration-level funding in fiscal year 2018, he said.

“For the Army to move forward and address our readiness and modernization shortfalls, the Budget Control Act must be repealed,” he said. “The programmed BCA levels of funding in the years ahead impede predictable planning and sustained program momentum and represent a clear and present danger threatening the Army’s ability to fulfill our national security strategy.”

The vice chief said a consequence of the current fiscal constraints is that the Army cannot deliver the most modern equipment and reasonable fielding timelines, which risks falling behind near-peers in critical capabilities.

“Since 2011, the Army’s modernization program has shrunk by a third and today it stands at

\$36 billion less than the next closest service,” he said. “Given these trends and to preserve readiness in the short term, the Army has been forced to selectively modernize equipment to counter our adversaries’ most pressing technological advances and capabilities.

“These decisions increase the time necessary to defeat an adversary, increase risk condition and potentially increase casualties... these trade-offs are reflections of constrained resources, not strategic insight,” he continued.

Turning to recommendations from the National Commission on the Future of the Army, Allyn said many of those recommendations offered realistic solutions which helped sharpen the Army focus. He said after completing a holistic review of the NCFR report, the Army supported in principle the vast majority.

Some of the most significant recommendations the Army held to include the forward stationing of an armor BCT in Europe; retaining 11 combat aviation brigades and increasing Army National Guard Combat Training Center rotations, which he said would be “absolutely helpful and justifiable, but difficult to implement within current resource levels in manpower and funding.”

Cadaver training prepares Air Force medics for real world encounters

By Air Force Staff Sgt.
Michael Ellis
59th Medical Wing Public Affairs

The study of human anatomy has helped further medical science since the third century B.C. Often reserved for medical students or researchers, today, cadaver training is helping medical technicians build confidence and hone critical life-saving skills at the 59th Medical Wing.

The new breed of warrior medics is testing the concept by verifying the effectiveness of incorporating cadaver training into the Sustainment for Trauma and Resuscitation Skills Program, according to Staff Sgt. Reginald Gilchrist, STARS-P NCO in charge. "The high fidelity medical simulators we utilize during the course are some of the most advanced on the market, but still do not compare to working on cadavers," Gilchrist said.

The training environment is also a safe place for students to experience the gamut of emotions that come from being in a situation where someone's life may depend on how a medic reacts.

Unless you have worked in a trauma unit, "most medics don't get to observe and treat patients with life-threatening injuries until they deploy. Most will experience it for the first time when they get to a combat environment," Gilchrist said.

"This hands-on training was very beneficial, especially considering I have never deployed," said Airman 1st Class Edward Robinson, 559th Medical Operations

Squadron aerospace medical technician. "Now, I have a mental picture of what to expect and won't freeze up from the shock of seeing something like this for the first time."

"We want the students to understand that when you're in the field you're going to have a visceral responses, and I rather they have a controlled emotional reaction in the classroom setting," said Gilchrist.

It gives us the opportunity to go through the steps and talk about what we can do for the patients, along with what we can do for ourselves to prepare psychologically for these encounters," he added.

Another student described how the shock and uncertainty from not knowing what to do turned into self-confidence after she completed the course.

"This training gets rid of the shock and anxiety, so when the time comes I can hit the ground running and be ready to perform," said Tech. Sgt. Frances Hodge, 433rd Aerospace Medicine Squadron NCO in charge of physical exams. "Ultimately, all the hands-on experience I can get will just make me a better medic."

Gilchrist called the transformation students make once they attend the course, "a rewarding experience.

"You'll see someone hesitantly walk in the room, feeling nervous and not wanting to even look toward the operating table," Gilchrist said. "Later, that same person will perform with confidence and take the initiative as we go through the various procedures learned during the course."



Staff Sgt. Reginald Gilchrist, NCO in charge of the Sustainment for Trauma and Resuscitation Skills Program, lectures Airman 1st Class Amber Decrane on the anatomy and physiology of the upper airway and the importance of proper insertion and securement of an advanced airway device such as the laryngeal mask airway April 21 at the Wilford Hall Ambulatory Surgical Center at Joint Base San Antonio-Lackland.



Medical technicians from the 59th Medical Wing and 433rd Aerospace Medicine Squadron learn how to identify and treat multi-system injuries at the Sustainment for Trauma and Resuscitation Skills Program anatomy laboratory April 21 at the Wilford Hall Ambulatory Surgical Center on JBSA-Lackland.



Photos by Air Force Staff Sgt. Michael Ellis
Staff Sgt. Reginald Gilchrist (left), NCO in charge of the Sustainment for Trauma and Resuscitation Skills Program, teaches Airman 1st Class Kasey Bober how to palpate for proper placement of an intraosseous needle prior to fluid therapy April 21 at the Wilford Hall Ambulatory Surgical Center of Joint Base San Antonio-Lackland. Bober is an aerospace medical technician with the 59th Medical Operations Squadron at JBSA-Lackland.

Plan ahead on how to escape your house during a fire

By Ricardo S. Campos
Public Fire and Safety Educator
Joint Base San Antonio Fire
Emergency Services

It's the middle of the night. You and your family are sound asleep when suddenly the smoke alarms in your house go off. It's dark and the house is filling quickly with smoke. You cannot see your hand in front of your face. Family members are screaming and panicking.

Fire experts say you have about two minutes to get out safely. Would you and your family know what to do?

By planning ahead, everyone would know what to do and where to go if there is a fire, since you may have only a few minutes to get out safely once the smoke alarm sounds.

What to do ahead of time:

- Make a home escape plan. Draw a map of your home showing all doors and windows. Discuss the plan with everyone in your home.

- Know at least two ways out of every room, if possible. Make sure all doors and windows leading outside open easily.

- Have an outside meeting place – like a tree, light pole or mailbox – a safe distance from the home where everyone should meet.

- Practice your home fire drill at night and during the day with everyone in your home, twice a year.

- Practice using different ways out.

- Teach children how to escape on their own in case you can't help them.

- Close doors behind you as you leave.

If the alarm sounds:

- If the smoke alarm sounds, get out and stay out. Never go back inside for people or pets.

