

FORT SAM HOUSTON News Leader



APRIL 22, 2016
VOL. 58, NO. 16

**JBSA
HOTLINES**



**DOD Safe Helpline
877-995-5247**

**JBSA Sexual Assault Hotline
808-SARC (7272)**

**JBSA Domestic Abuse Hotline
367-1213**

**JBSA Duty Chaplain
221-9363**

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



BILATERAL STAFF TALKS IN COLUMBIA

PAGE 11



JBSA VOLUNTEERS OF THE YEAR

PAGE 16

Beyond the Horizon civic assistance exercise opens in Guatemala

By Lt. Col. Carol McClelland
Army South Public Affairs

Guatemalan and U.S. forces stood side by side in formation during a ceremony to open a joint-foreign military humanitarian civic assistance exercise called Beyond the Horizon April 7 in San Marcos, Guatemala.

Nestled between lush, green fields scattered with grazing cows, a variety of military vehicles displayed in an arch formation showcased some Guatemalan army equipment.

Nearby, Soldiers from the Guatemalan Mountain Brigade demonstrated their capabilities as they repelled from trees and across ropes as different colors of smoke wafted through the air. A military band played ceremonial music and the Color Guard, which included flags from both nations, marched to the center of the field.

See BTH, P9



Photo by Sgt. Prosper Ndog

The color guard for the opening ceremony of the Beyond the Horizon exercise marches off the field at the Guatemalan army mountain division base at San Marcos, Guatemala, April 7. U.S. and Guatemalan forces are working together to build construction projects and to provide medical care to remote communities in San Marcos from March to June. The exercise is intended to improve the mission readiness of U.S. Forces and to provide a lasting benefit to the people of Guatemala.



(From left) Brig. Gen. Juan Manuel Perez Ramirez, Guatemalan chief of the National Defense Staff; Gen. Williams Mansilla, Minister of Defense; and Brig. Gen. Richard Torres, of U.S. Army South deputy commanding general, salute the flag during the opening ceremony of Beyond the Horizon in San Marcos, Guatemala April 7.

Photo by Spc. Durrell Jones

Got Drugs?
NO STRINGS OR
NEEDLES ACCEPTED
Turn in unused meds
@ SAMMC Medical Mall or
FSH Community Pharmacy APRIL 30 10 am-2 p.m.



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 211
JBSA-Fort Sam Houston
TX 78234-5004
210-221-1031
DSN 471-1031

News Leader Advertisements:

EN Communities
P.O. Box 2171
San Antonio, TX 78297
210-250-2052

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 211, Fort Sam Houston, Texas 78234-5004; 210-221-2030, DSN 471-2030. Printed circulation is 10,000. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other nonmerit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the printer shall refuse to print advertising from that source until the violation is corrected. The editorial content of this publication is the responsibility of the 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.

A survivor speaks about sexual assault

To whom it may concern,

The mere fact you are reading this article attests to your will and power to complete even daily skills in the face of adversity. You are strong and powerful because you are here today living, breathing and moving forward.

You woke up this morning, brushed your teeth and put on your uniform. You drove to work, walked into your office or workspace and began your workday.

One would say you're in the military and it is your duty to get up and come to work.

However, if others could imagine being betrayed by someone in the same uniform that you wear, maybe they'd understand you better.

You feel hurt, embarrassed, persecuted, branded, belittled, ashamed, threatened, afraid, lonely and mentally sickened to different degrees at different times. It takes strength for you just to wake up, put on the uniform of the military and ultimately breathe.

You walk to work with your head high and announce to leadership, peers and subordinates, if you can do it, others can too.

I, too, am not only a survivor, but an overcomer.

Unfortunately I am not the only survivor; many in our ranks remained silent and hidden behind the scars of sexual assault and rape. These horrible acts did not begin with you or me.

According to the Rape, Abuse and Incest National Network (<https://www.rainn.org/>) – the nation's largest anti-sexual assault organization – there are an average of 293,066 victims, age 12 or older, of rape and sexual assault each year.

These facts do not suggest I am small or just a number. It means the problem is so big that it cannot be solved in one awareness month.

A solution will require consistent efforts from every mother, father, sister, brother, friend, co-worker, battle buddy, Soldier, Airman, Sailor, Marine and Coastguardsman.

We can create a way of life and a culture in which we raise our children to respect the

boundaries of others and eliminate sexual assault at its core.

The problem may never end 100 percent in the military and United States – good and evil will always coexist, but the good we exhibit on a daily basis will always overshadow evildoers and predators.

You and I can win because we survived; we are overcomers.

Merely because one morning after we were raped or sexually assaulted, we had the strength just to wake up and get out of bed, look ourselves in the mirror, brush our teeth, put on the uniform of the military and ultimately breathe. We can walk to work with our heads high and announce to leadership, peers and

subordinates that if we can do it, then so can you. You are not only a survivor, you are an overcomer.

If you are reading this and you are not a male or female survivor of sexual assault, use this as a reminder of those who walk next to you who are or who could be next.

Help solve the problem by intervening, supporting and enlisting others to help. Do not be a “what if I had done something different” person. Be a military member who said, “I did that.” “I took action to prevent sexual assault”.

Eliminate sexual assault. Know your part. Do your part.

*Very Respectfully,
Overcomer, USN*

A Soldier's story: 'I'm a survivor, not a victim'

By Sgt. 1st Class John Brown
18th Medical Command
(Deployment Support)
Fort Shafter, Hawaii

Standing alone in front of an auditorium filled with male and female Soldiers, no one making a sound, no one playing on their cell phones, all attention is focused on the young female Soldier standing in the front of the room.

“I was attacked, but I'm not a victim. I'm a survivor,” said Spc. Brittany Leitner, 18th Medical Command Deployment Support patient administration specialist, during a unit training event April 5 at the Hickam Memorial

Theater, Joint Base Pearl Harbor Hickam, Hawaii.

For nearly an hour the audience sat in silence as Leitner shared her story. For many, the story was hard to hear. For others, it was an opportunity to put a name and a face to the Army's campaign to end sexual assault and sexual harassment in the military.

Leitner is like most young Soldiers. A self-proclaimed military brat, Leitner bounced around from base to base following her mother, a Navy veteran, and her stepfather, a career Army officer, before graduating from Lewis and Clark High School in Spokane, Wash.

Roughly a year after graduating high school, Leitner decided to follow her parents example and join the military.

After attending Army basic training at Fort Sill, Okla., and Advanced Individual Training at Fort Sam Houston, Leitner was sent to Fort Hood, Texas, where she immediately started preparing for deployment.

Her unit deployed to Kandahar, Afghanistan, in June 2011, and returned in May 2012.

Like most of her fellow Soldiers, Leitner worked hard to fit in with her unit, but within three months following the deployment, her life would change forever.

“After it happened, I really didn't believe that it had happened,” Leitner said. “My NCO had to tell me like a million times before it finally registered “I was more upset about being a statistic. It was knowing that I was one of a ton of people that this had happened to in a place where you're supposed to be the strongest; where you are supposed to be able to take care of yourself.”

This is where her next struggle began. Leitner was afraid she would be treated differently if people knew she was sexually assaulted and she said that was exactly what happened when other members of her

unit found out about the assault.

It wasn't until Leitner transferred to her current unit in Hawaii that she was able to get away from the glances and stares, the well meaning friends asking her if she was okay and the daily reminders of that moment in time; but that wasn't a cure.

Leitner said she felt like she was walking around with a giant bubble inside that was waiting to burst when the Soldiers in her new unit found out her secret.

“I struggled really hard trying to hide it, and then I met someone who was

See SURVIVOR, P8



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

Couples Workshop Scheduled

A couples workshop will be from 8 a.m. to 4 p.m. Saturday at Freedom Chapel at Joint Base San Antonio-Lackland. The event is open to all military ID cardholders and their significant others. To register for the event, email lacklandcouplesworkshop2016@gmail.com.

Fort Sam Houston Resident Survey Underway

The Joint Base San Antonio-Fort Sam Houston Residential Communities Initiative Office has announced the Headquarters Department of the Army Resident Survey is underway via email through May 15. 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 marriagecheckupusaf@gmail.com for details.

