



**JBSA  
HOTLINES**



JULY 1, 2016  
VOL. 58, NO. 26

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



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**FIREWORKS AND SUMMER SAFETY PAGE 5**



**SERVICES CONTINUE WORK ON ZIKA PAGES 8-9**

# BAMC commander receives promotion to brigadier general

By Lori Newman  
BAMC Public Affairs

Brooke Army Medical Center Commander Col. Jeffrey Johnson was promoted to the rank of brigadier general June 21 during a ceremony at the Warrior and Family Support Center Amphitheater at Fort Sam Houston.

Maj. Gen. Joseph Carvalho Jr., Joint Staff Surgeon at the Pentagon and former BAMC commander, was the presiding officer for the ceremony.

“It’s a great day for the Johnsons and a great day for Army Medicine,” Carvalho said.

“I’m here purposely to talk about a great American and someone reminded me I should also talk about her spouse, Jeff Johnson,” he joked. “Not only do I think the world of Jeff and Paula, but I love the men and women who have dedicated themselves to the military medical missions here in San Antonio.”

Carvalho highlighted many of Johnson’s past military assignments, saying he first met Johnson at Womack Army Medical Center at Fort Bragg, N.C., in 2003.

“He was a calm, collected lieutenant colonel at the time, responsible for one of the busiest family medicine programs in the Army inventory,” Carvalho said. “I was impressed then, and I have remained impressed ever since.”

Carvalho also praised Johnson’s wife, Paula, saying, “She is an incredible individual with a heart of gold and an unbridled passion for our Soldiers and families.”

Johnson’s family including his wife, his parents Dorothy and Jack Johnson, sister Joy Myers, along with his daughter Elizabeth Smart and her children all took part in the pinning ceremony and presentation of general officer items.

The ceremony also included special



Photo by Robert Shields

Maj. Gen. Joseph Carvalho Jr. administers the oath of office to Brig. Gen. Jeffrey Johnson during a promotion ceremony June 21 at the Warrior and Family Support Center Amphitheater at Fort Sam Houston. Carvalho is the Joint Staff Surgeon at the Pentagon and former BAMC commander.

touches such as the delivery of gifts to Johnson’s family by Sgt. Robyn Rothwell and her horse Junior. The inclusion of the horse in the ceremony and the period costume worn by Rothwell provided a link to Army’s past.

### Editorial Staff

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### 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  
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 San Antonio, TX 78297  
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### News Leader email:

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

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# Soldiers are nation's best ambassadors, new Army secretary says at welcome ceremony

By C. Todd Lopez  
 Army News Service

Lawmakers, leaders from across the Department of Defense, and personal guests welcomed Eric K. Fanning to his new role as the 22nd secretary of the Army, during a full-honor arrival ceremony, June 20, at Summerall Field at Joint Base Myer-Henderson Hall, Va. “Secretary Fanning served as my chief of staff when I first became secretary of defense,” said Secretary of Defense Ashton B. Carter. “I looked to him to help me recruit and attract a talented and innovative team of civilian and military leaders, many of whom are with us today.”

Carter said Fanning brings with him a breadth of experience at the helm of other military departments, including time as undersecretary of the Air Force, acting secretary of the Air Force and also as deputy undersecretary of the Navy.

“That gives him a unique perspective on the pivotal connections that bind our joint force,” Carter said.

At a time where the U.S. is concerned about ISIL, Russian aggression, a rising and aggressive China, North Korea and Iran, Carter said he’s confident that Fanning and Chief of Staff of the Army Gen. Mark A. Milley are right to lead the Army.

“Secretary Fanning and Gen. Milley under-

stand all this, understand what must be done to ensure the readiness and strength of the Army to confront the challenges of today’s security environment,” Carter said. “They’re working together to strengthen the Army’s unparalleled ability, forged over the last 15 years, and much longer, to carry out its core mission, which is to seize, to hold and to dominate physical and human terrain.”

He said that in line with the Army’s No. 1 priority of readiness, both Fanning and Milley will work to strengthen the Army’s ability to fight in an array of conflicts – not just what it has been doing in Iraq and Afghanistan.

“They aren’t resting on the current excellence of our Army,” Carter said. “They’re doubling down on it, ensuring that our ground forces are agile, unrivaled in posture, ready for full-spectrum operations, and always prepared to defend America’s interests and values.

“So it is an honor to formally welcome Secretary Fanning as Secretary of the Army,” Carter said. “And I want to thank him for everything he is doing on behalf of all of the Soldiers and military families who serve today, from the mountains of Afghanistan, to the plains of Eastern Europe, to the Korean peninsula, to enabling our partners on the ground in Iraq and Syria.”

Fanning was initially



Photo by C. Todd Lopez

Secretary of the Army Eric K. Fanning inspects the Soldiers of the 3d U.S. Infantry Regiment (The Old Guard) during a full honor arrival ceremony in his honor June 20 on Summerall Field at Joint Base Myer-Henderson Hall, Va.

nominated by President Barack Obama as secretary of the Army in November 2015. He had been serving at the time as undersecretary of the Army. His confirmation to the position was delayed, however, and he left the secretary of the Army position in January 2016 without having been confirmed. He was later sworn in as secretary in May 2016, after having been confirmed by the Senate.

Despite the long delay in advance of his actually taking the helm, Milley said he’s known Fanning for quite some time, from back when the two were both being considered for their current positions, and says he’s grown confident with Fanning’s ability to lead.

“We are absolutely

thrilled to have you finally aboard – there is much work to be done,” Milley said. “It’s no surprise to any of you who know him, but Eric Fanning is an incredible professional. He’s completely committed to our Army, both the Soldiers and their families, and he is first class in every way imaginable. As an Army, we could not be luckier and more proud of our new secretary ... I can tell you he is extraordinarily talented, he is thoughtful, he is calm, and he is a man of immense personal courage and integrity. Eric Fanning is absolutely the right person to serve as our 22nd secretary of the Army.”

Together, Milley said, he and Fanning must continue to lead the Army

through two conflicts in the Middle East, must continue to assure allies and deter adversaries in Europe, Asia, Africa, Central and South America – and they must do that with a declining budget and with a draw-down in force structure.

“Secretary Fanning will lead us through tough resourcing decisions and challenging fiscal realities,” Milley said, “all the while setting the conditions for a future force that is balanced, modern, and takes advantage of all the talents that all Americans have to offer, regardless of the color of their skin, regardless of their religion, regardless of their national origin, regardless of their gender, regardless of their identity

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## News Briefs

### Fort Sam Houston Dental Activity Change of Command

The Fort Sam Houston Dental Activity holds a change of command ceremony at 2 p.m. July 14 at Military & Family Readiness Center, building 2797, on Stanley Road at Fort Sam Houston. Col. Scott A. Matzenbacher will relinquish command of DENTAC to Col. Stefan S. Olpinski, with Col. Michael L. Roberts, commander, U.S. Army Dental Command-Central, as the presiding officer. The event is open to the public. Matzenbacher has been the Commander of DENTAC since 2013 and upon relinquishment of command, he will serve as the deputy commander for health readiness at Brooke Army Medical Center. Olpinski is coming from Fort Carson, Colo.

### 106th Signal Brigade Change of Command. Assumption Of Responsibility Ceremonies

The 106th Signal Brigade holds a combined change of command and assumption of responsibility ceremony at 8 a.m. July 20 at the Quadrangle on Fort Sam Houston. Col. Bradford J. Davis will take over command of the brigade from Col. Patrick W. Ginn, while Command Sgt. Maj. Maurice S. Greening will assume responsibility from Command Sgt. Maj. Mathew I. Acome. In case of inclement weather, the ceremony will take place at the Evans Theater, 3834 Garden Ave., on Fort Sam Houston.

### Winans Entry Control Point Operations

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

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## U.S. ARMY SOUTH HOSTS ARMY BALL



Maj. Gen. K.K. Chinn, U.S. Army South commander, greets guests at the 241st Army Birthday Ball in downtown San Antonio June 11.



Courtesy photos  
Soldiers salute the fallen comrade table during a moment of silence at the 241st Army Birthday Ball in downtown San Antonio June 11.