- If you have to escape through the smoke. Get low and go under the smoke to your way out.

- Call the fire department from outside your home.

Home escape plan facts:

- According to a National Fire Protection Association survey, only one of every three Americans households have actually developed and practiced a home fire escape plan.

- While 71 percent of Americans have an escape plan in case of a fire, only 45 percent

of those have practiced it.

- One-third of American households who made an estimate thought they would have at least six minutes before a fire in their home would become life-threatening. The time available is often less. And only eight percent said their first thought on hearing a smoke alarm would be to get out!

To learn more about escape planning visit the National Fire Protection Association website at <http://www.nfpa.org/education> or contact the Joint Base San Antonio fire prevention offices.

For JBSA-Fort Sam Houston, call 221-2727; at JBSA-Lackland, call 671-2921; and at JBSA-Randolph, call 652-6915.



AMEDD Museum Foundation announces writing competition

The Army Medical Department Museum Foundation has opened the 2017 Spurgeon Neel Annual Award competition for a paper of 5,000 words or less that best exemplifies the history, legacy, and traditions of the Army Medical Department.

Named in honor of retired Maj. Gen. Spurgeon H. Neel, first commanding general of Health Services Command (now U.S. Army Medical Command), the award competition is open to all federal employees, military and civilian, as well as nongovernmental

civilian authors. More information about Neel can be found at http://en.wikipedia.org/wiki/Spurgeon_Neel.

The AMEDD Museum Foundation will present a special medalion award and a \$500 monetary prize to the winner at a Foundation-sponsored event early in 2017.

The winning submission will also be published in the AMEDD Journal during 2017.

All manuscripts must be submitted to the AMEDD Museum Foundation by Sept. 30.

At the time of submission, a manuscript

must be original work and not pending publication in any other periodical.

It must also conform to the writing and submission guidance of the AMEDD Journal, and must relate to the history, legacy, and/or traditions of the Army Medical Department.

Manuscripts will be reviewed and evaluated by a six-member board with representatives from the AMEDD Museum Foundation, the AMEDD Center of History and Heritage and the AMEDD Journal. The winning manuscript



Courtesy photo
Maj. Gen. Spurgeon H. Neel in 1973.

will be selected and announced in December 2016. Submit manuscripts to amedd.foundation@att.net.

(Source: U.S. Army Medical Department Museum Foundation)

HEADPHONES from P2

device must be black.

The directive also permits Soldiers to wear a "solid black armband" to hold their electronic device, but only while in the gym or fitness center.

When Soldiers leave the gym or fitness center, however, the armbands, the music devices and the headphones must be put away.

Sgt. Maj. of the Army Daniel A. Dailey said the new policy is something Soldiers have told him they wanted for a while.

"This change came about because Soldiers stood up at one of my town halls and asked about it," Dailey said. "If we can make changes that improve morale and they don't



Photo illustration by
C. Todd Lopez

A new Army Directive released May 6 allows Soldiers to wear headphones or earbuds while in fitness centers or gyms.

adversely affect discipline, I'm all for it."

The memo applies to Regular Army, Army National Guard and Army Reserve Soldiers. It's expected that the new rules regarding the wear of music devices and headphones in installation gyms will be incorporated into the existing uniform policy, AR 670-1, by the Army's G-1.

Army South holds field training exercise at Camp Bullis

By Frederick Hoyt
U.S. Army South Public Affairs

More than 70 Soldiers from U.S. Army South traveled from Fort Sam Houston to Camp Bullis April 13-15 for a three-day field training exercise.

As the Army land component to U.S. Southern Command, Army South Soldiers must be ready to deploy at a moment's notice to support contingency operations.

Army South personnel deploy for a number of reasons, whether for a crisis, natural disaster or a real world threat. These Soldiers are ready to respond, thanks in part to the training and preparation field training exercises provide.

During this year's annual mandatory training, Soldiers got back to the basics to work on important core skills. Some of the week's events included M9 and M16 weapons qualification, basic first aid, communications, a leader development course and land navigation.

"This has been a great opportunity for our Soldiers to set up our tactical operations center in a field environment, track logistics and coordinate and synchronize the many different training events," said Maj. Brian Kammerer, battalion operations officer. "It's

always good to get back to the basics and good for our Soldiers to refresh and refine their skills."

Kammerer said going through the leader reaction course on Camp Bullis is an excellent way for junior Soldiers to develop leadership skills, and enhance their team-building and problem-solving skills to help accomplish the mission.

During this exercise the battalion deployed and validated its Tactical Operations Center, and evaluated troop readiness across the three companies – Operations Company, Headquarters Support Company and Intelligence and Sustainment Company – that participated in this year's exercise.

Reliable communications is a critical part of ensuring troop training and mission success. During this exercise, Soldiers from Army South's 56th Signal Battalion provided the vital link.