Membership Drive Continues

Register at any Joint Base San Antonio golf course through May 1 to become a JBSA golf member. Membership benefits include preferred advance tee times, no daily green fees excluding cart rental, five free rounds of golf at each of the other two JBSA locations, 10 percent discount off all

See NEWS BRIEFS, P6

Breaking Bob: training the new Funeral Honors Platoon Caisson Section horse

By Karen Lloyd
U.S. Army North Public Affairs

One of U.S. Army North's newest members will soon be saddled with the responsibility of a solemn task that will make him a highly visible military ambassador. Being put into such a conspicuous position so early in a career may seem like a heavy burden to bear, but it won't bother Dapplewood Neighbor.

He weighs more than 1,600 pounds.

Known as "Bob" for short, he is a two-year-old gleaming black Percheron stallion whose father was a Percheron world champion. Bob joined Army North's Military Funeral Honors Platoon Caisson Section last month and over the next year, he will be broken to ride and trained to pull the caisson that carries the remains of departed Soldiers on their final ride.

Preparing such a massive, powerful steed is not for a novice. That task goes to Army North stablemaster Jonathon Deeley, who has broken and trained more than 700 horses in his 30-year career. An accomplished equestrian, Deeley won the 2009 Mustang Makeover during which he had over 100 days to break and prepare a wild Mustang for competition.

By comparison, Bob's training should be fairly simple. Deeley anticipates it will only take two weeks before he'll be riding Bob.



Bob stands in the round pen enclosure at the Army North stables on Fort Sam Houston March 29. The flag secured to the rails of the round pen is intended to get Bob used to many of the sights and sounds he will experience as a Caisson horse.

"He will be relatively easy to break," Deeley said. "He's friendly and not easily scared."

Deeley will accustom Bob to the training tools used and the equipment that he will be carrying such as a lunge whip, harness, and saddle.

"You've got to teach a horse on the ground first, before you can teach them from the saddle," Deeley said.

Part of that training includes desensitizing Bob to the sights and sounds he may experience as part of a funeral detail.

"We will get him used to the sound of weapons firing," said Sgt. Jimmy Sandoval, a caisson section rider who has been with the Military Funeral Honors Platoon for six years. "Our Soldiers regularly fire blank rounds here at the stables as they practice for the salute volley, so Bob has already heard quite a bit of that."

The caisson section also rides in the San Antonio Western Heri-

tage and Fiesta parades, so Deeley must accustom Bob to everything from waving flags and excited crowds to frisbees being thrown in front of him.

"We're teaching the horse to focus on the rider rather than what's going on around him," Sandoval said. "It requires a lot of trust between horse and rider."

After Bob is broken to ride, Deeley will pair him up with an experienced horse and eventually start hooking him to the caisson for familiarization.

"We only introduce one new thing at a time" Deeley said. "If it's a new horse, all the other horses and riders will be very experienced. If it's a new rider, all the horses will be seasoned veterans."

Bob's first official duty will most likely be as a caparisoned horse rather than pulling the caisson, Sandoval said. The caparisoned horse – called a cap horse – is led by a walker and

is riderless. The cap horse follows behind the Caisson, with empty black leather boots reversed in the stirrups to symbolize that the warrior will never ride again.

Before Bob pulls the caisson in a funeral procession, he will practice it many times, to include taking an empty wagon through the cemetery in preparation for the sights, sounds and smells of what he will experience.

Once Bob has completed his first official duty, he will receive a new name based on the time-honored tradition of naming horses after former sergeants major of the Army. Bob's new name will be Chandler, said Deeley, after Raymond Chandler, who served as Sergeant Major of the Army from March 1, 2011 until January 30, 2015.

Once he becomes a

certified member of the team, "Chandler" will spend most of his time out in the pasture, but will be brought in daily for feeding and grooming and will be ridden several times a week to refresh his training.

The number of missions he performs will depend on the number of funerals that are authorized a caisson. In fiscal year 2015, the Fort Sam Houston caisson section completed 63 such missions, said Capt. Bradley Glosser, Army North Headquarters Support Company commander.

For now, however, "Chandler" is still just Bob, a trainee embarking on a year of regimentation in preparation to join the elite group of horses that play a significant role in honoring those who have dedicated their lives to protecting our country.



Photos by Karen Lloyd

Army North stablemaster Jonathon Deeley works with Bob in the round pen at the stables on Fort Sam Houston March 30. Deeley is pulling Bob's head to the side, releasing it as soon as Bob relaxes and moves his head in the direction Deeley is pulling, in order to train him to give to pressure rather than fight pressure.

Fort Sam Houston Military Tax Assistance Center helps generate \$7.1 million in refunds

By Steve Elliott
JBSA-Fort Sam Houston
Public Affairs

The Military Tax Assistance Center at Joint Base San Antonio-Fort Sam Houston wrapped up the tax season with leaders thanking military and civilian volunteers for their time and contributions to the center during a ceremony Tuesday at building 131.

The Military Tax Assistance Center had two locations staffed with 20 volunteers that consisted of 17 Soldiers, two Sailors, one Airmen, in addition to two part-time volunteers. One center was located at Fort Sam Houston in building 131 on Stanley Road and the other at Brooke Army Medical Center. The two locations served all active duty military members, military retirees and their dependents

The MTAC staffs helped prepare 4,587 federal and state tax returns, assisted taxpayers in securing \$7,159,855 in refunds and saved people \$1,211,372 in tax preparation services.

"It was a challenging year and this group exceeded my expectations," said Brian J. Novak, 502nd Force Support Group MTAC director. "They quickly came together as a team and operated like they had been doing this for a much longer period of time. This program has always been about service members helping each other and they were true professionals."

Preparers at the tax center train and test for 10 days in order to certify under the Volunteer Income Tax Assistance program. Only certified VITA tax-preparer volunteers may assist taxpayers prepare and e-file their taxes according to

the VITA Web site.

Annual certification is required even if a volunteer is a tax professional and returns prepared by VITA volunteers are considered self-prepared by the taxpayer for Internal Revenue Service purposes.

"All the volunteers did an excellent job and I thank them for the role they played in the lives of American taxpayers," said JoAnn Tamez, senior tax consultant for the Internal Revenue Service. "I hope you found the assignment rewarding and will volunteer again next year."

Volunteers at the combined locations helped process 199 Gold Star and casualty-related returns, 121 students, 65 deployment-related returns, 133 returns for wounded warriors and 520 returns for

See TAX, P5



Photo by Steve Elliott

Brig. Gen. Bob LaBrutta speaks to the Joint Base San Antonio-Fort Sam Houston Military Tax Assistance Center volunteers during its closing ceremony at building 131 Tuesday. The general congratulated the volunteers on completing more than 4,500 federal and state tax returns during this year's tax season.

JBSA-Fort Sam Houston Refill Pharmacy to close for repairs

The refill side of the Joint Base San Antonio-Fort Sam Houston Community/Refill Pharmacy, building 2401, near the Exchange, will be closed soon for repairs. Urgent repairs are required to the flooring, according to Brooke Army Medical Center officials.

Although the community side of the pharmacy will remain open to process new prescriptions, the refill side will close for three to four months for

the repair work. Due to limited space, the community side will not be able to distribute refills.

Patients should request and pick up their refills at either the Capt. Jennifer M. Moreno Clinic Pharmacy or the San Antonio Military Medical Center Main Outpatient Pharmacy near the Medical Mall.

Moreno Clinic Pharmacy hours are Monday through Thursday from 7:30 a.m. to 7:30 p.m. and Fridays from 7:30

a.m. to 4:30 p.m. SAMMC Main Outpatient Pharmacy hours are from 8 a.m. to 6 p.m. Monday through Friday and 9 a.m. to 5 p.m. Saturdays.

Patients who are enrolled in the community based medical homes at Schertz, Westover and Taylor-Burk Pharmacies will be able to continue picking up their refills at these locations.

(Source: BAMC Public Affairs)

TAX from P4

those with a disabled family member.