## Apache Warrior Foundation founder finds hope in loss

By Sgt. Michael Ito  
207th Public Affairs Detachment

When people lose someone close to them, there is inevitably a mourning cycle that can put them in some of the most depressed, anger-ridden and confused points of their lives. There is an emptiness that can't be put into words, and it's how we fill that emptiness that can make a huge difference in life, for good or bad.

For service members, that emptiness is often a delayed feeling.

"A lot of times, when you lose a brother while deployed you can't let it sink in yet," said Lt. Col. Allen Hahn, U.S. Army North air operations chief at Fort Sam Houston. "You have to be right back in the fight and you can't deal with it for days, weeks or sometimes months after the fact."

For Hahn, who has served the U.S. Army for 23 years as an AH-64 Apache attack helicopter

pilot, the feeling of loss was compounded nine-fold in a four-year period between 2003 and 2007.

"I lost about nine of my guys between combat and training accidents," Hahn said. "Two of those guys were my best friends and another was like a big brother to me. These guys were my family."

Following loss after loss, Hahn didn't want the emptiness to consume him. He decided that these losses would make the world a better place.

It started with a 1985 Custom Deluxe Chevrolet long-bed pickup truck, which the group called "The Salt Wagon." The vehicle belonged to Army Chief Warrant Officer 4 Richard "Matt" Salter, who was an Apache pilot and close friend to Hahn and was killed in action in December 2005.

Hahn was inspired by a Humvee that a group of Marines had painted to honor their fallen, when he came up with the idea to restore

the Salt Wagon in the likeness of an Apache helicopter. He was soon convinced it couldn't stop at a truck.

"The foundation started with the motto of 'Honor. Heal. Educate,'" Hahn said. "Obviously first and foremost, we have to honor our fallen. We have to heal the wounds war has left. But we also have to educate the public about who we are and what we do."

In 2013, the Apache Warrior Foundation was born. It received its 501(c)(3) designation and is now looking toward the future; an arena that Hahn, also the president of the foundation, has a great bit of vision for.

First, the foundation wants to continue building a community where Apache pilots, crew and their families can come together to tell stories, find each other and support each other.

"Our community is awesome," Hahn says. "We've got pilots and crews on [the Facebook

page] from every country that flies Apaches. These are some of the most professional people I've ever met in my life. There's enlisted guys that have master's degrees and Ph.D.'s and want to stay enlisted because they love what they do. They care about the people they're with."

The second big passion for the foundation is education.

"The biggest thing I want people to tell themselves, 'you know, I want to learn more about this,'" Hahn says. "I want them to come to the Facebook page (at <https://www.facebook.com/ApacheWarriorFoundation>) and I want them to get involved and ask questions. People should get to the point where they want to learn about something they don't know anything about."

This is that subject, Hahn says. He used to tell people that the foundation was so great

because of the Apache helicopter and the people who fly them. But now, it's the story.

"This is the one place you can go to see and interact with the crews who fly and maintain the most sophisticated military helicopter in the world," he said. "That's all we can ask of people; listen to our stories. Learn about the military that keeps you free."

The Apache Warrior Foundation's mission statement is, "The mission of the Apache Warrior Foundation is to honor the AH-64 attack helicopter community through remembrance, celebration, sponsorship and education. We will pay homage to our fallen angels, give tribute to our brotherhood forged in blood, care for our families and raise public awareness for the sacrifices made to keep our country free!"

For more information, visit <http://www.apachewarriorfoundation.com>.

# Warrior medics enhance skills, build relationships in Dominican Republic

By Staff Sgt. Kevin Linuma  
59th Medical Wing Public Affairs

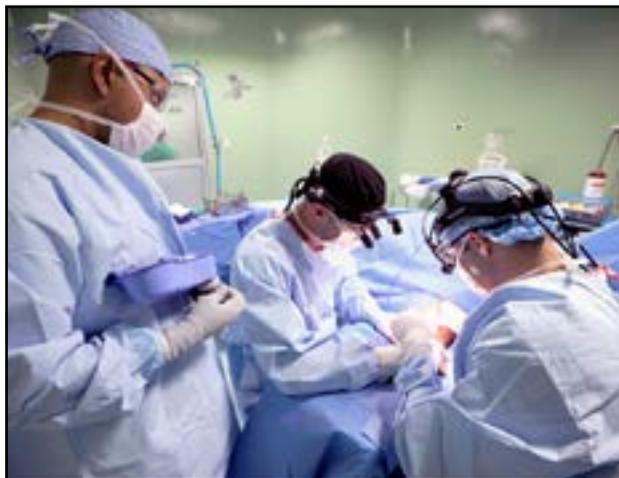
Airmen from the 59th Medical Wing are improving their clinical skills and building international relationships during a U.S. Southern Command-sponsored readiness training exercise in the Dominican Republic.

New Horizons 2016, which kicked off in April, brings together U.S. military civil engineers and medical professionals who conduct readiness training exercises by delivering health care services to local communities. Civil engineers are building four clinics and one school during the exercise.

Relationships built during New Horizons 2016 will benefit both countries.

The three-month exercise is enhancing the medical readiness of the 59th MDW, said Col. Glenn Yap, 59th Medical Wing vice commander and the medical mission commander.

"It is very exciting and it's been a great experience. Our warrior medics are treating a large num-



(From left) Master Sgt. Shawn Elmandorf, orthopedic technician; Lt. Col. Evan Jones, orthopedic doctor; and Capt. Michael Hawkinson, orthopedic resident, perform a bi-lateral carpal tunnel release surgery June 8, at Rio San Juan hospital, Dominican Republic, during a Medical Readiness Training Exercise, or MEDRETE, as part of New Horizons 2016. The MEDRETE is an exercise where U.S. military doctors and technicians partnered with medical professionals from the Dominican Republic, and practiced their craft in an expeditionary environment. Elmandorf and Hawkinson are deployed from the 59th Medical Wing, Joint Base San Antonio-Lackland.

ber of patients, including many who would normally not have access to medical care," Yap said.

Thirty 59th MDW medics are in the Dominican Republic to support the command cell, the ambulance crew and are leading four of the 10 rotational medical/surgical teams who train in country for two-week periods.

The 10 rotational teams are comprised of between 15 to 42 medical and dental professionals from other Air Force, Army and Canadian medical facilities, both active duty and guard/reserve.

Specialties include general medicine; preventive dental; general surgical; infectious disease; public health; urology;

gynecology; ear, nose and throat; ophthalmology; and even veterinary, Yap said.

"The exercise gives our medical teams a chance to practice their clinical skills in a different environment. This helps them sharpen their skills in preparation for worldwide deployments," Yap explained.

The wing is also participating in a medical exchange, connecting subject matter experts from each country in pediatric nutrition and public health.

"We all benefited from each other's unique insight," said Maj. James Townley, Joint Warfighter Refractive Surgery Center Cornea/External Disease and Refractive Surgeon.

"Some techniques we use in the U.S. are incompatible with the severity of the disease processes we find overseas, and the physicians from the Dominican Republic have more experience dealing with those advanced disease processes," Townley said. "They are also (accustomed) with working with fewer resources



Photos by Air Force Master Sgt. Chenzira Mallory

Capt. Lauren Quirao (right), 506th Expeditionary Medical Operations operating room nurse, cleans Espinal Ledi's arm in preparation for a bi-lateral carpal tunnel release surgery June 8 at Rio San Juan hospital, Dominican Republic. Quirao was part of the tenth and final Medical Readiness Training Exercise, or MEDRETE, rotation during Exercise New Horizons 2016. Quirao is deployed from the 59th Medical Wing at JBSA-Lackland.

than we were."

Working with colleagues across many different medical specialties and bringing together military members from across the U.S. allowed the teams to perform a common goal: good medicine in an unfamiliar location, he added.

"I learned the importance of good logistics and fostering a close working relationship with the host nation. There were many times

it was necessary to work intimately with the host nation's government and physicians to ensure our essential supplies arrived in time for us to perform our mission," Townley said. "Without everyone's combined efforts, the mission would have been a failure."

For more information about New Horizons 2016, visit <https://www.dvidshub.net/feature/NewHorizonsDominicanRepublic2016>.

