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JOINT BASE SAN ANTONIO

FEBRUARY 2, 2018

U.S. ARM



USAISR leads 'Stop the Bleed' campaign Page 11



Lackland Airman solves the unsolvable problem Page 14

Participants in an Operational Readiness Exercise/Ability to Survive and Operate return fire from opposing forces Jan. 18 at Joint Base San Antonio-Randolph's Camp Talon.

Exercise tests readiness

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SOCIAL MEDIA ALERT Know what to post, what not to share

Online fraud against Airmen has persisted for many years

By Cheri Dragos-Pritchard 50TH SPACE WING PUBLIC AFFAIRS

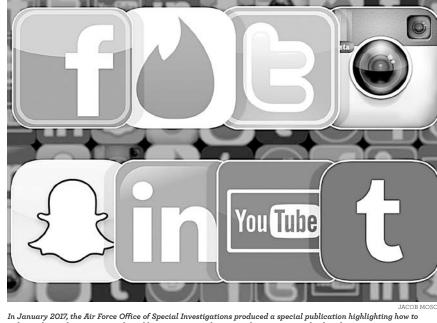
While social media is great for telling the Air Force story, keeping personnel informed and staying in touch with family and friends, it is especially important for Airmen and their families to limit personal and certain work information when posting things online.

Criminals and foreign adversaries can learn a lot about people based on what is posted on social media, whether it's comments, photos or memes. Cyber criminals can steal somebody's identity, target military members to gain inside information and use geotags from photos to locate military or family members.

In January 2017, the Air Force Office of Special Investigations produced a special publication highlighting how to safeguard an online presence. The publication states military members are targeted online for two major purposes: fraud and elicitation of sensitive information.

"The safest practice for Airmen (military or civilian) is to decline friend requests or requests to follow from anyone they do not know," said Ryan Cobb, AFOSI, Detachment 807 special agent. "If they do recognize the person, but are already 'friends' with or follow them, then they should reach out to that person by phone or email to ensure it is in-fact a legitimate request, before accepting."

The AFOSI publication explains online fraud against Airmen has persisted for many years and can take on multiple forms, including romance



In January 2017, the Air Force Office of Special Investigations produced a special publication highlighting how to safeguard an online presence. The publication states military members are targeted online for two major purposes: fraud and elicitation of sensitive information.

scams, identity theft, extortion, or a multitude of other scams. It further confirms that elicitation of Air Force personnel by criminals and foreign adversaries is a growing concern, especially as Air Force members continue to expand their presence on social networking sites.

"There are a lot of scammers out there pretending to be people they are not," Cobb said. "They look for military ties. Therefore, members should keep their security settings on private or friends only. By doing this, they can keep these questionable people from gathering information and potentially using it for nefarious purposes."

In Air Force Instruction 35-107, Public Web and Social Media Communication, chapter five states, "All Airmen (military and civilian) have limitations of free speech. In addition to specific ethics and Hatch Act limitations, civilians are prohibited from discussing the intricacies of the Air Force and the Department of Defense. Active duty members, as members of the Air Force, must abide by certain restrictions to ensure good order and discipline."

The AFI also states all (military) Airmen are on duty 24 hours a day, 365 days a year, and their actions on and off duty are subject to the Uniform Code of Military Justice.

"Airmen are solely responsible for what they post on the internet, social media platforms or otherwise," said Capt. Casey Randall, 50th Space Wing Legal Office chief of civil law. "Before posting, they should consider Operational Security or posting anything that may reflect negatively on the Air Force."

Not only is OPSEC important, but Airmen can benefit from learning about copyright and trademark laws, too.

"It's also important that we are aware copyright and trademark laws also apply to online posting," said Randall. "Airmen should avoid using any copyright or trademark product unless they have specific permission from the owner. Breaking these laws or making classified or secret information public is punishable under the UCMJ, and the consequences can ruin careers or lives."

For more details about acceptable social media, refer to AFI35-105, Public and Social Communication, and the AFO-SI's Special Product, United States: Safeguarding USAF Personnel's Online Presence.

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Colds and Flu: I'm sick, what should I do?

From Naval Hospital Jacksonville Public Affairs

It's that time of year, when colds and influenza spread across the country, bringing discomfort to many. And the flu is peaking earlier this year than usual, with widespread cases reported in every state across the continental U.S., according to the Centers for Disease Control and Prevention.

Let's talk about colds

There is no cure for the common cold, which is caused by a virus. Antibiotics won't help; they don't work against viruses. Taking unnecessary antibiotics can also make it harder for your body to fight future bacterial infections.

To feel better when you have a cold, get lots of rest and drink plenty of fluids. (Yep, just like your mom told you.) Over-the-counter medicines might help ease your symptoms. But they won't make the cold go away any faster. Always read the label and use as directed. Be especially careful with children and cold medicine. Some medicines have ingredients not recommended for children.

Cold symptoms include sore throat, runny nose, coughing, sneezing, headaches, and body aches. Most people recover within about seven to 10 days. But people with weakened immune systems, asthma, or respiratory conditions might develop serious illness, such as pneumonia.