“It was a treat to do this,” said Sgt. 1st Class Chris Jenkins, Company C, 187th Medical

Battalion, MTAC NCO in charge, who also received the Army Commendation Medal during the closing ceremony. “I just came from a very rewarding assignment as a platoon sergeant

and this ranked right up there as one of the best jobs I ever had.”

During the ceremony, volunteers received various awards for their efforts in making the center a success.

News Briefs

Continued from P3

merchandise purchased in the pro shops except for Ping products, priority for club storage and locker rental and free handicap service, discounted fees for all JBSA-sponsored tournaments, access to members-only tournaments and events, five percent discount for catered events at the clubhouse, etc. Call 671-3466 for more details.

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 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.

NMETC announces instructors of the year

By Petty Officer 1st Class
Jacquelyn D. Childs
NMETC Public Affairs

The Navy Medicine Education and Training Command at Joint Base San Antonio-Fort Sam Houston, announced its selections for the Instructor of the Year program April 12.

Following a competitive selection board, Chief Petty Officer Patrick Floyd, representing Navy Medicine Operational Training Center in Pensacola, Fla.; Petty Officer 1st Class Kadia Griffin, representing Navy Medicine Training Support Center at JBSA-Fort Sam Houston; and Petty Officer 2nd Class Jerez Clark, also representing NMTSC; were selected as the instructors of the year.

Floyd is an independent duty corpsman instructor at the Naval Undersea Medical Institute and is the senior instructor of the year. Griffin is a Navy dental assistant program instructor at the Medical Education and Training Campus at JBSA-Fort Sam Houston and is the mid-grade instructor of the year. Clark is a Navy

military training instructor at NMTSC and is the junior instructor of the year.

The NMETC Instructor of the Year program offers Navy Medicine's education and training commands the opportunity to recognize instructors who display exemplary leadership and instructional skills and personify the meaning of personal excellence in and out of the classroom.

NMETC Command Master Chief Petty Officer Mitchell Sepulveda reminded NMETC commands of the importance of staff recognition when he initially released the names to the command leadership triads, allowing them to present the award and personally notify their winners.

"Please continue to strive to recognize our top performing instructors, and I appreciate all the assistance from each of you in supporting this program and this process," Sepulveda said.

Winners were selected based on their military bearing, strong managerial and leadership skills, positive example, professional appearance,



**Chief Petty Officer
Patrick Floyd**

Chief Petty Officer Patrick Floyd, submarine independent duty corpsman instructor at the Naval Medical Operational Training Center's Naval Undersea Medical Institute, Pensacola, Fla., was selected as Navy Medicine Education and Training Command's Instructor of the Year for the senior-level category.

dedication and self-improvement including off-duty education, community involvement and mentorship.

Floyd credited his success in part to learning from other instructors.

"I sat through many of the other courses of instruction and have taken what I personally felt the other excellent instructors did very well and tried to incorporate those items," Floyd said. "What worked well for



**Petty Officer 1st Class
Kadia Griffin**

Petty Officer 1st Class Kadia Griffin, a Navy dental assistant program instructor at the Medical Education and Training Campus on Joint Base San Antonio-Fort Sam Houston, was selected as NMETC's Instructor of the Year for the mid-level category.

me was to change up how I instructed every class to keep myself and the students fully engaged."

The winners expressed their appreciation for their supportive leadership and overall passion for their roles as instructors.

"As an instructor, you're guiding the students, and it's up to you to get them to the right place," Clark said. "You just have to make sure they're given the right example and that you are teaching them



**Petty Officer 2nd Class
Jerez Clark**

Petty Officer 2nd Class Jerez Clark, a Navy military training instructor at the Navy Medicine Training Support Center on JBSA-Fort Sam Houston, was selected as NMETC's Instructor of the Year for the lower-level category.

the right material. If you maintain a positive instructor-student rapport, you can lead them in the right direction."

NMETC manages Navy Medicine's logistics, and enlisted and officer education and training programs, supporting personnel who deploy worldwide.

NMETC is part of the Navy Medicine team, a global health care network of Navy medical professionals around the world who provide high-quality health care to eligible beneficiaries.

FORT SAM HOUSTON HOSTS FIESTA RECEPTION

Fiesta president Vonsetta Hickman (center) poses with El Rey Feo LXVIII Darenno Casey, San Antonio Cavalier King Antonio Hunt Winston III and the Joint Base San Antonio Military Ambassadors to Fiesta during the Fort Sam Houston Fiesta Reception held at the Lincoln Military Housing Center at Fort Sam Houston Sunday. Hickman received the Commanders Award for Public Service for her continued service to Fiesta 2016.

Photo by Sgt. 1st Class Wynn Hoke



**COLE
MIDDLE
SCHOOL
MUSICIANS
PICKED FOR
REGIONAL
CLINIC,
CONCERT**

(From left) Cole Middle School students Sam Swofford (trumpet) and Jared Gibson (clarinet) earned positions in the Region 12 Middle School All-Region Band and represented their school at a clinic and concert April 12 in La Vernia, Texas.

Courtesy photo





Photo by Sgt. 1st Class John Brown

Spc. Brittany Leitner, 18th Medical Command Deployment Support patient administration specialist, answers questions from Soldiers of the 94th Army Air and Missile Defense Command after her discussion about surviving sexual assault during a unit training event at the Hickam Memorial Theater, Joint Base Pearl Harbor Hickam, Hawaii.

SURVIVOR from P2

talking about her experience,” Leitner said.

At this point in her life, Leitner was willing to do anything to help cope with the swarm of emotions that were swelling inside, even if that meant telling a room full of strangers about the worst day of her life.

“I so wasn’t ready for it and it went horribly wrong, but I needed it; speaking to people became my therapy,” Leitner said.

For Leitner, talking about her experience wasn’t easy.

“I would come in extremely afraid. I didn’t know what their reaction would be,” Leitner said. “I didn’t know if they would be able to look me in the eyes, but I started getting standing ovations and it was shocking to me at first that people actually cared enough.”

Leitner said she began to realize the importance of what she was doing when senior NCOs and Officers began taking her aside after her talks and telling her their own stories of being sexually assaulted as young Soldiers.

“They couldn’t imagine how I, at 20 something years old, could stand before a battalion full of people and talk about something that happened to me like that,” Leitner said. “I started this to help myself, but I realized that continuing to do it was helping a lot more people than myself.”

Master Sgt. Joseph Collins, 94th Army Air and Missile Defense Command, said that he first met Leitner when she spoke to the students at a sexual assault response coordinator, or SARC, course.

“It kind of made everything feel real,” Collins said. “Nothing drives it home until you have a survivor stand in front of you and tell you what happened to them and how it affected them and affected their life.”

When Collins became the SARC for the 94th AAMDC, he knew he wanted to share the same lesson with the rest of his unit.

When Leitner spoke to the unit, he felt it was very effective.

“You can judge it by the way people ask questions,” Collins said. “No one was falling asleep, they were paying attention, they were focused on Leitner and her story.”

“Afterwards there were leaders that came forward and said ‘that is what we needed to wake our formations up’ because we’ve never had anyone come out and do that,” Collins said.

“I think Leitner brings to light a very volatile challenge, but brings life to it just by her standing in front of the audience and giving us her thought process, but you get to feel how she got where she was because you’re right inside her story and that story plays out. . . it forces us to ask ourselves the hard questions as leaders,” said Col. Ken Revell, 94th AAMDC command chaplain.

“It just made it very real for us. I remember the sergeant major said ‘thank you for getting that guy out of our formation’ and that’s a leadership thing that he was saying and at that moment, I think, he was having a big brother moment.”

“It’s hard to measure, but Leitner’s talk has a potentially transformative effect because she’s through the barbed wire, she’s right there, and she’s looking right at us.”

After Leitner talks

to a unit, a line usually forms to talk to her. Most simply want to shake her hand and thank her for her bravery, while others want to share their personal stories and ask for her contact information.

“There are people who want me to speak again to other groups and a few that want my contact information so I can talk to them offline,” Leitner said. “I usually have at least one survivor come forward who wants to know how they can talk to me at a later time.”