# Soldier-mariners support Tradewinds exercise

Soldier-mariners from the 97th Transportation Company recently conducted a 45-day voyage in support of Tradewinds 2016.

The 15-Soldier crew of the Landing Craft Utility 2004 "Aldie" departed home station May 19 at Joint Base Langley Eustis, Va., and proceeded along the Atlantic seaboard and Caribbean toward the final destination of Grenada, West Indies. Along the way, the

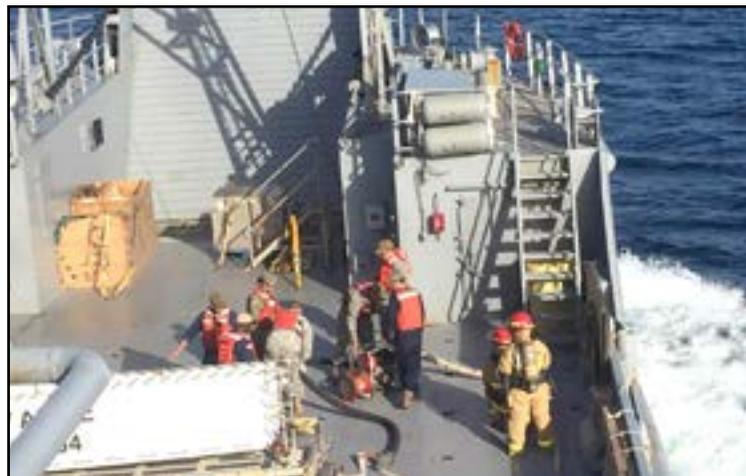
Aldie made port visits to Portsmouth (Va.), Puerto Rico, St. Kitts and Dominica in order to pick up and deliver mission-essential equipment to Georgetown, Grenada.

Chief Warrant Officer 4 Justin Trenary, Army watercraft planner assigned to U.S. Army South, was on location in Grenada for the U.S. Southern Command-sponsored exercise, which helps nations better respond to natural disasters

and land and maritime threats, including illicit trafficking.

"The LCU is a highly versatile asset that is capable of supporting a wide range of mission sets," Trenary said. "Providing surface lift in support of exercises like Tradewinds not only saves money, it also allows the crew to hone essential skills while demonstrating its capa-

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The crew of the Landing Craft Utility Aldie conduct underway fire-fighting drills. Remaining proficient at firefighting is an integral part of life aboard a watercraft.

Courtesy photo

# JBSA Safety Office offers tips for safe Fourth of July fireworks handling

By Janis El Shabazz  
JBSA-Fort Sam Houston  
Public Affairs

Firework displays are an integral part of celebrating the nation's birthday. The Fourth of July occurs during the Summer Safety Campaign, which runs from Memorial Day to Labor Day.

The Joint Base San Antonio Safety Office wants to encourage everyone to relax and have a good time while watching the colorful awe-inspiring displays bursting in the night, but don't forget to continue to practice risk management when handling fireworks to avoid a mishap that could put a damper on your holiday revelry.

JBSA Safety officials caution extra vigilance



from Memorial Day to Labor Day because more lives are lost during the summer months than any other time of the year:

Occupational safety data from May to September 2015 shows the Air Force had 13 fatalities, the Army had 39 fatalities and the Navy had 26 fatalities.

This Independence Day, follow a few easy rules offered by the Bexar County Fire Marshal's Office to make your fireworks experience a safe one:

- Never allow young children to play with or

ignite fireworks.

- Always have an adult supervise fireworks activities. Parents don't realize that young children can suffer injuries from sparklers. Sparklers burn at temperatures of approximately 1,800 degrees Fahrenheit – hot enough to melt some metals.

- Avoid buying fireworks packaged in brown paper. This is often a sign the fireworks were made for professional displays and could pose a danger to consumers.

- Select an area free of dry grasses and other dead vegetation.

- Keep a bucket of water or a garden hose handy in case of fire or other mishap.

- Wear eye protection and never place any part of your body directly over a fireworks device when lighting the fuse.

- Light fireworks one at a time, then move back quickly.

- Never carry fireworks in a pocket or shoot them off in metal or glass containers.

- Never try to re-light or pick up fireworks that have not ignited fully. If a firework does not work properly, wait 15 to 20 minutes and then soak it in a bucket of water and dispose of it properly.

- Never point or throw fireworks at another person.

- Store fireworks in a cool, dry place.

- After fireworks complete their burning, douse the spent device with plenty of water from a bucket or hose before discarding it to prevent a trash fire.

- Never experiment or make your own fireworks. Make sure you only use fireworks purchased from a reliable licensed seller.

- Do not use fireworks when the weather forecast calls for winds above 10 mph.

- Always read and follow manufacturers' recommendations and instructions.

- Only use fireworks outdoors. It is against state law to shoot fireworks from a motor vehicle.

- Make sure fireworks are legal in your area before buying or

using them.

- It is illegal to discharge fireworks within 600 feet of a hospital, sanitarium, veterinary hospital, school or church; or within 100 feet of a fuel dispensing station for flammable or combustible liquids; and to discharge fireworks at or from a motor vehicle.

- Arson charges can be brought against a person who recklessly causes a fire, regardless of the person's intent. Residents of San Antonio should be reminded that it is against the law to possess, use or transport fireworks in the City of San Antonio without a permit. Violations are Class C misdemeanors, punishable by fines from \$100 to \$2,000.

**See FIREWORKS, P10**

# New 24/7 staff gym takes shape at Brooke Army Medical Center



Photo by Robert T. Shields

(From left) Brooke Army Medical Center Commander Brig. Gen. Jeffrey Johnson, Joint Staff Surgeon Maj. Gen. Joseph Carvalho Jr. and BAMC Command Sgt. Maj. Albert Crews cut the ribbon to officially open the new fitness center at Brooke Army Medical Center June 21.

By Elaine Sanchez  
Brooke Army Medical Center  
Public Affairs

A 24/7 fitness center for staff looking to shape up or unwind officially opened for business in Brooke Army Medical Center Fort Sam Houston June 21.

Maj. Gen. Joseph Carvalho Jr., BAMC Commander Brig. Gen. Jeffrey Johnson; and BAMC Command Sgt. Maj. Albert Crews cut the ribbon to mark the opening of the new badge-access-only gym. The gym, located in the atrium near the garden entrance, features a variety of cardiovascular equipment and 305 pounds of free weights, with more equipment on the way.

"We're excited to offer our staff a safe, convenient area to focus on fitness," Johnson said.

The project was years in the making, the commander noted.

In 2011, resiliency group members asked former commander, then-Brig. Gen. Carvalho, if a fitness area could be created solely for staff.

"I was approached on many fronts," said Carvalho, who is now the Joint Staff Surgeon. "It was clearly a high-interest need for the staff."

The popular suggestion remained on the table for five years, Johnson said, gaining even more traction as the Performance Triad of activity, sleep and nutrition became ingrained in Army culture.

"It was strange for us to talk about fitness and the Triad, but

not execute it here," Johnson said. "But that is going to change today."

Carvalho said he was excited to see a popular staff suggestion brought to fruition years later. "I think this gym is going to be a highly prized asset," he said. "I'm proud of the BAMC team and very happy that the gym is now open."

The ribbon cutting was followed by an equipment demonstration, mini-health fair and healthy snacks within the atrium.

Capt. Jacqueline Just stayed after to try out the equipment and to get her heart rate up.

"I wanted a gym here for the longest time. I'm ecstatic," she said, while using an aerobic step. "No one has any excuses now to not work out."

While the gym is ready for action, there's much more to come, noted Spc. Marcus Quickley, a gym committee member. The committee welcomes both equipment and class suggestions to improve the space.

"The more input we get the more progress we'll make," Quickley said. "Before long, we'll have a fully functional Performance Triad-based gym."

The committee is also seeking volunteers to teach classes such as yoga, BodyPump and kickboxing.

Along with new equipment, the gym will soon have a new name. The grand opening included a "Name the New Gym" contest. The winner will be announced on the Web soon.

## News Briefs

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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.

### Jadwin Entry Control Point Temporary Closure

The Jadwin Entry Control Point is 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. 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.