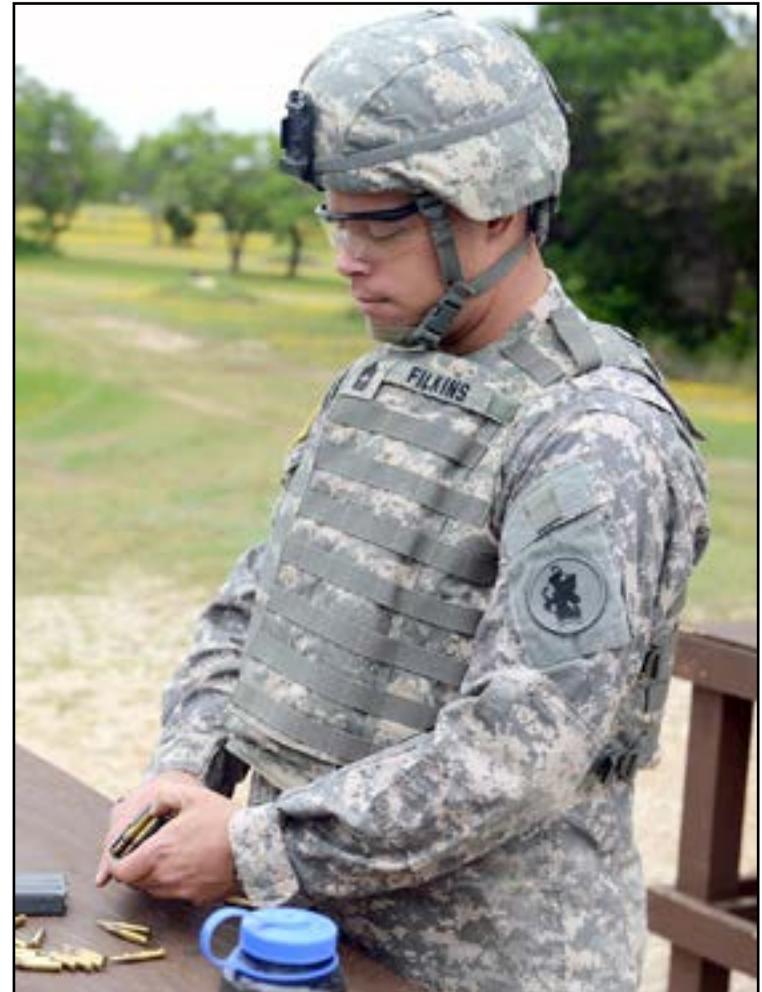
"The exercise went very well and we were able to validate the services we provide to include data, voice and video conferencing," said Staff Sgt. Veronica Castillo, 56th Signal Battalion signal support systems specialist. "This exercise helps us practice our skill sets and tests our reliability to support Army South's deployable command post."



Chief Warrant Officer 2 Ana Warner, Army South legal assistant, prepares an M16 magazine during a three-day field training exercise at Joint Base San Antonio-Camp Bullis April 12.



Sgt. Jack Vongkoth, Army South Information Operations NCO, helps with range safety during a field training exercise at JBSA-Camp Bullis April 12.



Army South Master Sgt. Harold Filkins checks an M16 magazine during a three-day field training exercise at JBSA-Camp Bullis April 12.



Staff Sgt. Cedric Richardson from Army South's Operations Company sights in on a target for M16 qualification during a field training exercise at JBSA-Camp Bullis April 12.

Photos by Frederick Hoyt

Leading the next generation of warrior medics

By Air Force Staff Sgt.
Michael Ellis
59th Medical Wing Public Affairs

It's a little after 7:30 a.m. and the stampede has finally cleared the hallways. Finally, a moment of silence, the first since arriving to work three hours prior. The five-story building is nearly desolate now, but a multitude of paperwork and tasks remain to be done before the 800-plus military students return from class in the afternoon.

Such is the life of a military training leader at the 59th Training Group, the Air Force component at the Medical Education and Training Campus on Joint Base San Antonio-Fort Sam Houston. The tri-service campus offers more than 50 medical programs and graduates about 21,000 enlisted students annually.

These MTLs provide administrative care and Air Force instruction to the second largest group of technical training students in Air Education and Training Command, second only to security forces.

Nearly all Air Force enlisted medics come through the unit. Some stay only a month, while others may be assigned to METC for up to a year.

The group houses three squadrons with up to 1,200 Airmen, all students from 16 different Air Force career specialties. Remarkably, there are only 24 MTLs in the unit, and they are responsible for the more than 5,500 Airmen who navigate the hallways every year.

"Most of us never had to supervise a large

number of Airmen before, so coming here is a new challenge," said Staff Sgt. Britni Hill, 59th TRG MTL.

Particularly because the tri-service training environment makes it extremely important to instill military bearing, and customs and courtesies early on in these Airmen's careers, Hill said.

Hill, who was a security forces specialist before taking on the special duty assignment as an MTL, said being in this unique training environment is very different from her previous experience.

"Oftentimes, it's necessary to explain why things differ between the services instead of just barking orders," she said.

Another MTL, a native of the Philippines, said before his Air Force career began, he had to work hard to meet standards.

"I was in the delayed enlistment program for more than six months because I had to lose weight before going to basic training," said Staff Sgt. Mark Visita. "Later, I dropped another 60 pounds. Since then, fitness has been a huge part of my life."

Visita now leads physical training sessions and promotes exceeding the standards among the students.

"It's a rewarding experience; I wouldn't trade it for the world," Visita said. "But even when enforcing standards, it's important to be aware of factors that might be causing someone to deviate. You have to be mindful that even as a disciplinary figure,

you're also the mentor."

It's not uncommon to be counseling someone when they mention that they are going through tough times, like the loss of a parent or sibling. Some may even be going through a divorce, he added.

It's late in the afternoon now. Dozens of counseling sessions have been administered and stacks of paperwork have been tended to. As the lights go off, other MTLs get ready for the night shift. At this 24-hour operation, there are always MTLs available to tend to the next generation of warrior medics.



Prior to class, Staff Sgt. Mark Visita, 59th Training Group military training leader, leads technical training students in singing the Air Force song and reciting the Airman's Creed April 14 on at the Medical Education and Training Campus at Joint Base San Antonio-Fort Sam Houston.



Staff Sgt. Joshua Ayers, 59th Training Group military training leader, gives an orientation briefing to new students April 14 at the METC at JBSA-Fort Sam Houston. The 59th TRG welcomes an average of 80 new technical training students every week. The group was activated Jan. 4 when the 59th Medical Wing assumed command of the group from the 37th Training Wing.

Photos by Staff Sgt. Michael Ellis

JBSA-Lackland satellite pharmacy temporarily relocates; renovation project gets underway

The 59th Medical Wing is renovating the satellite pharmacy on Joint Base San Antonio-Lackland to better serve patient needs. Pharmacy services are temporarily relocating to building 1300 at 2265 McChord Street behind the Base Exchange.

The initial phase of a renovation project designed to improve customer service for beneficiaries, has the satellite pharmacy closing Friday, with the temporary facility opening Monday. The renovation is part of an \$8.6 million project designed to improve multiple facilities on JBSA-Lackland, said Joann Pinto, 59th Medical Wing facilities management director.