“It’s really hard not to feel like this was something that I could have prevented,” Leitner added. “There are a million ‘what ifs’ that go through your mind; but having people accepting me and thanking me for speaking to them has made it better for me.”

Leitner established an anonymous email address that allows fellow survivors to contact her. The email address is survivors4survivors38@yahoo.com.

Revell said that Leitner and the other survivors who come forward to share their stories are some of the most courageous Soldiers he ever met in his life.

For additional information about the Army’s Sexual Harassment/Assault Response and Prevention program, go to <http://www.sexualassault.army.mil>.

BTH from P1

Speakers took turns with translations shifting from Spanish to English for an audience that included the Guatemalan Minister of Defense and a number of other Guatemalan government cabinet members, as well as senior ranking military officials from both countries.

“This will be a tremendous achievement and proof that partnerships do work,” said Brig. Gen. Richard Torres, Army South deputy commanding general, formally kicking off the 15-week event that began in March. “Thanks to the relationships built and sustained with our Guatemalan partners through previous exercises and operations, we are able to build upon our training and interaction to enhance security and stability in the region.”

Beyond the Horizon is a U.S. Southern Command joint training exercise that takes place annually in designated countries.

As the land service component to SOUTHCOM and the lead executive agent, U.S. Army South works closely with partner armies in Central and South America and the Caribbean to strengthen security cooperation throughout the Western hemisphere.

The planning for Beyond the Horizon 2016 in Guatemala began about 18 months earlier, according to planners who said sharing knowledge and skills and working together helps enhance partner nation capacity and the ability to respond collectively to real-world threats.

Active, Reserve and National Guard forces are taking part, as well as participants from Chile, Colombia, Brazil, Peru

and Canada. The majority of the U.S. participants rotate for several weeks at a time but there are also some long-term duration staff.

Plans for this exercise include the completion of five engineering projects – three medical clinics and two schools, giving service members from the U.S. Army, Air Force, Marines and Guatemalan forces the opportunity to work together with governmental and non-governmental agencies.

But Dr. Marylin de Sosa, Guatemalan Ministry of Health international cooperation coordinator saw the exercise as a much more important opportunity for her country.

“There are problems in Guatemala because of corruption,” de Sosa said. “We want to change that, but we can’t do it alone. There are too many infrastructure and equipment problems and



Photo by Lt. Col. Carol McClelland

Troops from the U.S. and Guatemalan armies stand side by side in formation during the April 7 opening ceremony of Beyond the Horizon 2016, a humanitarian and civic assistance program taking place in San Marcos, Guatemala, through June.

we can’t fix everything quickly. But the population requires that we fix problems as quickly as we can because there are people dying. We are very thankful for the help that’s being offered through this program, especially the medical

centers and all the equipment that’s going to be in there as well.”

In addition to the planned construction projects, this Beyond the Horizon exercise includes three medical assistance events that will provide public health and pre-

ventative medicine, adult and pediatric medicine, medical education, immunizations, and nutritional counseling as well as dentistry to remote communities. Medical providers are prepared to treat up to 1,000 patients a day at each location.

Former NCO burned in IED blast wants to open restaurant in San Antonio, empower veterans

By Pablo Villa
NCO Journal

Former Army Staff Sgt. Bobby Henline has spent nearly nine years trying to empower wounded warriors such as himself. Now he wants to help employ them.

Henline is working to open a restaurant dedicated to hiring veterans in San Antonio. The location is not far from the medical facilities he frequents at Joint Base San Antonio-Fort Sam Houston, where he has received treatment since 2007 for burns that cover nearly 40 percent of his body.

Henline was burned in a roadside bomb blast in 2007 in Iraq that killed the four Soldiers he was riding with. Since then, he has undergone 46 surgeries and six months of rehabilitation. His likeness is permanently altered.

On his arduous road to recovery, Henline found comfort and strength in humor. He has enjoyed a newfound career as a stand-up comedian, telling his story on stage as a coping mechanism. Henline found that taking others along on his journey has helped other injured – and sometimes disfigured – Soldiers face their lives with the same exuberance. He hopes his new venture takes that notion a step forward.

“I’m trying to give back,” Henline told People Magazine in March. “This is a great way to do it, through empowerment and food.”

Henline is partnering with Richard Brown, a Marine and Korean War

veteran, who owns a hamburger restaurant in San Clemente, California. The restaurant is one of Henline’s favorite stops, not only because of the savory hamburgers but also because the two men share an interest in helping their fellow veterans.

Brown will teach Henline all he needs to know to run his own business. Henline will solely hire veterans to work at the restaurant.

“It’s not just me getting a restaurant,” Henline said. “It’s me learning to fish, it’s me teaching other veterans how to fish and to continue on to help the stability of other veterans not just myself.”

Henline has only a couple of vivid memories of the day his life changed.

It was April 7, 2007, and Henline was part of a convoy that was making stops at various forward operating bases, or FOBs, delivering supplies and transporting Soldiers north of Baghdad, Iraq. He was a part of the 82nd Airborne Division and was weeks into his fourth deployment.

“We were doing the typical, ‘Get the convoy ready,’ that morning,” Henline told The NCO Journal in 2014. “There are two things I remember. One was that there were two Soldiers in the vehicle who normally didn’t ride with me. I also remember getting a second cup of coffee. The S-4 captain, who was sitting behind me, he wasn’t there yet. So we were sitting around waiting, and I ran and grabbed another cup of coffee while we



Courtesy photo

Former Army Staff Sgt. Bobby Henline, who received burns from a roadside bomb in Iraq in 2007, is looking to hire veterans for a San Antonio restaurant he is opening.

were waiting on him.

“That’s all I remember that day.”

Henline’s vehicle was at the front of the convoy traveling near the Diyala province village of Zaganiyah when an improvised explosive device detonated underneath it. The blast hurled the humvee nearly 50 feet down the road. Four Soldiers – Capt. Jonathan Grassbaugh, Spc. Ebe Emolo, Spc. Levi Hoover and Pfc. Rodney McCandless – were killed instantly. When fellow Soldiers reached the vehicle, they found he was severely injured, but alive.

Two weeks later, Henline emerged from a medically induced coma at Brooke Army Medical Center at San Antonio, thus beginning a medical odyssey filled with painful moments, both physical and emotional.

But one thing came easy to him – humor.

Henline says laughter

helped keep spirits high for him and the medical personnel working with him. It also helped his wife, Connie, and the rest of his family cope with their loved one’s ordeal and changed appearance.

“Joking around at the hospital, that was my way of using my sense of humor to let my family know I was OK, to let staff know I was OK,” he said. “It was how I chose to deal with the pain during physical therapy, laughing about it, joking with the other patients. I could see my family worrying. My mom couldn’t even get me a drink. She was shaking just trying to put the straw to my mouth, real scared. So it was kind of like, ‘Don’t worry, I’m still here. Even if today I’m kind of groggy.’ I’d still make a little joke to let them know, ‘It’s OK. I’m inside here. I just can’t move right now.’”

“I think when I was talking a lot better and able to sit up and stuff, that’s when they were finally like, ‘OK, he’s still in there. He’s back. He’s still being that goofball.’”

Henline spent almost the next two years working to regain a sense of normalcy.

His face was scarred by the burns he suffered and puffed by various skin-graft surgeries. His left ear was gone; his right was reduced to a rough-hewn stub. His smashed left hand eventually became too painful to bear, and he asked doctors to amputate it. After removing the protective goggles he was forced to wear for a

year, it took time to get accustomed to the stares.

While jokes helped, Henline couldn’t shake the notion that he needed to heed a call. He just didn’t know what it was. Then his occupational therapist made a “stupid” suggestion.

“One day she told me, ‘You should try stand-up comedy!’” Henline said. “She has this really high-pitched voice, one of those happy people all the time. ‘You’ve got to try stand-up comedy. You’ve got to try it! I’m like ‘That’s stupid. It’s not going to work. This, here at the hospital, is funny. We could joke about it here.’ I wasn’t gonna go up on stage and people are gonna go, ‘Oh, you got blown up in Iraq? That’s funny.’”