### Cybersecurity Training Track Blends Two National Programs

SANS Institute, in collaboration with the Institute for Veterans and Military Families and Onward to Opportunity, or O2O, announced that the SANS VetSuccess Academy will offer a cybersecurity training track in the O2O program at Joint Base San Antonio. O2O is a career skilling program connecting transitioning service members, active duty military spouses, and members of the National Guard and Reserve to high-demand careers in customer service excellence and information technology. Applications for those interested in the O2O/SANS cybersecurity track at JBSA runs through Aug. 8. Participants are required to take the qualifying exam and complete the application process before enrolling in O2O and SANS courses that begin in mid-September. Cybersecurity track participants will complete the Onward to Your Career course delivered by O2O and then progress through three training courses taught by the SANS Institute. Following the completion of each course, participants will take the associated Global Information Assurance Certification exam. For more information, visit <http://onward2opportunity.com/> or <https://www.sans.org/cybertalent/immersion-academy>. To apply, contact the JBSA O2O program manager at 844-8154.

# As new technologies emerge, so do their vulnerabilities

By **Carla Stamper**

JBSA Deputy Operations  
Security Program Manager

The memory of the Internet is infinite.

Deleting an embarrassing photograph or post does not erase the blunder from the Internet archives. With a little time and effort, someone could locate that lapse in judgment.

What does that mean for our military members and their families? A “harmless” post might provide the missing piece an adversary needs to target that individual, their family or the military. Criminals such as identity thieves and terrorists depend on user’s lack of knowledge and use data collected for nefarious purposes.

Our devices also provide information about us. Innovations such as smartphones and tablets surpass the functionality of desktop computers and continue to evolve.

Unfortunately, as new technologies emerge so do their vulnerabilities. Over the last few years, the internet teemed with vulnerabilities, each thought to be worse than the one previous.

Vulnerabilities such as Heartbleed, Bash Bug and Shellshock thrive in the ever-changing technical world in which we live. Were you affected? The answer is – most likely.

Companies such as USAA, Netflix, Twitter and Facebook, along with millions of others, have fallen prey to one of these vulnerabilities. These devices contain a bevy of information about an individual including bank account information, passwords, calendar, pictures,

contact information and many other aspects of their lives. The following tips may help protect you and your family.

- Change passwords frequently and opt for homemade acronyms, not words (e.g. I love eating spaghetti every third Tuesday in May!\* could be ILese3Tn5!\*)

- Treat all devices like computers

- Install virus / malware protection (there is an app for that)

- Use personal identification numbers/passwords (set device to lock if the entered incorrectly)

- Review all applications

Permissions prior to installing (ask yourself - what do they want/why)

Disable automatic updates (preapproval for them to download anything they want)

Ensure developers are trustworthy (avoid foreign developers)

Prefer company’s app when banking/shopping instead of browser (e.g., USAA app or eBay app instead of Internet Explorer)

- Review your friends list on social media. Nobody has 2,500 close friends.

- Disable Bluetooth/Wi-Fi when not in use.

They can be hacked when enabled.

- Never upload vacation pictures while away from home. You could get robbed while away.

- Avoid games/quizzes on Facebook. These could contain imbedded malicious code or be used to collect data for identity theft.

- Keep abreast of security updates to Facebook. Google “Facebook security

# Army scientists test Zika vaccine candidate

By Cheryl Pellerin  
DOD News, Defense Media Activity

As mosquitoes carrying the Zika virus spread illness to people across the Americas and beyond, scientists at Walter Reed Army Institute of Research are moving quickly, conducting preclinical research on a Zika vaccine candidate with collaborators at the Beth Israel Deaconess Medical Center and planning to start human testing before the year ends.

The process has gone quickly, Army Col. (Dr.) Stephen Thomas said during a recent Department of Defense News interview, because the institute's scientists know their flaviviruses. These include the mosquito-borne viruses that cause yellow fever, dengue, Japanese encephalitis and Zika virus diseases.

Thomas, infectious disease physician and vaccinologist specializing in flaviviruses, is the former deputy commander for operations at WRAIR in Silver Spring, Md., and the Zika program lead.

The Centers for Disease Control and Prevention is tracking



active Zika virus transmission in 39 countries and territories in the Americas, eight in Oceania and the Pacific Islands, and one in the western African island nation of Cape Verde.

In the continental United States, CDC reports 618 travel-associated Zika cases, 11 sexually transmitted cases, one case of Zika-related Guillain-Barré syndrome, but so far there have been no reports of locally acquired mosquito-borne cases.

"Zika is a flavivirus, and we have been working on flaviviruses our entire history – since 1893 on yellow fever," he said. "So it's in our DNA to work on flaviviruses, and we've been doing vaccine development for flaviviruses since World

War II." He noted that before Albert Sabin developed a polio vaccine, he was in the Army and helped to develop vaccines for dengue and Japanese encephalitis.

Because of that background and ongoing biosurveillance efforts, Thomas said, "when we started to see signals of increased Zika activity in southeast Asia a couple of years ago, it made sense that when we really started to see the uptick in activity in Central and, primarily, South America that we should bring our subject-matter expertise and our capabilities to bear as part of the whole-of-U.S.-government response."

And then there was the clock. "There's a race to get this

done as quickly as possible," he said, "because there's a public health emergency going on," and because WRAIR is focused on supporting U.S. force readiness for service members deployed worldwide.

One of the reasons WRAIR can move fast on vaccines is its Pilot Bioproduction Facility for vaccines and biologics, established in 1958 to develop vaccines for Department of Defense mission-related disease threats.

Today the facility also manufactures clinical-grade material for clients in the public and private sectors through cooperative research and development agreements, according to the WRAIR website.

"The vaccine facility belongs

to us, so we're able to control what they work on and when they work on it, and we're able to be very agile and redirect resources when we need to," Thomas said, adding that the facility produces 15 to 20 vaccine candidates a year.

Something else that helped WRAIR scientists get a head start on Zika vaccine prototypes is a biosurveillance program conducted at one of the three WRAIR overseas expeditionary research laboratories, this one in Bangkok.

The U.S. Army medical component of the Armed Forces Research Institute of the Medical Sciences was established after a cholera epidemic in 1956. The laboratory is an agency of the U.S. Embassy-Thailand and is located at the Royal Thai Army Medical Center in Bangkok.

Together, AFRIMS in Southeast Asia and U.S. Army research platforms in Tbilisi, Georgia, and in Kenya, Mozambique, Uganda, Nigeria and Tanzania constitute special WRAIR foreign activities and form one of the largest pieces of

## Air Force continues to monitor Zika virus, infected mo

By Prerana Korpe  
Air Force Surgeon General Public Affairs

As the potential for infected mosquitoes to reach the U.S. rises, the Air Force continues to closely monitor the emergence of Zika virus infection to help inform and protect Airmen and their families. According to the Centers for Disease Control and Prevention, all at-risk communities should prepare for possible Zika virus activity.

The Zika virus was been declared a Public Health Emergency of International Concern by the World Health Organization Feb. 1.

Col. (Dr.) John Oh, Air Force

Medical Support Agency preventive medicine chief, explains that Zika virus is primarily transmitted by Aedes mosquitoes. Unlike other mosquitoes, Aedes mosquitoes are aggressive day biters but can also bite at night.

According to Oh, almost all cases of Zika virus infection within the U.S. have come about as a result of a mosquito vector obtained through living and traveling in Zika infected areas.

"The number of countries and territories with Zika transmitted locally is growing. There are over 45 now, including countries in Central America, South America, Caribbean, Asia

and Africa," Oh said. "It is also possible for the Zika virus to be sexually transmitted from males to females. Thus far there have been no reported sexual transmissions from female to male.

"The symptoms of Zika virus infection are similar to dengue, another mosquito born infection, and include fever, skin rashes, headaches and joint pain," Oh added. "However, unlike dengue, Zika symptoms are usually mild, and many infected people don't have any symptoms.

"Evidence now supports that there is a risk of birth defects from Zika virus," Oh explained. "There is enough evidence that it

is causal. However, there is still a lot we don't know about birth defects and Zika. Eighty percent of cases are asymptomatic."