Expected to take one year, the satellite pharmacy renovation project will:

- increase the size of the satellite pharmacy by 30 percent,
- add restroom facilities and patient seating, and
- improve workflow for the staff.

“The improved pharmacy will also offer a medication drop-off bin in the lobby so patients can properly discard unused or expired medications safely, said Lt. Col. Rodney Jorstad, 59th MDW pharmacy flight commander.

“We are excited and ready to move. I think our patients and the pharmacy staff will enjoy the increased capacity and

functionality at the temporary facility, and at the remodeled facility when it is completed,” Jorstad said. “We’re also installing the same queuing system in the temporary facility that we use in our other pharmacies so patients do not have to stand in line.

“To reduce congestion, we’re asking patients to use the commissary refill pick-up site when they call in their refills for the next few weeks. That location has little to no wait time and is very convenient,” he added.

The satellite pharmacy remodeling project is one of several ways the 59th MDW continues to improve patient care in its pharmacies.

“We’ve completed many process improvements over the last few months and have decreased our prescription processing times by more than 50 percent while increasing safety,” Jorstad said.

The remodeling project will promote workflow efficiency and enhance patient safety, he said. “It will offer a greatly improved experience for all our patients.”

For more information on pharmacy services, call 292-8410. To reach the San Antonio Military Health System Refill Call-in System, call 292-9995.

(Source: 59th Medical Wing Public Affairs)

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>.



JBSA Motorcycle Safety Show kicks off Critical Days of Summer

By Janis El Shabazz
JBSA-Fort Sam Houston
Public Affairs

The annual Joint Base San Antonio Critical Days of Summer safety campaign kicked off May 13 with a Motorcycle Safety Day Bike Show at the Joint Base San Antonio-Fort Sam Houston Base Exchange parking lot, with opening remarks provided by Brig. Gen. Bob LaBrutta, 502 Air Base Wing and JBSA commander.

The Critical Days of Summer runs from Memorial Day to Labor Day weekend and is called "critical" because more lives are lost during the summer months than any other time of the year. Topics covered during CDOS reiterate practices military members must observe to stay safe and prevent accidents. Service members and registered motorcycle riders who attended the event received credit for their annual motorcy-

cle training requirement.

Highlights of the event – which was attended by more than 200 riders and approximately 950 others – included a bike show, a fire department demonstration of driver extraction from a wrecked vehicle, drunk driving and fall protection simulations, proper harness wear demonstrations, bike safety demonstrations, food trucks, a slow-ride contest where contestants displayed their mastery of balance and bike control as well as informational displays from various vendors and local agencies.

Department of Defense Instruction 6055.04, the DOD Traffic Safety Program, established procedures for service members and civilians to follow before riding on or off base.

All military members and civilians must attend a Motorcycle Safety Foundation course prior to riding on base. In addition to training, riders are required to wear

all personal protective equipment as outlined in DODI 6055.04.

The JBSA Safety Office offers three motorcycle safety courses. The Basic Rider Course is a two-day class for beginners which enables licensing, while the one-day advanced Basic Rider Course 2 is offered twice per month. The Military Sport bike Rider Course, also a one-day advanced course, is presented once per month. The BRC2 is required for cruiser riders within one year of completing the BRC, while the MRSC is required for sport bike riders with within one year of completing the BRC.

Air Force personnel assigned to JBSA must take one of two advanced classes every three to five years. Additionally, all riders must complete a refresher course every three years for Navy riders and every five years for Army and Air Force riders if they continue to ride.

LaBrutta emphasized the importance of learning the proper safety techniques, using the proper equipment and reinforcing the things that make riding safe.

The general said many times it's not the two-wheelers you have to watch out for, but the four-wheelers who impact the safety of motorcycle riders. He told the crowd riding motorcycles can be exciting and satisfying, but also very dangerous.

LaBrutta said last year in Texas, there were 3,519 vehicle related fatalities and 455 people died while riding their motorcycles. The Air Force experienced 31 vehicle and 12 motor-



More than 200 riders and 950 base personnel attended the Motorcycle Safety Day Bike Show May 13, which kicked off the Critical Days of Summer safety program in the Joint Base Fort Sam Houston Base Exchange parking lot.

cycle fatalities, the Army had 38 vehicle and 23 motorcycle fatalities, while the Navy/USMC had 49 vehicle and 26 motorcycle fatalities.

The general added that obeying all the motorcycle rules does not mean a mishap will never happen. He said it is up to every Airman, Soldier, Sailor, Marine to do their part to tip the odds in their favor by wearing the required safety gear and being vigilant about keeping their training updated."

Floresville resident and event attendee Holly Globstad echoed the general's remarks.

"My husband Lester always wore a helmet, boots, gloves, leather jacket and leather chaps every time he got on his bike," she said. "He survived his job as a helicopter crew chief in Vietnam and Desert Storm, but one day in October 2013, a reck-

less driver trying to cut across seven lines caused the accident that resulted in Lester's death and injuries to others."

Motorcyclists take recurring training every couple of years and many of us practice emergency skills on a regular basis, LaBrutta added in his concluding remarks. Although the risks are higher, a

well-trained operator is always aware of their surroundings because a situation can change in a second, he added.

For questions on motorcycle safety, contact the JBSA-Fort Sam Houston Safety Office at 471-3841, the JBSA-Randolph Safety Office at 652-1842 and the JBSA-Lackland Safety Office at 671-5028.



Holly Globstad, Floresville resident and widow of a Vietnam and Desert Storm veteran killed in a 2013 motorcycle mishap, attends the JBSA Motorcycle Safety show 13 May in the Joint Base San Antonio-Fort Sam Houston Base exchange parking lot. She rides a bike emblazoned with the date "10-11-13" in memory of her husband. She said she finds sharing these and Veterans of Foreign Wars events with military members who ride motorcycles to be therapeutic.



Photos by Janis El Shabazz

Members of the JBSA-Fort Sam Houston Fire Department demonstrate driver extraction from a wrecked vehicle using the "Jaws of Life."