Henline said he grew up admiring comedians such as George Carlin and Robin Williams. But he never considered actually taking a stage. However, after a steady stream of good-natured pestering from his therapist, he obliged, sealing the deal with a pinkie swear.

“My occupational therapist’s sister lives in L.A., and she’s in a band,” Henline said. “So one day, I’m going out there for a consultation to see a doctor. She tells me, ‘My sister’s in entertainment. She might know a place you could try it while you’re out there.’ Sure enough, her sister calls me and says, ‘Hey, Comedy Store. Go sign up at 5 o’clock.’”

Henline’s very first set took place August 2009 at the famed Los Angeles club on the same stage

graced by some of comedy’s biggest names. He returned to San Antonio and began performing open-mic sets three nights a week.

A year-and-a-half later, he was in Los Angeles when a chance meeting with a talent agent landed him an appearance in the Showtime documentary “Comedy Warriors: Healing Through Humor.” The film, released in April 2013, follows Henline and four other veterans wounded in Iraq and Afghanistan as they work with comedy A-listers to explore their experiences through the healing power of humor.

Three years later, Henline is still healing. He wants to continue to help others do the same. He says one of the biggest driving forces behind him is the memory of his fellow Soldiers who didn’t come home with him that fateful day.

“It’s that same old thing, you’ve got to drive on,” Henline said. “Survivor’s guilt was really bad for me in the beginning. But you’ve got to live on for those who don’t live anymore, the guys who sacrificed it all. There were four other guys in that Humvee who didn’t make it. I sat on the couch, and I felt sorry for myself. I gave up. But what’s that doing for them? I’ve got to live on for them. Any of them would trade places with me. They’d rather be in pain and look funny and be here. Their families would rather have them back. That’s a big push for me that helps drive me on.”

US, Colombian armies hold bilateral staff talks

By Robert R. Ramon
U.S. Army South Public Affairs

Readiness U.S. Army Chief Of Staff Gen. Mark A. Milley has made it clear this is the No. 1 priority. Active engagement with partner nation armies is key in remaining ready to meet the ever-changing challenges of today and tomorrow.

U.S. Army South, the Army service component command to U.S. Southern Command, knows well the benefits of strong partnerships as displayed during the 7th annual U.S.-Colombia bilateral army-to-army staff talks in Bogota, Colombia April 11-14.

“The most important aspect of these talks is the relationships that we’ve built and fostered between our two great armies,” said U.S. Maj. Gen. K.K. Chinn, U.S. Army South commander. “I’m always excited to come down here, not only because of the friendship, but more importantly to see all the good things the Colombian army is doing for its nation, its soldiers and for its army overall.”

The U.S. Army Staff Talks Program serves as a bilateral forum for strategic-level discussion between respective armies. The program seeks to promote bilateral efforts in order to develop professional partnerships and increase interaction between partner nation armies.

U.S. Army South’s engagement focus with the Colombian army at the operational level includes four primary areas: strengthening capabilities to defeat terrorist threats, countering transnational organized crime, enabling key capabilities to



(From left) Maj. Gen. K.K. Chinn, U.S. Army South commander; Gen. Alberto Jose Mejia, Colombian army commander; Maj. Gen. Robert Livingston, South Carolina adjutant general; and Brig. Gen. James P. Wong, Army South deputy commanding general, stand for the playing of the Colombian national anthem at the start of the 2016 U.S.-Colombia Bilateral Army Staff Talks Executive Meeting in Bogota, Colombia April 12.

facilitate the transition of the Colombian army to an enduring post-conflict environment and supporting its transformation to an interoperable global strategic partner.

“This was a very good opportunity for the Colombian army,” said Colombian Gen. Alberto Jose Mejia, army commander. “It’s an honor to host these staff talks, especially during this precise point in our history in which our army is going through many changes.”

Army South, as the Army’s executive agent, engages in annual bilateral staff talks with Colombia, Brazil, Chile, El Salvador and Peru. During these talks, the U.S. Army works to develop agreed-to-actions with our staff talks partners in an effort to work together in the future toward common goals. Army-to-army staff talks can include

anything from joint engineer projects, exchange programs between elite military schools, subject matter expert exchanges, doctrine exchanges, research and development cooperation and working together in simulated exercises.

After signing the official agreement, Chinn said he was pleased with the end result.

“These army-to-army staff talks are a testament of Colombia’s strong, professional army that is capable and has continued to protect the people of Colombia,” Chinn said. “The Colombian army provides stability and economic growth, allowing it to be a role model as a professional army and an example for the region in defeating emerging threats, exporting security, transformation, working with interagency, humanitarian assistance and disaster relief and

leader development.”

Though the agreed-to-actions are the focus of the meetings, Chinn said the staff talks are about something much bigger.

“It’s an opportunity for us to build relationships and trust with each other as we look at emerging challenges and threats throughout the region,” Chinn said. “What’s important is that if an emerging challenge occurs, we feel comfortable enough to pick up the phone and call each other, and we have a teammate or friend on the other side of the phone who asks ‘how can we help?’”

According to Mejia, trust with your partners is key to ensuring the staff talks process is successful in making better Armies for both nations.

“Throughout these talks, I’m very candid in expressing my views and sharing our knowledge,”

Mejia said. “Presenting not only our strengths, but also our weaknesses is the only way you can identify ways to help each other. If I pretend that everything is fantastic in our army, we wouldn’t achieve our goal of excellence.”

Taking part in this year’s bilateral staff talks with Colombia was Maj. Gen. Robert E. Livingston Jr., adjutant general of the South Carolina National Guard that routinely partners with the Colombian military as part of the state partnership program.

Livingston said the exchange of information is truly a two-way street, as the U.S. Army has much it can learn from its Colombian counterpart.

“We enjoyed the exchange of information,” Livingston said. “We have a lot to learn from their great successes and there are some things that we may be able to share. It’s a wonderful opportunity for our two armies to

continue to make history for this region of the world.”

After the closing ceremony for these 7th annual bilateral staff talks, leaders from each army shared handshakes and hugs with their partner nation counterparts. Mejia closed out with a few parting remarks as the room stood silent, hinged on his every word.

“The formality of this meeting and the active participation that you’ve seen here is a demonstration of respect, a demonstration of how we honor the U.S. Army and U.S. Army South, but especially the level of friendship and confidence that we all have in Major General Chinn and his great team,” Mejia said. “When you think of the hemisphere, remember that here in this corner of South America, in Colombia, you have a trusted partner, a trusted army and trusted Soldiers who would go with you any place, anytime.”



Photos by Robert R. Ramon

Maj. Gen. K.K. Chinn (right), U.S. Army South commander, presents a framed photo to Gen. Alberto Jose Mejia, Colombian army commander, during the closing ceremony of the 2016 U.S.-Colombia Bilateral Army Staff Talks Executive Meeting in Bogota, Colombia April 14. The framed photo is significant since it was taken when Mejia was in Washington, D.C., last February for the Conference of the American Armies transfer ceremony where U.S. Army Chief of Staff Gen. Mark A. Milley presented him with the Legion of Merit.

New urgent care pilot program for TRICARE Prime beneficiaries

To increase access to care, the Department of Defense is launching an Urgent Care Pilot Program for TRICARE Prime beneficiaries. This program allows Prime enrollees two visits to a network or TRICARE authorized provider without a referral or prior authorization.

The Urgent Care Pilot Program, scheduled to begin May 23 is for:

- Active duty family members enrolled in TRICARE Prime or TRICARE Prime Remote
- Retirees and their family members who are enrolled in TRICARE Prime within the 50 United States or the District of Columbia
- Active duty service members enrolled in TRICARE Prime Remote and stationed overseas but traveling stateside

Active duty service members enrolled in TRICARE Prime are not eligible for this program as their care is managed by their Service. This pilot also excludes Uniformed Services Family Health Plan enrollees.

TRICARE Overseas Program enrollees can receive an unlimited number of urgent care visits, but only when they are traveling stateside and seeking care.

There are no Point of Service deductibles or cost shares for these two urgent care visits, but network copayments still apply.



Once you receive urgent care, you must notify your primary care manager about that care within 24 hours or the first business day after the urgent care visit. Authorization requirements have not changed for follow up care, specialty care or inpatient care.