Oh advises pregnant women to take every precaution to prevent mosquito bites, especially in the first trimester.

In response to Zika virus, the Air Force has developed policy guidance for relocation of pregnant Air Force members and dependents from outside the continental U.S., in areas where there is active transmission of the Zika virus.

"When considering this policy, we really encourage pregnant women to consult with their health care providers," Oh said.

"Health care providers can help to assess individual risk of Zika infection, factoring in the home environment, for a shared decision between patients and their providers."

Oh encourages pregnant women diagnosed with Zika virus to enroll in the U.S. Zika Pregnancy Registry at <http://www.cdc.gov/zika/hc-providers/registry.html>. The registry follows those enrolled and data collected helps to improve prevention of Zika virus infection during pregnancy and update clinical care recommendations.

"Everyone can help prevent Zika by getting rid of standing water where the mosquito vector

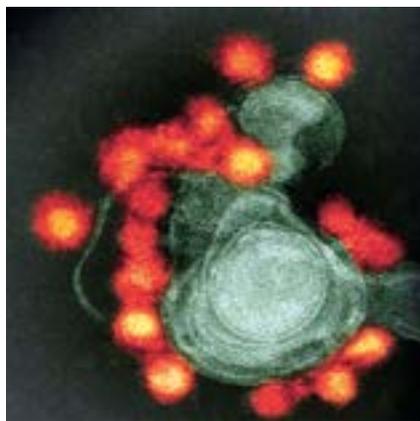
a global DOD network. The network includes Navy medical research labs in Peru, Singapore and Egypt, a detachment in Ghana, and partner labs around the world.

“At the end of last year, we started to talk amongst ourselves that this Zika signal was starting to heat up,” Thomas recalled. “We had seen what happened with mosquito-borne dengue in Central and South America beginning in the 1980s. It went from having very little activity, and when the ... viruses got introduced through travel and other means, it really took off.”

Thomas and his colleagues also watched chikungunya – a mosquito-borne alphavirus that likely originated in central and east Africa – make its way to Central and South America and the Caribbean between 2007 and 2013.

“It was the same scenario playing out again and again, where you have this susceptible population because the virus has not circulated there before, so they have no herd immunity,” Thomas said. “Then you have the vector, in this case mosquitoes, capable of transmitting, and then you get introduction of the virus into that area and it starts taking off. We saw it with dengue, saw it again with chikungunya and ... we saw it in this country with West Nile.”

Because of Zika virus biosurveillance at AFRIMS in Bangkok, Thomas and his colleagues were able early



National Institutes of Health photo

A transmission electron microscope image shows a negative-stained, Fortaleza-strain Zika virus (red), isolated from a microcephaly case in Brazil. The Walter Reed Army Institute of Research is developing a vaccine against the Zika virus in coordination with federal partners, including the Biomedical Advanced Research and Development Authority of the Department of Health and Human Services and the National Institutes of Health National Institute of Allergy and Infectious Diseases.

on to get a strain of Zika from Asia that allowed them to do initial experimentation while they waited to get another strain that would be a basis for the vaccine, he said.

Thomas and his colleagues considered many factors when planning the Zika virus vaccine development effort, he said, including a charge by DOD to get something in the field as quickly as possible while mitigating

regulatory agency risk and speeding up the process where possible, he said.

He explained regulatory risk this way: “We are working on a type of vaccine that the Food and Drug Administration has seen before and has licensed before,” Thomas said. “It’s the same cell-based technology we used to develop the Japanese encephalitis vaccine.” The researchers are trying to mitigate risk by avoiding unproven technologies that could cause a licensing delay, he noted.

WRAIR is working on the vaccine in collaboration with other U.S. government agencies, including the Biomedical Advanced Research and Development Authority – part of the Department of Health and Human Services – and the National Institutes of Health National Institute of Allergy and Infectious Diseases. It is also exploring collaborations with pharmaceutical companies, Thomas said.

The vaccine will contain a killed strain of the virus that is circulating now in South America, he added.

“This is not something like dengue, where there are four dengue virus types and you have to include every type,” he explained. “We feel pretty comfortable that for an initial vaccine construct, a single strain will be sufficient. We believe that it’s a good idea to use the strain that is causing the congenital syndromes and neurologic defects appearing in that region.”

# Mosquitoes could hit U.S. this summer

can breed. We all need to pay careful attention to our surroundings,” Oh said.

Any container that holds water for five to seven days can breed mosquitoes according to the Air Force Integrated Mosquito Management publication.

Breeding areas include:

- Discarded cans and plastic containers
- Glass bottles or any broken bottles
- Tires and tarps
- Obstructed roof gutters
- Plant pot saucers
- Holes in unused construction blocks or bricks
- Pipes
- Barrels (Rain barrels or other

storm-water collection containers should be treated with mosquito larvicides or mosquito fish to prevent mosquito development)

Outdoor equipment tips:

- Bird baths should be drained and re-filled at least weekly
- Pet food and water bowls should be emptied and filled daily
- Flower pots with bases that hold water should have excess water drained if left outdoors
- Yard equipment should be stored so as not to collect water
- Features of Aedes mosquitoes:
  - Lives outdoors, but comes indoors
  - Egg to larva to adult in one week or less
  - May lay eggs indoors

- Rests in low, shaded areas such as under tables and chairs

- Silent flier, with no buzzing

Protect yourself

- Use Environmental Protection Agency-registered insect repellent, according to product label

- Treat clothing with permethrin insecticide

- Stay inside air-conditioned or screened buildings

- Wear long-sleeved shirts and long pants

- Empty containers of water weekly

“Any beneficiary who has a question about travel health or Zika is encouraged to visit Public Health, even before a planned trip,” Oh said. “Take advantage of this resource.”

# ZIKA VIRUS

Know How to Protect Yourself

With proper precautions, Zika is not expected to pose a health risk to troops. Due to a potential connection with birth defects, pregnant women should avoid exposure.

## What is Zika virus?

Zika virus (Zika) is one of several infections transmitted by the Aedes mosquito, which also transmits Dengue and Chikungunya. It is also possible to spread Zika through blood transfusions and sexual contact. The best way to prevent Zika is to prevent mosquito bites. No vaccine or specific treatments are available to prevent or treat Zika.

The American Red Cross is asking people to avoid donating blood if they traveled to Latin America or the Caribbean in the past 28 days.

Until more is known, if your small patient has traveled to or lived in an area with active Zika virus transmission, you should obtain from sexual contact or correctly use condoms every time you have vaginal, anal, and oral sex for the duration of the pregnancy.

## Where is it found?

Zika is common in areas of Africa and Asia. Most recently, it has been rapidly spreading in South and Central America. The virus is expected to spread to nearly all countries in the Americas.

## What can you do to protect yourself?

The best way to prevent Zika is to prevent mosquito bites. No vaccine or specific treatments are available to prevent or treat Zika.

### OWNS AND OFF DUTY SOLDIERS:

- Minimize time outside when mosquitoes are active.
- Empty water from containers such as garbage cans, watering cans, and flower pots.
- Control mosquitoes around the home by eliminating standing water where mosquitoes breed.
- Wear long-sleeved shirts and long pants.
- Stay in places with air conditioning or use screens that keep mosquitoes outside.
- Use DEET or picaridin insect repellent on exposed skin.
- Treat clothing and gear with permethrin or buy permethrin-treated items.

All Army medical facilities have been notified of the concerns surrounding Zika infections and are prepared to assist patients who may have been infected.

## What are the symptoms?

About 1 in 7 people infected with Zika develops it. The illness is usually mild and symptoms last from several days to a week. Recently, Zika infection has been linked to Guillain-Barre syndrome and to infants born with birth defects.

## What are the dangers for pregnant women?

During pregnancy Zika may pass from mother to baby. Some women infected with Zika while pregnant have had babies born with microcephaly, a condition where a baby is born with an abnormally small head and incomplete brain development.

Studies are underway to learn more about the spread of Zika from mother to baby and the risks of Zika infection during pregnancy.

## Pregnant, nursing, or trying to get pregnant?

Women who are pregnant (or any trimester) should consider postponing travel to any area where Zika virus transmission is ongoing. If you must travel to one of these areas, talk to your doctor and strictly follow steps to prevent mosquito bites during your trip.