Airman helps fellow military members navigate legal processes

By Senior Airman
Alexandria Slade
JBSA-Randolph Public Affairs

For Tech. Sgt. Danyall Bowie, the Office of Airmen's Council disability paralegal manager, each day is an opportunity to help Airmen navigate the process of participation in their medical and physical evaluation boards.

"On a daily basis as a paralegal, we give clients arriving at Joint Base San Antonio-Randolph an initial briefing to make them aware of their rights and what to expect while here with us and afterward," Bowie said. "We also help clients go through their medical records, set them up with attorneys and prepare them for their court hearing."

As the only unit of its kind in the Air Force, Bowie and her team at the OAC offer their legal services to all Airmen, including Air National Guard and Air Force Reserve members.

Bowie has been an



OAC advocate for more than three years at JBSA-Randolph.

"This job is one where I wake up every day and I'm excited to come to work," Bowie said. "I enjoy meeting and getting to know so many different Airmen and their stories during this process."

Bowie initially joined the Air Force as a munitions specialist and then cross trained into the paralegal career field.

"The knowledge and experience I gathered in the six years I served in the Air Force before



Photo by Senior Airman Stormy Archer

Tech. Sgt. Danyall Bowie (left), the Office of Airmen's Council disability paralegal manager, counsels an Airman at Joint Base San Antonio-Randolph May 17. As a member of the OAC, Bowie helps Airmen navigate the process of participation in their medical and physical evaluation boards.

becoming a paralegal gave me the tools I needed when it came to dealing with cases and special situations within my job," she said.

"Regular Air Force experiences ultimately helped me help my clients. I'm still the same Airman with the same aspirations. Now the

only difference is that I have more experience, job knowledge and have been molded by a lot of great leaders in the hopes of following in

their footsteps."

Another pillar of Bowie's job performance is her childhood experiences and current family life.

"My parents instilled the foundation of who I am today and joining the Air Force continued to build on that foundation," Bowie said. "I was raised with morals, discipline and taught to work hard and never to give up. My values and the things that I believe in are important in everything I do."

Bowie believes that even when successful, one should still look for ways to improve.

"Outside of work I do a number of things to better myself, Bowie said. "I always ensure that I am spiritually, mentally and physically sound. These things are my foundation and I work overtime to keep them solid. I constantly look for ways to grow personally and professionally."

To contact the OAC, call 210-565-0739 or 855-MEB-JAGS.

Secretary of Defense announces sexual assault retaliation prevention strategy

By Lisa Ferdinando
DOD News, Defense Media Activity

Defense Secretary Ash Carter announced April 28 a sexual assault retaliation prevention and response strategy, saying both sexual assault and retaliation against those who report it are attacks against the values of the military.

"Wherever sexual assault occurs – whether it's on the front lines or here at home – it not only undermines our values, it undercuts our ability

to execute our mission, which is to protect our people and make a better world for our children," Carter said at a Pentagon ceremony today.

According to a statement released today by the Department of Defense's Sexual Assault Prevention and Response Office, the strategy includes standardizing the definitions of retaliation; improving data collection and analysis; building strong and supportive systems of investigation and accountability; providing

comprehensive support to reporters; and creating a culture intolerant of retaliation. It also extends to first responders, including sexual assault response coordinators and witnesses of sexual assault/harassment or retaliation.

The strategy aims to improve how the department supports service members who experience retaliation, while aligning prevention and response efforts across the services, Carter said.

"While there is much

work that remains to be done to eliminate the scourge of sexual assault from our military, today we're taking an important step with the release of this strategy," he added.

Army Maj. Gen. Camille Nichols, SAPR Office director, called the policy an important step forward.

"Supporting those who make the difficult decision to report sexual assault or harassment not only upholds our commitment to them, but also influences others who may be

considering whether to make a report," she said in the statement.

She said service members reporting sexual assault or sexual harassment should be able to do so without the fear of retaliation by their peers or leadership.

"Reporting the crime is the only way offenders can be identified and held appropriately accountable," Nichols said.

The new strategy provides a framework for strengthening support for those who experience

retaliation in connection with reporting sexual assault or harassment and for clarifying the retaliation response process, Carter said at the ceremony.

The Department of Defense must do everything it can to provide the proper protections and support for those who come forward, he added. "Honor and trust are the lifeblood of the profession of military arms. Every sexual assault is an at-

ARNORTH takes part in FEMA advisory meeting

Lt. Gen. Perry Wiggins, U.S. Army North commanding general and other military leaders participated in the Federal Emergency Management Agency's National Advisory Council meeting in San Antonio May 10.

Wiggins joined Col. Barry Graham, FEMA Region VI defense coordinating officer, and representatives from the Texas National Guard and U.S. Air Force to discuss military support to FEMA.

The FEMA National Advisory Council was established as part of the Post-Hurricane Katrina Emergency Management



Photo by Maj. Mike Loveall

Lt. Gen Perry Wiggins (Center), U.S. Army North commanding general, discusses military support to the Federal Emergency Management Agency at the FEMA National Advisory Council meeting May 10 in downtown San Antonio. As the Army component for U.S. Northern Command, ARNORTH serves a pivotal role in support to civil authorities, including FEMA, during disaster response.

Reform Act of 2006. Its members advise the FEMA director on matters related to emer-

gency management and represent a cross-section of emergency management and response pro-

fessionals from across the country working at the local, state, tribal and federal level.

The San Antonio meeting was the second of three meetings scheduled for the

council this year.

(Source: Army North Public Affairs)

READINESS from P4

previous conflict.”

Every wounded warrior who received care from injury on the battlefield to recovery in Navy medical centers did so “completely and exclusively” at the hands of the men and women who received their training, clinical experience and preparation in a military

treatment facility, he said.

Faison emphasized the investments made in medical research and development, training, and medical education remain critical to meeting existing and future mission requirements. U.S. military medical training is among the best in the world, while its global research and development efforts help

keep its personnel safe as they counter tomorrow's threats, he added.

But Navy medicine is not a perfect system and more needs to be done, Faison said.

The services, he added, “are working hard to improve access, care continuity, convenience and satisfaction with the care [military medicine] delivers in peacetime.”