When you are not sure of the type of care you need, or you require care outside of standard business hours, call the Nurse Advice Line at 800-TRICARE (874-2273), option 1.

If the NAL recommends an urgent care visit, and a referral is submitted, that visit will not count against the two pre-authorized visits allowed under the Urgent Care Pilot. However, if you call the NAL and get a referral to a military hospital or clinic and you go elsewhere for care, that visit will count against your two preauthorized visits.

For more information, visit the Urgent Care Pilot Program web page on the TRICARE website at <http://www.tricare.mil/Plans/SpecialPrograms/UrgentCarePilot.aspx>.

(Source: <http://www.TRICARE.mil>)

Be careful when firing up the BBQ grill

By Ricardo S. Campos
Public Fire and Safety Educator
502nd Civil Engineer Squadron

After months of being cooped up inside the house, it's time to enjoy the warmer weather and fire up that barbecue grill.

The smell of mesquite wood burning on the grill tends to filtrate the backyards, especially in my neighborhood. Then when the food is placed on the grill, the smell of steaks, chicken and fajitas get the taste buds dancing.

Outdoor grilling is one of the most popular ways to cook food. However, a grill placed too close to anything that can burn is a fire hazard. They can be very hot, causing burn injuries. Follow these simple tips and you will be on the way to

safe grilling.

SAFETY TIPS

- Propane and charcoal barbecue grills should only be used outdoors.
- The grill should be placed well away from the home, deck railings and out from under eaves and overhanging branches.
- Keep children and pets at least three feet away from the grill area.
- Keep your grill clean by removing grease or fat buildup from the grill and trays below the grill.
- Never leave your grill unattended.
- Always make sure your gas grill lid is open before lighting it.
- There are several ways to get charcoal ready to use. Charcoal chimney starters allow you to start the charcoal using newspaper as



a fuel.

- If using starter fluid, use only charcoal starter fluid. Never add lighter fluid, gasoline or any other flammable liquids to the fire.
- Keep charcoal fluid out of reach of children and away from heat sources.
- There are also electric charcoal starters, which do not use fire. Be sure to use an extension cord for outdoor use.
- When you are

finished grilling, let the coals completely cool before disposing in a metal container.

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

TRICARE offers relief for spring allergies

With the weather warming up, people can now spend more time outdoors.

Unfortunately for some, warm weather brings suffering from seasonal allergies.

However, there is hope. TRICARE covers proven services and supplies needed to diagnose and treat allergies.

According to the Centers for Disease Control and Prevention, allergies are the sixth leading cause of chronic illness in the U.S. with an annual cost in excess of \$18 billion. More than 50 million Americans suffer from allergies each year.

There are several types of allergic diseases or diseases worsened by allergies, but the most common are:

- Hay fever
- Asthma
- Conjunctivitis (pink eye)
- Allergic skin conditions (hives, eczema, dermatitis)
- Sinusitis (sinus infections)

If you think you have seasonal allergies, talk to your health care provider. Your provider can provide you with tips on how to reduce or eliminate your exposure in addition to explaining the range of possible test and treatment if recommended. They can use skin and blood tests to diagnose you and treatments can include medications or allergy shots.

Talk to your regional contractor at <http://www.tricare.mil/ContactUs/CallUs.aspx> for more information about how you can get treatment for your allergies.

JBSA honors volunteers for selfless service

By Janis El Shabazz
JBSA-Fort Sam Houston Public Affairs

Volunteers from all Joint Base San Antonio locations were honored during a ceremony April 13 at the Joint Base San Antonio-Fort Sam Houston Military & Family Readiness Center.

The annual Volunteer of the Year Awards ceremony pays tribute to the thousands of volunteers who contribute more than 100,000 hours, equivalent to an estimated \$2.4 million in free labor each year to help JBSA and local communities.

Volunteers were selected in five categories: individual, youth, family, large group and small group. Four Volunteer

Excellence Awards were also presented for lifetime achievement. The VEA is authorized by the U.S. Air Force chief of staff to recognize persons who perform outstanding volunteer community service of a sustained, direct and consequential nature.

Brig. Gen. Bob LaBrutta, 502nd Air Base Wing and JBSA commander, along with Robert Naething, deputy to the commanding general U.S. Army North (Fifth Army), presented the awards to the recipients.

"This is my third opportunity to honor these selfless individuals who contribute so much to JBSA every year. These folks are such an impor-

tant part of our team that it's important that we recognize their hard work and dedication professionally and publicly," LaBrutta said. "Recent budget cutbacks have impacted every aspect of installation support and service we provide to our military members and their families on a daily basis. The assistance that these volunteers deliver has significant positive mission implications. They are all absolutely amazing and we could not accomplish the responsibilities they perform without them."

Naething echoed

LaBrutta's praise for the volunteers.

"Sequestration cuts require leaders to make tough calls to keep the mission moving forward. Some services have been cut back to basic levels," Naething said. "Our volunteers said that's not good enough. They step up every day to fill in the gaps to ensure JBSA customers continue to receive top-notch service."

For more information on volunteer opportunities, visit the JBSA-Fort Sam Houston Military & Family Readiness Center at building 2797 or call 221-2705.



Photo by Janis El Shabazz

Charilys (center left) and Charlyann (center right) Silva, 2016 Volunteer Youth of the Year winners, are sisters who volunteered in the following organizations: Fort Sam Houston Keystone Club, Pets Alive animal shelter, Padre Pio Catholic Youth Group, JBSA-Fort Sam Houston Main Post Chapel, Volunteer Together for Service, Military & Family Readiness Center and Child & Youth Services.



Photo by Janis El Shabazz

The Family of the Year Award went to Ann and Stan Fritz, a husband-and-wife team working with the Burn Intensive Care unit staff and burn victims families for more than 10 years and more than 10,000 hours.



Photo by Jai Bell

The Navy Medical Training Support Center coalition of Service Members Against Destructive Decisions received the 2016 Large Group Volunteer of the Year award. This group has devoted more than 900 hours at Joint Base San Antonio and community events and promotes diversity, equal rights and liberties.



Photo by Jai Bell

Capt. John Bockmann and Kristin Dwyer received the 2016 Large Group Volunteer of the Year award on behalf of the 87th Medical Battalion, Interservice Physician Assistant Student Society. This student society has dedicated countless hours and donations during their demanding academic work workload to help those in need. IPASS has made an impact not only in the Fort Sam Houston community, but also throughout the San Antonio community.



Photo by Janis El Shabazz

Jessica Golmon won the Individual of the Year Award as the Military & Family Readiness Center volunteer coordinator. She has volunteered more than 600 hours, providing administrative support, instructing classes and serving as the Armed Forces Action Plan Conference co-coordinator.



Photo by Jai Bell

David Long received the 2016 Small Group Volunteer of the Year award on behalf of the Brooke Army Medical Center CAREMobile Program. In 1993, a group of BAMC volunteers approached the hospital commander and proposed a transportation service for beneficiaries and patrons who had to park a considerable distance from the hospital and then walk to receive care or to visit a loved one.



Photo by Janis El Shabazz

(From left) Donna Manna and Charlene Carpenter were recipients of the Volunteer Excellence Award. Manna is an active volunteer in the civilian and military communities and was recognized for her commitment and dedication to a wide diversified volunteer portfolio reaching all ages and needs. Carpenter has volunteered for the last 18 years at the Wilford Hall Ambulatory Surgical Center, accruing more than 12,000 hours. (Not pictured are VEA recipients Dawn Gayden and Jan Dubel.)



By Airman 1st Class
Stormy Archer
JBSA-Randolph Public Affairs

The creed of the Air Force Honor Guard embodies the pride, history and professionalism of what it means to be an honor guard member.

“Hand-picked to serve as a member of the United States Air Force, my standards of conduct and level of professionalism must be above reproach, for I represent all others in my service.

Others earned the right for me to wear the ceremonial uniform, one that is honored in a rich tradition and history. I

Airman ‘re-blued’ by honoring past service members

will honor their memory by wearing it properly and proudly.