- Use of approved insect repellents is safe during pregnancy.
- Speak with your health care provider to discuss the risk of infection with Zika.
- The ACU with permethrin is safe to wear, however, if you are pregnant, nursing, or trying to get pregnant you are authorized to temporarily wear an ACU without permethrin.

If your uniform is not treated with permethrin (military or uniminated ACU) and you and your health care provider decide that wearing an ACU with permethrin is the best choice you can learn how to treat your ACU by visiting <http://gizika.pent.mil>.

When applying permethrin, always read and follow the label directions.

Note: If you are pregnant and live or work in an area with active Zika transmission, then talk to your chain of command.

All Army medical facilities have been notified of the concerns surrounding Zika infections and are prepared to assist patients who may have been infected.

Contact without delay: 1-800-453-3862 or visit <http://gizika.pent.mil>

More information: <http://gizika.pent.mil>

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APHC  
ARMY PUBLIC HEALTH CENTER

# Courts-martial, crime and punishment at Joint Base San Antonio for May 2016

The Joint Base San Antonio Judge Advocate General completed five Air Force courts-martial in the month of May 2016. The results of a court-martial are not final until the clemency and/or appeals process is completed.

All courts-martial are open to the public and upcoming courts-martial can be viewed at the U.S. Air Force Judge Advocate General's website at <http://www.afjag.af.mil/docket/index.asp>.

After sentencing, members can request clemency. In some cases, this can change the outcome of their case and/or sentence to something less severe. Acquittals are final results and the name of the accused member will be reduced to initials.

Airman 1st Class TA, Det. 1, 2nd Air Force; Airman 1st Class DW, 802nd Security Force Squadron; and Airman 1st Class JW, 59th Medical Diagnostics and Therapeutic Squadron, JBSA-Lackland; were tried in a joint general court-martial consisting of a military judge, May 9-13 at JBSA-Lackland.

A1C TA pled not guilty of one specification of wrongful use of

Dextromethorphan in violation of Article 92 of the Uniform Code of Military Justice; two specifications of sexual assault in violation of Article 120, UCMJ; and one specification of consuming alcohol under the age of 21 in violation of Article 134, UCMJ. A1C DW pled not guilty of two specifications of sexual assault in violation of Article 120, UCMJ; one specification of sodomy in violation of Article 125, UCMJ; and one specification of consuming alcohol under the age of 21 in violation of Article 134, UCMJ. A1C JW pled not guilty of two specifications of sexual assault in violation of Article 120, UCMJ; and one specification of sodomy in violation of Article 125, UCMJ. All members were acquitted of all charges and specifications.

Airman 1st Class Ricardo Villarreal III, 37th Training Support Squadron, JBSA-Lackland, was tried by special court-martial consisting of a military judge May 6 at JBSA-Lackland.

Villarreal pled and was found guilty of one specification of wrongful use of cocaine in violation of Article 112, UCMJ. The military judge sentenced A1C Villarreal to reduction to E-1, forfeitures of \$1,000 pay per month for

two months and 45 days confinement.

Airman Basic Avery Dorsey, 344th Training Squadron, JBSA-Lackland, was tried by summary court-martial consisting of a summary court-martial officer (like a judge) May 5 at JBSA-Lackland. Dorsey pled and was found guilty of one specification of dereliction of duty (possessing and consuming alcohol under the age of 21) in violation of Article 92, UCMJ; one specification of wrongful possession of marijuana and one specification of wrongful use of marijuana both in violation of Article 112a, UCMJ. The summary court-martial officer sentenced him to 15 days confinement, 21 days of hard labor without confinement, restriction to base for 2 months, forfeiture of \$1,000 pay and a reprimand. The convening authority in the case approved only the legal limits of the sentence which was 15 days confinement, 30 days restriction to base, forfeiture of \$1,000 pay and a reprimand.

During May 2016, JBSA commanders administered 16 nonjudicial punishment actions under Article 15 of the UCMJ. The punishments imposed reflect the commander's determination of an appropriate punishment after considering the circumstances of the offense and the offender's record.

A "suspended" punishment does not take effect unless the offender engages in additional misconduct or fails to satisfy the conditions of the suspension. The suspension period usually lasts for six months unless a lesser amount is specified.

Administrative discharge may also be an option for commanders after the conclusion of an Article 15, depending on the circumstances. The following are some of the non-judicial punishment actions that closed out in May. Decisions regarding discharge are not included.

The Article 15 actions include, but are not limited to:

**Dereliction of duty, willful; conduct unbecoming an officer (x3):** A lieutenant colonel willfully failed to submit an accurate monthly log documenting his participation in his off-duty employment. Additionally, the officer made three false official statements to a special agent during an official investigation regarding the company

he was working for during his off-duty employment. The officer received forfeitures of \$4,194 pay per month for two months and a reprimand.

**Misbehavior of a sentinel:** An airman first class abandoned his post while on duty. Punishment consisted of a reduction to the grade of airman, 10 days extra duty and a reprimand.

**Wrongful use of a controlled substance:** A senior airman wrongfully used marijuana. The member received reduction to airman, forfeiture of \$391 pay with \$196 of the forfeited pay suspended and a reprimand.

**Larceny; impersonating a commissioned officer:** An airman first class stole a debit card from his roommate. Additionally, he impersonated a commissioned officer by publically wearing the uniform and rank insignia of an Air Force captain. The member received reduction to airman basic and a reprimand.

**Dereliction of duty (underage drinking):** willful; providing alcohol to minors: An Airman basic consumed alcohol while under the age of 21 and provided alcohol to an underage airman. The member received extra duty for 45 days, restriction to base for 45 days and suspended forfeiture of \$783 a month for two months.

**Failure to obey lawful order:** An airman basic in technical training refused to continue training in the Security Forces Apprentice Course despite a lawful order issued by her squadron leader. The member received forfeiture of \$783 pay, restriction to base for 30 days and a reprimand.

**Dereliction of duty:** willful; false official statement: An airman first class, a basic military trainee, consumed alcohol while in Basic Military Training and lied about it when questioned. The member received reduction to the grade of Airman and a reprimand.

**Providing alcohol to a minor:** An airman first class wrongfully provided alcohol to two underage airman. The member received reduction to the grade of airman, suspended forfeiture of \$878 pay and a reprimand.

**Dereliction of duty (underage drinking), willful:** An airman first class consumed alcohol while under the age of 21. The member received a reduction to the grade of airman.



## OPSEC from P7

features" for examples.

Ensure you do not have fake social media profiles. Google yourself and put your name in quotation marks, e.g. "Carla Stamper."

Do not accept friend requests from someone already on your friends list without contacting them to verify.

Individually, these tips may not stop a criminal from stealing your critical or personal information, but used together, they will make you a harder target. Ensure you do your part by protecting yourself and your family from the threat. For more information, call 808-1065.

## FIREWORKS from P5

- Residents who see unsafe or illegal uses of fireworks should call 335-FIRE. Medical emergencies or fires caused by fireworks should be reported by calling 911.

To get involved in the JBSA Summer Safety Campaign, contact the JBSA-Fort Sam Houston Safety Office at 221-4543 or USAF.JBSA.502-ABW.MBX.SafetyOffice@mail.mil; the JBSA-Lackland Safety Office at 671-5028 or 502abw.se.jbsa-lak@us.af.mil; or the JBSA-Randolph Safety Office at 652-1842 or 502abw.olb.ground.safety@us.af.mil.

For additional, go to the Air Force Safety Center website at Air Force Safety Center at <http://www.afsec.af.mil/> or the JBSA safety website at <http://www.jbsa.mil/Resources/Safety.aspx>.

# PCS can be made easier during peak household goods shipping season

By Tina M. Jenkins

Personal Property Processing Office  
JBSA-Randolph

When permanent-change-of-station orders are received, don't hesitate to prepare and submit shipment of personal property requests to one of the Joint Base San Antonio personal property processing offices, or PPPO, for booking move dates. Being proactive and prepared helps to maximize the potential to receive your desired move dates.