Navy medicine is “committed to continuing the necessary reforms which will improve our patients' experiences, and most importantly, their health,” Faison said. “However, we must do so without putting at risk the very system which has yielded such unprecedented survival.”

The Air Force surgeon general agreed with

his colleagues on the importance of military medicine.

“The broad scope of care we provide is key to our readiness,” Ediger said.

Today, nearly 700 medical airmen and women are deployed to capture lessons learned from their experiences, and that work helps Air Force medical

research identify gaps and improvements in its programs, operational procedures and overall readiness, he said.

“As a health system, we know we must continually improve,” said Ediger, adding that while progress has been made, Air Force medicine is “focused on improving in areas of quality, safety and access to care.”

SARC from P14

tack on those values, so too are acts of retaliation against those who report these crimes,” he said.

The Defense Digital Service is joining forces with the DOD SAPR Office to launch a project to improve the systems that underlie the reporting databases, Carter announced.

“This will allow for more streamlined, timely and accurate reporting,” he said, noting it will reduce the burden on

sexual assault response coordinators and investigators, allowing them to spend more time with survivors.

According to Carter, the project will help the department understand sexual assault data in a more meaningful way. That, he said, will ultimately lead to greater transparency with advocates and others.

Allison Greene-Sands, SAPR Office, deputy chief of staff said the department took action because it is so egregious that a

sexual assault survivor would face retaliation in addition to the trauma the person already suffered.

“The fear of retaliation can be a barrier to reporting any crime,” Greene-Sands said, in an interview with DOD News.

The DOD learned from best practices in industry and the corporate world that removing barriers and having increased protections will help those who want to come forward and report a crime,

she said.

Retaliation is a symptom of a poor command climate or a lack of professionalism, she said.

“When you have retaliation tolerated in a command climate that also coexists with the risk of sexual assault,” Greene-Sands said.

Survivors or witnesses can report retaliation to their chain of command, or to a sexual assault response coordinator or other appropriate personnel, she said. They can also anonymously

report retaliation at <http://www.safehelpline.org>, which will report the incident directly to the SAPR Office.

“At the end of the day, if these things are happening, then we have a readiness issue. We're not going to be able to respond to missions in the way that we're supposed to,” she said.

The DOD conducted several data gathering efforts to capture sexual assault victim experience with retaliatory behavior in 2012 and 2014.

Surveys indicated that well over half of military women who experienced a sexual assault and reported it to a DOD authority perceived some kind of retaliation.

In May 2015, Carter directed the development of a department-wide strategy to address retaliation.

The DOD SAPR Office can be found at <http://www.SAPR.mil>. The DOD Safe Helpline at <http://www.safehelpline.org> can be reached 24/7, toll-free, at 877-995-5247.

Health of Force report wakeup call for improving readiness

By David Vergun

Army News Service

Obesity and overweight metrics, along with health indicators like tobacco use, injuries, substance abuse and the Performance Triad were among the topics at a conference last week discussing the inaugural "Health of the Force" report.

The HOF report, released at the end of 2015, provides Army leaders, including installation commanders, a starting point regarding where best to invest resources to help Soldiers lead healthier lives, and consequently, improve combat readiness, said Col. Deydre Teyhen, assistant deputy chief of staff, Army Public Health Center.

Besides obesity and overweight metrics, the HOF report measures Soldiers' three Performance Triad elements: sleep, activity and nutrition per the Army Global Assessment Tool, or GAT 2.0. It also takes into account other health indicators like hospital admissions, chronic diseases and medical readiness.

Taking all measurements into account, the report then provides a detailed breakdown, by installation of those factors, with an overall health rating broken down by categories.

With that valuable data in hand, Teyhen said it's now up to the installations and commands to see what they're doing well and what needs

improving. For example, she said if one installation is doing really well on a health factor, like say, fewer smokers, but is doing poorly on sleep, then she said she encourages those installations or

commands to share what they think the factors are that are making the metrics go up or down.

The vehicle for this exchange of information, she said, could be the Community Health Promotion Council, chaired by the senior mission commander on each installation. The councils normally meet quarterly to discuss readiness issues.

The medical treatment facilities would not be in the best position to utilize the HOF report, since they on average see one Soldier just 100 minutes a year.

That's not really enough time to address health factors that could impact them since most of that time would be spent simply diagnosing and treating a problem. That's why utilizing the HOF should start with leadership, she said.

Barbara Agen Ryan, a retired Army officer, health strategist and lead for Communications, Education, & Training System for the Health & Performance Triad, OTSG, said the goal of the HOF report is to "provide commanders with data-driven information that can help prioritize efforts and influence resources to produce culture change; the HOF report is intended to facilitate personal health readiness and create environments where the healthy is the easy choice."

People don't get up in the morning wanting to be unhealthy, she said. However, their environment often influences the choices they make.

For example, if vending machines with junk food in them are readily available, that's what



Photo illustration by Peggy Frierson

The Health of the Force report provides Army leaders, including installation commanders, a starting point regarding where best to invest resources to help Soldiers lead healthier lives, and consequently, improve combat readiness, said Col. Deydre Teyhen, assistant deputy chief of staff, Army Public Health Center.

they'll choose, Teyhen said. Or, if food in the dining facility is fatty or sugary, that's what they'll eat.

Teyhen provided some examples of what some installations have done to alter this environment.

Some installations have invited local farmers to bring their fresh produce on-post and set up farmers markets, she said.

Fort Campbell, Ky., moved its dining facility salad bar closer to the entrance and that alone increased consumption of salads by 24 percent, she said. They also moved the dessert bar farther away and consumption for that went down 17 percent.

The dining facility personnel basically copied what stores do with product placement for greater sales of higher-priced goods, Teyhen added.

Another thing that Fort Campbell did was move the smoking shack farther away, she said. That alone dramatically decreased smoking — just because it made

it less convenient for smokers to get there.

Besides altering the environment, another approach to help people make healthier choices, Teyhen said, is to provide them helpful information. For instance, keep healthy food in a clear bowl or wrapped in cellophane. People, kids especially, are more apt to use what they can see right away. Keep the unhealthy food wrapped in something opaque like aluminum foil.