Never will I allow my performance to be dictated by the type of ceremony, severity of the temperature or size of the crowd. I will remain superbly conditioned to perfect all movements throughout every drill and ceremony.

Obligated by my oath, I am constantly driven to excel by a deep devotion to duty and a strong sense of dedication.

Representing every member, past and present, of the U.S. Air Force, I vow to stand sharp, crisp and motionless for I am a ceremonial guardsman!”

For Senior Airman Adam Fiddler, the long hours perfecting facing movements and performing ceremonies at Joint Base San Antonio have helped reinforce a sense of pride and duty

“Joining the honor guard ... definitely rejuvenated me as an Airman and as a person.”

Senior Airman Adam Fiddler, JBSA Honor Guard member

in the Air Force.

“It’s a really satisfying and fulfilling mission we perform,” said Fiddler, JBSA Honor Guard member. “It definitely gives you a sense of duty. It reminds you why you do what you do, why you are here and why you signed up for this.

“Joining the honor guard ‘re-blued’ me in a sense. It definitely rejuvenated me as an Airman and as a person. I wouldn’t say this is fun; this is a duty, a mission that needs to get done regardless of any obstacle.”

Fiddler joined the JBSA Honor Guard in September 2014 and has performed everything from funerals to color details and POW/MIA ceremonies.

However, the most satisfying part of the job is handing the flag off to a family member while performing honors at a service member’s funeral, Fiddler said.

As a member of the JBSA honor guard, Fiddler represents all service members past and present; including members of his own family who served in World War II and the Vietnam War.

“I really wanted to do it because I have family that served in the Air Force,” Fiddler said. “My grandfather was a technical sergeant during World War II at Kelly Field, training tail gunners. My other grandfather was part of the 1st Infantry Division during Vietnam and my dad was in the Army too, so there is definitely a family legacy.

“I remember going to my grandfather’s funeral and seeing the honor guard perform and it made a lasting impact on me. Now I’ve come full circle, and I am able to repay that service to the families of other service members.”



Photo by Airman 1st Class Stormy Archer

Senior Airman Adam Fiddler and a fellow Joint Base San Antonio Honor Guard member fold an American Flag during a funeral ceremony Oct. 10 at the Fort Sam Houston National Cemetery. The Honor Guard’s primary mission is to pay respect to fallen service members and support ceremonial functions.

ARMY NORTH HANGS FIESTA WREATH



Photo by Karen Lloyd

Workers affix the U.S. Army North Fiesta wreath on the tower at ARNORTH Quadrangle April 14.

Joint Base San Antonio Recycling Program on call for pickups

By David DeKunder

Joint Base San Antonio-Randolph
Public Affairs

Facility managers at Joint Base San Antonio locations can arrange to have recycled materials picked up by contacting the JBSA Recycling Operations Center Office at 671-4800.

Hours of operation for the recycling office, which is operated by 502nd Civil Engineering Squadron at JBSA-Lackland, are from 7:30 a.m. to 4 p.m. Monday-Friday.

David Crane, 502nd CES operations supervisor for recycling, said

502nd CES personnel pick up recycled materials from containers and bins at JBSA facilities.

Items that can be recycled and picked up include newspapers, magazines, books, phone books, office paper, brochures, envelopes, tab cards, junk mail, manila file folders, non-contaminated paper bags and bagged shredded paper; plastics with the labels 1-7 including bottles, cups, jars, food trays and bowls; glass, green, clear and amber bottles; metals, including tin, aluminum and steel cans and large metal items; and

cardboard, including shoe and cereal boxes.

All plastics and glass items and tin and aluminum cans should be rinsed before they are put into collection containers.

Cardboard items should be flattened and placed next to 95-gallon recycling bins at JBSA facilities or in trailers located in designated areas before they can be picked up.

Crane said JBSA members should place recycled items in designated containers and bins, and keep trash out of bins and containers.

Active duty service

members and Department of Defense cardholders can bring their recyclable items, Monday through Friday, to all three JBSA recycling center locations, including JBSA-Lackland, building 7390, 7 a.m. to 4 p.m.; JBSA-Fort Sam Houston, building 4203, 6:30 a.m. to 3:30 p.m.; and JBSA-Randolph, building 1152, 7 a.m. to 4 p.m. A 24-hour recycling drop-off is located in front of the JBSA-Lackland Recycling Center.

Other recyclable items accepted by 502nd CES personnel include ink and toner cartridges, shredded

paper and wood pallets. Ink and toner cartridges must be put in separate boxes and labeled and can be placed at pick-up locations or taken to any of the recycling centers. All shredded paper should be put in a plastic bag, with the bags tied tightly and can be left at any pick-up location or recycling center.

Scrap wooden pallets can be taken to any of the recycling centers. Pallets must be stacked neatly and the wood must be of good quality to be recycled.

JBSA recycling centers accept stoves, refrigera-

tors and smaller appliances for scrap metal. All appliances must have their fluids drained out before being brought to a recycling center.

JBSA members who plan to drop off any heavy recyclable items at a recycling center should call the JBSA Recycling Operations Center Office, 671-4800, in advance to have a forklift available.

Crane said items that are not recyclable and not accepted by 502nd CES personnel include Styrofoam, machine parts, lawn mowers, computers and electronic equipment.

When weather changes, seek shelter from the storm

Military members must be prepared for any threat they might encounter in the field. With the spring and summer months just around the corner, you can soon expect to see a variety of weather-related risks in their training and operational environments.

One of the most common weather events encountered in the field is thunderstorms, which can include hazards such as lightning, tornadoes and flash floods.

Since fiscal 2005, at least 41 Soldiers have been injured by lightning strikes; three Soldiers died from their injuries and another suffered a permanent total disability.

More than half of these lightning strike injuries occurred during two events just a week apart in August 2015. In the first, Soldiers were injured when a nearby tree was struck as the platoon was executing lightning lockdown procedures. In the second incident, lightning struck a tree in the troop

tactical operations center, injuring several Soldiers.

If you're caught outside in a thunderstorm with lightning, seek shelter in a sturdy structure or hardtop vehicle. If you find yourself in a vehicle, sit with your hands in your lap. If possible, shut off electronic communications equipment when lightning is in the area and don't use it unless absolutely necessary. If you're inside a building equipped with a telephone, don't use it either.

Avoid large pieces of metal equipment, and make risk decisions concerning vehicles loaded with various types of explosives or ammunition. Explosive items and ammunition have varying fragmentation distances, which should be considered in mission planning. Keep this in mind when making the decision on how far to clear away.

When caught in the open with no place to go, ensure you're not close to tall trees or structures that

are the highest points in the area. In wooded areas, seek shelter under a thick growth of small trees.

Avoid tall objects, isolated trees, bodies of water, sheds and fences.

If you are part of a group, spread out and squat down in an attempt to keep as low a profile as possible while keeping both feet planted firmly on the ground. You want to minimize your body's surface area contact with the ground, so never sit or lie down.

The tactical situation dictates other types of mitigation; for instance, radio operators should take down long whip antennas to help create a low profile.

Fighting positions create a unique point of interest.

During lightning storms, make sure you're not leaning or resting your body on the inside of the hole. Center yourself and remain alert until the storm passes. A properly constructed fighting position will provide you with

overhead cover from hail and high winds, and you'll have the lowest profile possible.

Keep in mind, lightning can strike even after a thunderstorm has passed. It's best to wait about 30 minutes after the weather passes to resume activities.

A general rule of thumb in estimating the hazard area for lightning strikes is flash-to-bang time. If you see lightning, begin counting seconds. If you hear thunder within 30 seconds, you're in a hazard area. If your hair begins to stand on end, squat down immediately and place your hands on your knees with your head between your legs.

Violent atmospheric storms have rotating winds ranging from 200 to 300 mph in the most severe cases. If caught in the field when a tornado hits, follow these guidelines:

- Seek shelter in a substantial structure and go to the basement or an interior room.
- Avoid trailers or vehicles.

• Never attempt to outrun a tornado in a vehicle; instead, abandon it immediately.