The Defense Personal Property System, or DPS, is the online website (<http://www.move.mil>) required to be used in order to request shipment dates. If you have difficulties with the DPS system, contact their 24 hour help desk at 800-462-2176 or 618-589-9445.

Service members and civilians who have previously used DPS, but have not used it for six months or more, will need to register as a first-time user again.

If it has been less than six months since registration, call the help desk to reactivate the account.

Military members and civilian employees must register as first-time users and initiate a request to obtain a User ID in order to access DPS.

After registration, they will receive an email providing you with a user ID. Upon receipt of your user ID, login into DPS to input shipment information. Read the information carefully when beginning the self-counseling process.

DPS will generate the Application for Shipment (Department of Defense Form 1299) and Counselling Checklist (DD



Form 1797) that need to be printed for member or employee's signature and date. Signed documents and a complete set of orders need to be submitted to the local PPPO for processing to book the requested move dates.

The DD Form 1299 will not be automatically forwarded for booking. Individuals need to hand carry the form to their local PPPO.

First-time movers and individuals retiring or separating must go to their local PPPO to manually complete shipment documents. A transportation counselor will provide information on entitlements and be available to answer questions.

When planning a move, prepare early and be flexible by providing alternate dates for pack and pick up that are acceptable for the property.

Never schedule a pick-up or delivery for the same day the residence is being vacated or moved in to.

Additionally, do not schedule two different shipments for pick-up or delivery on the same day. If a person are not available on the scheduled dates, they will be billed for an attempted pick up or attempted delivery.

Once the shipment is booked, the transportation service provider, or TSP, will send an email to confirm personal information and move dates. The

TSP's local agent will be making contact to conduct a pre-move survey. Make sure the pre-move survey is done at least 5 days prior to the first scheduled packing day. People moving can also obtain the TSP's contact information by logging into their account in DPS and clicking on the "shipment management" section.

Keep in mind that household goods, or HHG, shipments require separate pack dates based on the estimated weight of the property. Those moving will provide the pick-up date (last day of the move) as request by the DPS system and it will automatically populate the pack days. Pack days can range from two to three days depending on the property's estimated weight.

When at the "view" and "print" screen in DPS, be sure to double check the move dates to see if they meet your schedule. Again, do not overlap dates if you have multiple shipments.

Members responsibilities prior to move dates:

Military members must separate military professional books, papers and equipment, or PBP&E, that need to be separately packed.

These items must be clearly identified on the itemized inventory as "Pro-Gear or M-PRO." If a military member declares PBP&E for a dependent spouse, PBP&E must also

be distinctly separated and annotated on the inventory as "PBP&E for Spouse or S-PRO." All PBP&E items must be identified at origin so that the weight will not count against the members authorized weight allowance. If not clearly identified on itemized inventory, credit won't be given for PBP&E as free weight.

Residence and furniture must be clean and pest free.

Remove from residence or clearly separate out any items you do not want movers to pack and ship. (i.e. important documents, passports, luggage, keys, money, jewelry, valuables, etc.).

Things to be aware of after pick-up:

If a shipment exceeds the authorized weight allowance, a reweigh must be requested with the TSP prior to accepting personal property for delivery.

Confirm that a reweigh was accomplished with the driver before any property is off-loaded from the delivery truck to a residence.

Claims for loss or damage of your personal property must be submitted into DPS. Service members and civilian employees must submit a claim online within 75 days from the date of delivery. The settlement is directly with the TSP.

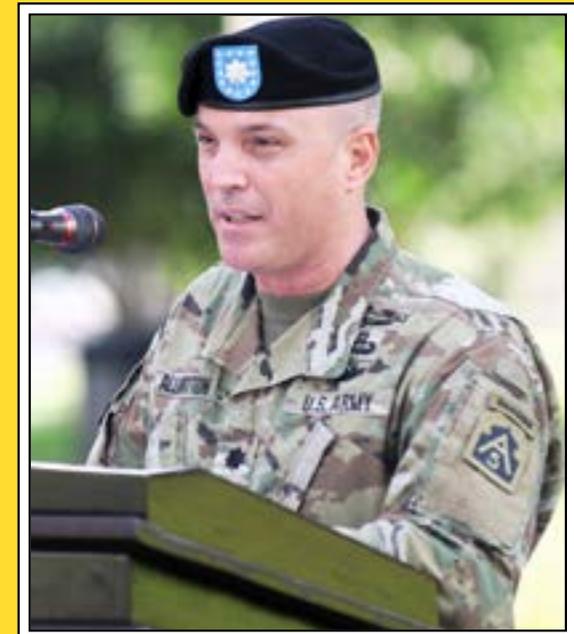
If unable to reach a settlement with the TSP, contact the claims office at [http://www.move.mil/dod/claims\\_css/dod\\_claims.cfm](http://www.move.mil/dod/claims_css/dod_claims.cfm) for assistance.

For more information, contact the JBSA local Personal Property Offices at JBSA-Randolph at 652-1848; at JBSA-Fort Sam Houston at 221-1605; or at JBSA-Lackland, 671-2821.

## ARNORTH HHBN CHANGE OF COMMAND



Lt. Gen. Perry L. Wiggins, commanding general, of U.S. Army North (Fifth Army), passes the Headquarters and Headquarters Battalion colors to Lt. Col. Rick Allbritton, the incoming battalion commander signifying the formal transfer of authority for Army North HHBN June 23 in the Quadrangle at Fort Sam Houston. Allbritton replaced Lt. Col. Stephen A. Fabiano, the outgoing battalion commander. There was also a change of responsibility ceremony, with Command Sgt. Maj. Anthony Wilson taking over for Command Sgt. Maj. Daren J. Warren.



Photos by Sgt. 1st Class Wynn Hoke

Lt. Col. Rick Allbritton, new commander of Headquarters and Headquarters Battalion, U.S. Army North, addresses Soldiers, family and friends in attendance following the battalions' change of command ceremony June 23 at the Quadrangle at Fort Sam Houston.

# Lactation support group available for new moms

Brooke Army Medical Center will hold the first lactation support group from noon to 3 p.m. July 8.

Robyn Roche-Paull, the author of "Breast Feeding in Combat Boots" will speak. The BAMC Pediatric Clinic lactation room on the first floor will be rededicated with a cake-cutting ceremony.

Following this event a series of recurrent monthly meetings, hosted by lactation consultant Carolyn Lowe, will be held the second and fourth Friday of each month.

"Transition to parenthood can be scary and lonely for anyone, especially for our active duty service members who are separated from their families," said Army Capt. Arielle J. Dietz, assistant head nurse for labor and delivery.

"The creation of the lactation support group is in line with the new Department of Defense policy and demonstrates that BAMC is a community of caring. The inception of the lactation support

group proves that command knows its value."

The intention of the lactation support group is to increase the confidence of women whose aim is to breastfeed. The group approach will promote relationships and empower mothers to achieve their breastfeeding goals.

"Sharing experiences among women undergoing similar life events can assist women in coming to terms with their own experiences and enable them to support each other," Dietz said.

Group members will be able to identify their needs and set their own agenda within the group. This will promote empowerment, which will enhance self-esteem and encourage them to set and reach their ultimate breastfeeding goals.

"Breastfeeding has numerous health benefits for both mom and baby. It provides a degree of protection against illness and disease for infants

which is directly correlated to the duration of time spent breastfeeding," said Army Capt. Bridget Owens, BAMC dietician.

"Both the World and Health Organization and the American Academy of Pediatrics recommend exclusive breastfeeding for at least the first six months of life," Lowe said.

Each meeting will include the presentation of a short educational topic followed by mom-to-mom discussion and group support.

Topics will include the importance and instruction of proper latch, pumping, returning to work, sleep and physical activity for new moms.

"In addition, successful breastfeeding may help mothers return to pre-pregnancy weight more quickly which is in conjunction with the performance triad will promote readiness in our active duty population," Dietz said.

*(Source: Department of Newborn Medicine)*



Photo by Robert Shields

Col. Jeffrey Johnson's wife, Paula, and his parents, Dorothy and Jack Johnson, place the rank of brigadier general on his uniform jacket June 21 during a promotion ceremony at the Warrior and Family Support Center Amphitheater at Fort Sam Houston.