The goal for fruits and vegetables, she added, should be eight servings per day, or about at least half of all food consumed. Teyhen said she advises people to eat their fruits and vegetables first, so they're already to some degree satiated before consuming other things like meats or dairy.

A trick to getting children to eat healthy foods, she said, would be to ask them what Popeye would eat, before the waitress comes. Kids tend to pick healthier choices.

For a group of adults,

a similar trick would be to mention in passing that "this place has the best salmon salad I've ever eaten," Teyhen offered. That really influences others.

Once people start altering their behaviors, she said, it quickly becomes engrained into their thinking and habits. For example, they start craving fruits and vegetables over cupcakes.

One thing "we never do is to tell people they can't eat cupcakes. It's about positive reinforcement, not telling people what they can't do," she added.

The Army is currently working to put healthier foods in vending machines and dining facilities on post, Teyhen said.

Teyhen found an interesting data comparison in the report regarding physical activity.

At Fort Riley, Kan., Soldiers do better at strength exercises than they do at aerobic ones. The opposite is true for Fort Campbell, however. Commanders, she said, might want to tweak the mixture of physical training to provide better balance.

The Army would ideally like physical education reinstalled in public schools nationwide, as that impacts the quality of health recruits coming in, she said, adding that she hopes the HOF report helps influence decision makers at the national level.

Lt. Col. Robert C. Oh, physician lead for Performance Triad, OTSG, said musculoskeletal injuries are a huge problem for the Army, accounting for 76 percent of all Soldiers deemed non-deployable.

In any given year, about 55 percent of

Soldiers receive such an injury, accounting for some 10 million limited duty days per year, he said.

By comparison, the rates for those types of injuries for college athletes is just 25 percent, he said, noting that lower overall fitness of Soldiers and overweight issues are likely to be the biggest contributing factors for that discrepancy.

Tobacco products are also hurting Soldier readiness, Oh said.

Use of tobacco and the smokeless variety for Soldiers is high and impacts readiness, he said.

The Army Medical Command is now in the process of trying to create smoke-free campuses across the medical facilities Army-wide, he said.

A good news story, he said, is that Soldiers at Fort Bliss, Texas, have lower tobacco usage than in the surrounding community. Perhaps they have solutions that installations could implement.

Dr. Amy M. Millikan Bell, medical advisor, Army Public Health Center, said another big health issue for Soldiers is sleep. Soldiers are getting much less sleep than the average American, Bell said. Only about 15 percent are getting the recommended seven or eight hours.

Lack of sleep contributes to accidents, poor decision-making and other types of errors that degrade readiness, she said. While there are times during an operation when Soldiers cannot get adequate sleep, they should be afforded the extra sleep time during non-critical periods.

INSIDE THE GATE

Newcomer's Orientation

Friday, 8 a.m. to noon, Military & Family Readiness Center, building 2797. Mandatory in-processing briefing for all military and civilian personnel newly assigned to JBSA. Service members must coordinate with their unit personnel coordinator or commander support element. Spouses are welcome to attend; all patrons must be seated by 7:50 a.m. Call 221-2705.

TAP-Goals, Plans, Success

Monday-May 27, 8 a.m. to 4 p.m., Soldier for Life, building 2264. A mandatory five-day session workshop for all service members separating from the military; the GPS workshop is facilitated by the Department of Labor, Veterans Administration and M&FRC. Prerequisite class is "Pre-Separation Counseling." Call 221-1213.

Step Families 101

Monday, noon to 4 p.m., Military & Family Readiness Center, building 2797. This two-part series must be attended in order. The step family can be complex when it comes to family relationships. Discuss changes in the family dynamics,

evolving roles, and the joys that come from being a stepparent. Call 221-2418.

Accessing Higher Education

Monday-Wednesday, 7:30 a.m. to 5 p.m., Education Center, building 2408. A two-day track for service members that have already obtained a Bachelor's degree and are interested in pursuing higher education. Call 221-1213.

Employment Readiness Orientation

Mondays, 9-11 a.m. Military & Family Readiness Center, building 2797. Learn about employment resources and review services offered. Call 221-2418.

Helping Us Grow Securely Playgroup

Tuesdays, 10 a.m. to noon, Middle School Teen Center, building 2515. An interactive playgroup for infants and toddlers; open to parents and their children ages 5 and under. Registration not required. Call 221-2418.

Air Force Pre-Separation

Tuesday, 9 a.m. to noon, Military & Family Readiness Center, building 2797. Airmen planning to separate must attend a mandatory counseling. Begin the process 18-months prior to your separation date. Call 221-2418.

FRG Leadership Academy

Tuesday, 8:30 a.m. to 4:30 p.m., Military & Family Readiness Center, building 2797. This training provides commands with a better understanding of their FRGs, how to utilize their volunteers, in addition to their roles and responsibilities to the families. For more information, call 221-2418.

Citizenship, Immigration Assistance

Tuesday, 9 a.m. to noon, Ceremony 2 p.m., Military & Family Readiness Center, building 2797. Review American customs and cultures, or meet with a U.S. Citizenship & Immigration Service officer for assistance with applications. Eligible patrons will take the oath of allegiance at a naturalization ceremony at 2 p.m. Registration is not required. For more information, call 221-2705.

Army FAP Unit Training

Wednesday, 9-11 a.m. and 1-3 p.m., Military & Family Readiness Center, building 2797. Mandated unit family advocacy training in accordance with Army Regulation 608-18 regarding domestic and child abuse identification, reporting and prevention. Other topics covered include the Lautenberg amendment, restricted/unrestricted reporting and transitional compensation program.

Seating is limited; reservations will be accepted up to two weeks in advance. Call 221-2418.

Salary Negotiations

Wednesday, 9-11 a.m., Military & Family Readiness Center, building 2797. Learn the art of salary negotiation and tap into the power of social media to find jobs and market yourself. Call 221-2705.