If no shelter is available and you're caught in a convoy, dismount your vehicle and lie flat in the nearest ditch or depression. Be sure to secure your Kevlar helmet and other protective items to prevent injury from flying debris. In a defensive position or base camp, a properly constructed fighting position will place you below the ground with overhead cover if suitable structures aren't available.

Flash floods are another hazard associated with storms and you don't even have to be in the area receiving the rain for this particular hazard to strike.

When selecting operational sites, stay clear of low-lying areas, dry riverbeds, flood plains and canyons. If you're caught outside in a flash flood, move to higher ground immediately. Avoid rivers, streams and low spots.

Don't try to walk

through flowing water higher than ankle deep and never attempt to drive through flooded areas. Underwater hazards aren't visible, and water more than one foot deep can easily displace 1,500 pounds. Just two feet of water will move or carry most automobiles.

The best method for maintaining environmental situational awareness is to monitor weather reports. This is accomplished in the field via the chain of command and tactical operations centers receiving routine weather data.

However, if the National Weather Service has deemed weather severe enough to put out a watch or warning, then your chain of command usually will provide more guidance on unit actions. If you don't have access to immediate weather data, rely on your own judgment and take appropriate measures to prevent or limit risk.

(Source: Army Knowledge Management)

INSIDE THE GATE

Trails & Tales Guided Tour

Friday, 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.

Employment Readiness

Mondays, 9-10 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

Post-Deployment Resiliency

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

Boots to Business

Tuesday-Wednesday, 8 a.m. to 4 p.m., Military & Family Readiness

Center, building 2797. A two-day entrepreneurial course offered by the Small Business Administration. Discuss opportunities and challenges of business ownership and other self-employment options. Review steps for evaluating business concepts and developing a business plan. Learn about available resources to help access start-up capital and additional technical assistance. Boots to Business is now expanding beyond transitioning service members and is open to all service members at any time of their career and their spouses. Call 221-1213 to register.

Microsoft 2013 PowerPoint Foundational

Tuesday-Wednesday, 8 a.m. to noon, Military & Family Readiness Center, building 2797. This is a two-day workshop designed to give

the beginner basic knowledge and skills within PowerPoint. Participants will learn how to create a presentation and manipulate slides; apply and modify design themes; edit and move text boxes and manipulate text; create tables and apply styles, borders, background and more. Classes are free and open to all Department of Defense ID cardholders. Registration required, call 221-2705.

Air Force Pre-Separation

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

Citizenship, Immigration

Tuesday, 9 a.m. to noon, with

ceremony 2 p.m., Military & Family Readiness Center, building 2797. Review American customs and cultures, or meet with a Citizenship & Immigration Service Officer for assistance with applications. Eligible patrons will take the Oath of Allegiance at a naturalization ceremony beginning at 2 p.m.. Registration is not required. Call 221-2705.

FRG Key Caller

Wednesday, 9 a.m. to noon, Military & Family Readiness Center, building 2797. This training defines the Family Readiness Group key caller's role and responsibilities, address issues key callers may face and identifies resources. Call 221-2418.

Volunteer Orientation

Wednesday, 10-11 a.m., Mili-

tary & Family Readiness Center, building 2797. Volunteers newly assigned to the Military & Family Readiness Center will in-process and receive training on their responsibilities. Call 221-2705.

Children In The Middle

Wednesday, noon to 4 p.m., Military & Family Readiness Center, building 2797. This two-part series must be attended in order and meets the Texas court ordered requirements for divorcing parents. Topics focus on how families can meet the needs of children growing up between two homes and provides separating parents with very specific strategies on how to handle the unusual circumstances surrounding divorce and co-parenting. Call 221-2418.

Military children serve, too

By Jim Garamone
DOD News, Defense Media Activity

The Department of Defense knows that the whole family serves when a military member serves.

April is the Month of the Military Child, a time to highlight the contributions and sacrifices made by military children.

It's also a chance to catch up on what the department does for military families.

As a group, military children are a resilient bunch, said Barbara A. Thompson, DOD Office of Family Readiness Policy director.

Military children need to be resilient, Thompson said. Active-duty military personnel move an average of once every two to three years, according to DOD statistics. And they don't just move to the next town. Military families are more likely to move long distances and to foreign countries.

Roughly 70 percent of military families do not live on a base, a figure

that is somewhat lower overseas, according to a Princeton University study entitled, "The Demographics of Military Children and Families."

Moves disrupt family life, Thompson said. For children, frequent moves disrupt education, friendships, sports and more.

But there are many that thrive in this environment, Thompson said.

"Military children are a very resilient group of people," she said. "I'm not underestimating what it takes for a military child to move every two or three years – it means a new home, new neighborhood, new friends and a new school."

Thompson stresses that everyone is a part of the family readiness system. Chaplains, teachers, child care givers, family advocacy specialists are all part of the support system for children and their parents, she said.

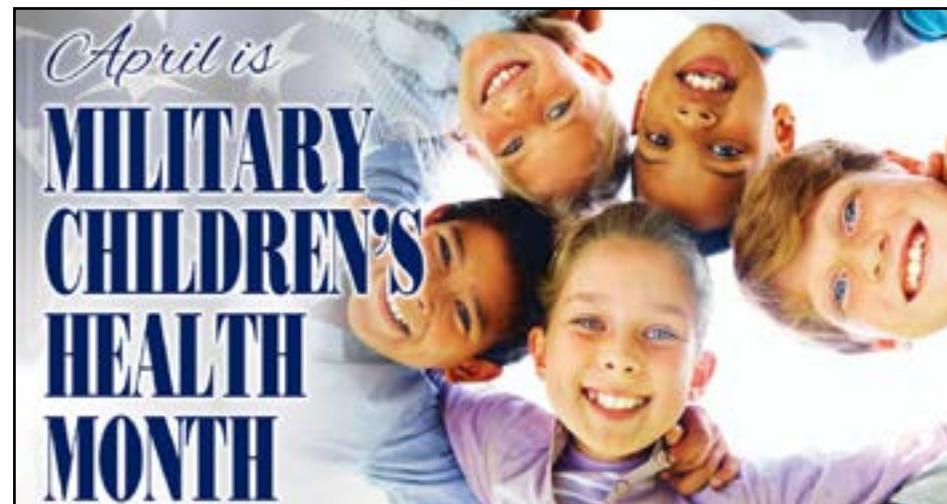
This can be relatively easy on the close confines of an installation, but for families who reside away

from a military base – especially for children of those in the reserve and National Guard components – this may be more of a challenge, Thompson said. School administrators, teachers, clergy and social services personnel must understand the special circumstances that military children may find themselves in and know where to go for resources.

About 42 percent of the children of active-duty service members are under the age of 5, Thompson said.

"Our force is young. They marry earlier; they have their first child earlier than their civilian counterparts and we want to make sure the programs we provide meet the needs of those young families," she said. "We have to be cognizant about the needs of very young children."

More than 700 child development program facilities worldwide provide approximately 155,000 child-care spaces, according to officials. In addition,



tion, about 3,000 Family Child Care homes offer in-home care. The military child development centers serve approximately 200,000 children daily.

But babies and toddlers aren't the only focus, officials said. There are about 300 youth and teen centers worldwide serving more than 645,000 youth through a variety of educational and recreational programs. In the past year, about 2,700 military youth participated in camp programs at little or no out-of-pocket expense.

In all of these areas people inside and outside

the department are studying ways to make these services better, and this indicates the importance leaders place on the military family, Thompson said.

There are many different resources, Thompson said. Here are a few of them:

MilitaryOneSource (<http://www.militaryonesource.mil/>) is what is sounds like – the one place to go to for information. A Military Youth on the Move section offers information for children who are preparing to move to a new home or dealing with the afteref-

fects of a recent move.

Military Kids Connect (<http://www.militarykidsconnect.org>) is a site where military children can connect with other children who are facing similar challenges. There are also tips for parents and teachers.

The Military Child Education Coalition (<http://www.militarychild.org>) is a non-profit organization focused on the academic and emotional needs of military children in public schools. They offer a variety of programs and resources for students and parents.

**CLASS
6X9.75 1**

**CLASS
6X9.75 1**

6 x 4.75 AD