## PROMOTION from P1

"I first want to thank my God for the undeserving blessings He brings to my life," Johnson said. "My relationship with Him provides me with focus and wisdom through His word, humbling of my spirit through worship and the ability to strengthen others through His reflected presence."

Johnson thanked several people who helped guide him throughout his career.

"Year after year I was exposed to just the right mix of leaders who added to the mold and for this I am forever thankful," Johnson said.

He thanked his wife for always standing by his side and his parents and sister and brother-in-law for their steadfast support.

"There is no one who has added more color to my life than you and your family," Johnson told his daughter Elizabeth. "You provide me with insight to another side of the military and to the human side of life."

Johnson also thanked Carvalho for presiding over the ceremony saying, "You have been a consistent example of the balance needed to weigh clinical judgment with operational impact all the while demonstrating compassion."

"I wish you both the very best in your tenure here in what I trust will be your best assignment ever," Carvalho said. "The Army got it right by selecting Jeff for promotion to the general officers' ranks and I'm very happy to see that he is given the reigns here at BAMC."



Photo by Lori Newman

Lactation consultant Carolyn Lowe (left) talks with Bridget Owens about breastfeeding her baby, 16-month-old James Owens, during an appointment June 24 at Brooke Army Medical Center.

## FANNING from P2

or their sexual preference. The U.S. Army is open to all Americans who meet the standard, regardless of who they are.

“Mr. Secretary, on behalf of all the Soldiers in the Army today, all those that are retired, and all the civilians of the U.S. Army, and all of our families, we want to welcome you from the bottom of our hearts to the team,” Milley said. “And I, for one, am so very proud to call you my secretary.”

After the delayed nomination to his position, Fanning said he is glad to finally be aboard to lead more than a million Soldiers and civilians across the total force.

“Too few Americans have an understanding of what their Army is doing,” Fanning said. “They know about Iraq and Afghanistan, where many are serving valiantly today, and where too many made the ultimate sacrifice over the past 15 years ... but they don’t understand the full impact across our country and around the world.”

Fanning said that Soldiers serve as ambassadors around the world, even more so than those who serve professionally in that role.

“There are just over 15,000 foreign service members in our government,” Fanning said. “As the chief said today, there are over 180,000 Soldiers outside the United States in over 140 countries. They don’t just fight for our freedoms, they represent us. Our Soldiers are the face of America.”

Last week Fanning visited Poland, where American Soldiers were engaged in Anaconda 2016, a military exercise with partner nations that involved more than 30,000 participants from

24 countries.

“I asked a 19-year-old Soldier what his biggest surprise was, and he said ‘support,’” Fanning said. “He meant the support of the Polish people. Crowds of Poles turned out, flags waiving, as their convoy moved across Poland. And when they took a Bradley fighting vehicle to a nearby town for a static display, that young Soldier beamed with pride when he told me about the waves of children clamoring onto the vehicle for pictures.”

Fanning also expressed pride in leading a service that is typically the first called upon when nobody knows who else to call. He cited the Army Corps of Engineers and their response to natural disasters as an example of that.

“When the problem is so big that they can’t think of who else can tackle it, they turn to the U.S. Army,” Fanning said. During Hurricane Sandy, he said, the Corps drained 286 million gallons of saltwater in just nine days from the New York City subway system. In the 10 years following Hurricane Katrina, he said, the Corps designed and built a \$14.5 billion, 100-year storm protective system for New Orleans. It’s “a feat of engineering that included 133 miles of protections, 350 miles of canals and a gated storm barrier that contains more concrete than the Hoover Dam and is visible from space.”

Fanning also recognized the 400,000 Department of the Army civilians who support Soldiers, saying that those civilians include scientists, inventors, teachers, technicians, maintainers and weapons experts, and are responsible for running schools, test ranges, installations and commissaries.

“Like them, I am committed every day to do what is necessary to sup-

port our Soldiers as individuals and as an Army, to do what is asked of them, because much is and much will be,” he said.

Fanning said he is committed to an Army that makes resilient Soldiers that are both trained and equipped. He said the Army must also “redouble our efforts to eliminate sexual assault and suicide, we must ensure that everybody has access to behavioral health services, and that we eliminate the stigma attached with seeking health – it’s a sign of strength not weakness.”

When it comes to readiness, he said, he is committed to ensuring Soldiers are prepared to fight across a wide range of contingencies – “not just the kind of fighting we have seen in Iraq and Afghanistan,” he said. “That means the kind of large-scale, integrated, decisive action training I witnessed in Poland last week. We must work to get capability to them more rapidly, as efficiently as possible and we must find more ways to cut time and money out of acquisition processes to better serve our Soldiers, to be better stewards of taxpayer money and to streamline the system for the many talented Army civilians who slog through the processes we put in their way.”

Finally, the Army’s new secretary touched on diversity in the Army as a strength.

“We must continue to open up opportunity for those who meet standards, that were previously denied the opportunity to serve,” he said. “By leveraging diversity, and creating an inclusive environment in which all are valued, we engender opportunities to be part of the greatest mission there is: defending our nation’s security.”



### Computer Lab

The Computer Lab at the Military & Family Readiness Center, building 2797, is open Monday-Friday, 8 a.m. to 4 p.m., and is closed the second and fourth Friday of the month from 1-4 p.m. Call 221-2418 to confirm daily availability.

### Employment Readiness

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. A playgroup for infants and toddlers; open to parents and their children. During the summer months of June-August, HUGS will open to youths up to age 11 to

accommodate school age families. Registration is not required. Call 221-2418.

### Post-Deployment Resiliency

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

### Army Pre-Separation

Tuesday-Friday, 8:30-11:30 a.m., Soldier for Life, building 2264. A mandatory counseling for all Soldiers separating from federal service. Begin the process 18-months prior to separation date. Call 221-1213.

### Army FAP Unit Training

Wednesday and July 18, 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.

### 10 Steps To A Federal Job

Wednesday, 9-11 a.m., Military & Family Readiness Center, building 2797. Review the USAJOBS website and learn how to search for jobs, track applications, and what to include on a federal resume. Registration required, call 221-2418.

### Organizational Point Of Contact VMIS

Wednesday, 10-11 a.m., Military & Family Readiness Center, building 2797. Unit and Agency Organizational Points of Contact receive training with the Volunteer Management Information System. Open to all registered OPOCs. Call 221-2418.

### Federal Application OPM

Wednesday, 1-4 p.m., Soldier for Life, building 2264. Review the federal employment process and careers offered within the government. Call 221-1213.

## TRADEWINDS from P4

bilities to our partner nations.”

Included in the equipment delivered were two 33-foot aluminum safe boats from the St. Kitts Coast Guard and the Dominica Coast Guard. These vessels are used to counter illicit trafficking and maritime law enforcement in the Caribbean region; however, the vessels are designed to be used in near-coastal conditions.

Without the LCU, the 33-foot boats would not be able to make the journey from their home islands to Grenada to participate in the exercise.

“The LCU proved to be an ideal platform to deliver the safe boats to Grenada,” Trenary

said. “It has a large open deck, so we used a crane to lift the boats directly from the water onto its deck.”

Once the LCUs delivered the equipment, the vessel and crews remained attached to the exercise. The LCUs were used as an additional training platform for vessel-boarding drills and pursuit tactics training.

“The support of the Army LCU was invaluable to the Coast Guard. Without it, we would not have been able to get two 33-foot safe boats and our training gear to Grenada,” said Chief Warrant Officer 4 James Lunsford of the U.S. Coast Guard and director of operational logistics.

Tradewinds is an annual, Caribbean-focused exercise where training is tailored by the re-

gional requirements. It is designed to enhance security cooperation. Eighteen partner nations and more than 1,000 participants attended the two phases of the exercise with the second phase taking place in Jamaica.

A second LCU supported Phase II in Jamaica. Tradewinds was conducted from June 20-28 throughout various locations around Jamaica, including Up Park Camp, Moneague Training Area and Montego Bay.

Although the most visible portions of this exercise are the maritime and field portions in Phase I and II, there was also a key leader seminar scheduled from July 20-22 in Miami for key stakeholders and decision makers from within the region.

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