Post-Deployment Resiliency

Wednesdays, 1-3 p.m., Military & Family Readiness Center, building 2797. Service members scheduled to deploy, go on temporary duty for longer than 30 days or go on a remote assignment are required to attend this briefing. Registration required by calling 221-2418.

Pre-Deployment Resiliency

Thursday, 9-11 a.m., Military & Family Readiness Center, building 2797. Training draws heavily on the experiences of service members in order to prepare for the realities and challenges commonly encountered prior to and during a deployment. Call 221-2418.

Volunteer Orientation

Thursday, 10-11 a.m., Military & Family Readiness Center, building 2797. Volunteers newly assigned to the M&FRC will in-process and receive training on their responsibilities. Call 221-2705.

OUTSIDE THE GATE

Free Zoo Admission During May

The San Antonio Zoo and Aquarium is honoring active duty military members, as well as retired military and veterans with free admission throughout May. Immediate military family members—with a limit of four—are invited to enter the zoo at half price. Military members must show military identification at the front gate in order to receive the discount. Immediate family members must be accompanied by the military

Safety Seat Clinic

Thursday, 9:30-11:30 a.m., Fire Station, building 3830. Make sure your child is safe while traveling on the road by ensuring restraints are properly installed and fit the child appropriately. Child and vehicle must be present; parents will be seen by appointment only at the. Prerequisite: Car Seat 101. Call 221-2418.

Basic Budget Management

Thursday, 9-10 a.m. and 2-3 p.m., Military & Family Readiness Center, building 2797. This course is required before attending any financial classes and budget counseling, unless referred by your command. A copy of your current

member. This is only throughout month of May and is not valid with any other offers, senior discounts, special events or train ride. The zoo is located at 3903 N. St. Mary's St. Visit <http://www.sazoo-aq.org> for more information.

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.

leave and earnings statement is needed. Call 221-2418.

Talk Is Cheap

Thursday, 1-3 p.m., Military & Family Readiness Center, building 2797. This class is designed to focus on communication skills. Call 221-2705.

Trails & Tales Guided Tour

May 27, 8-11:30 a.m., Military & Family Readiness Center, building 2797. A guided tour of Fort Sam Houston; learn about old and new structures that share a rich history dating back more than 150 years. Patrons must be ready for departure by 8 a.m. Due to limited seating, registration is required. Call 221-2705.

News Briefs

Continued from P6

Sam Houston Residential Communities Initiative Office has announced the Headquarters Department of the Army Resident Survey is underway via email through Sunday. Residents are encouraged to give their thoughts about their experiences and services in housing and provide comments on issues, as well as indicating areas needing improvement. Residents who have not received the email about the survey can call 270-7638. Residents who complete the survey are eligible for a cash award.

Refresh Relationships With Marriage Checkup

Behavioral health consultants at

the Wilford Hall Ambulatory Surgical Center Primary Care Clinic are offering a "Marriage Checkup" as part of a research study sponsored by the U.S. Army Medical Research and Materiel Command. It is offered to military members and their spouses who would like to find out more about the health of their marriage. "Marriage Checkup" will give participants the tools and resources to strengthen their connection. Couples may receive compensation for participating in the study. Call 446-8857 or email marriagecheckupaf@gmail.com for details.

Cole H.S. Senior Events To Be Streamed Live

The Robert G. Cole High School senior awards, graduation ceremony, and behind-the-scenes pre-graduation show will all be streamed live this year on the In-

ternet for those people who cannot attend in person. Senior awards can be viewed from 9:30-11 a.m. May 27 at <http://thecube.com/e/638605>. The pre-graduation "red carpet" behind-the-scenes show is available from 5:15-5:50 p.m. May 31 at <http://thecube.com/e/638605>. The 2016 Cole High School graduation can be viewed from 6-8 p.m. May 31 <http://thecube.com/e/638611>. All these events will be streamed using The Cube website (<http://www.thecube.com/>) which requires a free account. To sign up and follow the Fort Sam Houston Independent School District Cube channel at the same time, start at <http://thecube.com/cube/fshisd> and click the "follow" link.

Cave Quest Vacation Bible School

A summer kids' event called

Cave Quest Vacation Bible School is available at the Dodd Field Chapel on Joint Base San Antonio-Fort Sam Houston from 5:30-8:30 p.m. June 19-23. At Cave Quest, kids explore what it means to follow Jesus through dark times and participate in Bible-learning activities, sing songs, play teamwork-building games, make and dig into treats, experience one-of-a-kind Bible adventures. Each day concludes with a Cave Quest closing that gets everyone involved in living what they've learned. Cave Quest is for kids from pre-kindergarten to 6th grade. Adult Volunteers are also needed. Volunteers and participants can register at <http://www.groupvbspro.com/vbs/ez/FSH>. For more information, call 221-3749.

Voting Assistance

The Joint Base San Antonio

Voting Assistance Program office is located at JBSA-Fort Sam Houston, 2380 Stanley Road, building 124, first floor. Assistance is available by appointment only between the hours of 9-11:30 a.m. and 1-2:30 p.m. Call 221-VOTE (8683) for more information. Visit <http://www.FVAP.gov> for more voting resources.

Check Military, CAC, Dependent ID Expiration Dates Now

All Defense Enrollment Eligibility Reporting system, Command Access Card and military ID card locations throughout Joint Base San Antonio are by 100 percent appointment only and wait time for an appointment can be up to 30 days. Civilian and military members need to remember then

their CACs and military IDs expire and schedule renewal appointments appropriately. Appointments can be made online at <https://rapids-appointments.dmdc.osd.mil>.

Weingarten Rights: Having Union Representation

The Labor Relations Statute entitles a bargaining unit employee to representation by the union during an examination, by an agency representative, in connection with a matter under official investigation if that employee reasonably believes disciplinary action will result. If the employee requests union representation, no further questioning will take place until a representative is present. For those stationed at Joint Base San Antonio-Fort Sam Houston, call 808-0205; JBSA-Randolph, call 652-4658 and JBSA-Lackland, call 671-4528.

**CLASS
6X9.75 1**

**CLASS
6X9.75 1**

3 x 4.75 AD

3 x 4.75 AD

6 x 4.75 AD