To reduce your risk of getting a cold:

▶ Wash your hands often with soap and water. Wash for 20 seconds. Help young children do the same. If soap and water aren't available, use an alcoholbased hand sanitizer. Viruses that cause colds can live on vour hands.

> Avoid touching your eyes, nose, and mouth with unwashed hands.

>> Stay away from people who



Sqt. Jonathan Lafleur (right), allergy immunizations technician, Tripler Army Medical Center, gives the influenza vaccination to Spc. Tyler Warren.

are sick.

To protect others, if you have a cold:

>>> Stav at home while vou're sick.

➤ Avoid close contact with others, such as hugging, kissing, or shaking hands. ▶ Move away from people before coughing or sneezing. > Cough and sneeze into a tissue, and then throw it away. Or cough and sneeze into your upper shirt sleeve. Either way, completely cover your mouth and nose.

▶ Wash your hands after coughing, sneezing, or blowing vour nose.

>> Disinfect surfaces and objects that you touch often (such as toys, doorknobs, light switches, faucet handles, keyboards, and cell phones).

Call your doctor, if you or vour child has one or more of these:

➡ Temperature above 100.4 degrees Fahrenheit. ➤ Symptoms that last more than 10 days.

>> Symptoms that are severe or unusual.

>> If your child is younger than three months of age and has a fever, always call your doctor right away. Your doctor can determine if you or your child has a cold, and can recommend therapy to relieve symptoms.

Let's talk about influenza

You might have the flu if you have some or all of these symptoms: fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, fatigue, and sometimes diarrhea and vomiting.

Most people with the flu have mild illness and don't need medical care or antiviral drugs. If you get sick with flu symptoms, in most cases, you should stay home and avoid contact with other people except to get medical care. Stay home for at least 24 hours after your fever is gone, except to get medical care or other necessi-

ties. Your fever should be gone without the use of fever medicine (like Tylenol). Stay home from work, school, travel, shopping, social events, and public gatherings.

While you're sick with flu: ▶ Stay away from others.

- >> Wash your hands often.
- ▶ Cover coughs and sneezes with a tissue.
- ▶ If you must leave home, wear a facemask if you have one.

People who are only mildly ill should not go to the emergency room. If you go to the ER and you don't have the flu, you might catch it from people who do have it.

If you have flu symptoms and are in a high-risk group, or are very sick or worried about your illness, contact your doctor. High-risk groups include: voung children (age vounger than five, and especially younger than age two), people age 65 and older, pregnant women, and people with certain medical conditions (such as asthma.

diabetes, or heart disease). High-risk patients should contact your doctor early in your illness. Remind them of your high-risk status for flu, and ask about antiviral treatment.

If anyone has any of these emergency warning signs of flu sickness, go to the ER:

For Children

▶ Fast breathing or trouble breathing.

- Bluish skin color.
- ▶ Not drinking enough fluids. >> Not waking up, or not interacting.

▶ Being so irritable that the child doesn't want to be held.

▶ Flu-like symptoms improve, but then return with fever and worse cough.

▶ Fever with a rash.

For Infants

In addition to the signs above, get medical help right away for any infant who has any of these signs: Unable to eat.

- >> Trouble breathing. ▹ No tears when crying.
- >> Significantly fewer wet diapers than normal.

For Adults

>> Difficulty breathing or shortness of breath.

Pain or pressure in the chest or abdomen.

- Sudden dizziness.
- ✤ Confusion.

>> Severe or persistent vomiting.

>>> Flu-like symptoms that improve, but then return with fever and worse cough.

For 24/7 clinical advice, call the Nurse Advice Line at 800-TRICARE (800-874-2273).

It's not too late to get your flu shot. You can also email your doctor for non-urgent issues, using RelayHealth secure email messaging. Go to the TRICARE Online Patient Portal at

www.TRICAREonline.com or https://mil. RelayHealth.com.

To find out more, visit the Centers for Disease Control at www.cdc.gov/flu.

Free tax filing software available to military members

By Lisa Ferdinando

DOD NEWS, DEFENSE MEDIA ACTIVITY

With the new year bringing a new tax season, Military One-Source has launched its free tax software to support military members and their families in the annual task of filing.

The MilTax software is available through the Military One-Source website, and walks military families through a variety of filing scenarios, explained Erika Slaton, program analyst for the Defense Department's Military OneSource program.

"Service members and their families have unique tax filing situations," she said. "There are frequent moves, deployments, or multistate filings; there are a host of considerations that military members and their families face."

The tax software allows users to submit a federal and



The Joint Base San Antonio tax centers are now accepting appointments for those who need help with their tax returns. For JBSA-Fort Sam Houston, call 210-295-1040; for JBSA-Lackland, call 210-671-1001 and for JBSA-Randolph, call 210-652-1040. The JBSA tax centers provide free tax preparation and electronic filing for federal and state tax returns for eligible active-duty members and military retirees.

up to three state tax returns at no cost Slaton said.

Military members and their families can speak via phone with a Military OneSource tax expert, and in-person tax filing assistance is available on military installations at a Volunteer Income Tax Assistance location.

"Because these tax consultants are knowledgeable of the military community, they'll be able to help service members and families connect the dots in helping them to complete their return," Slaton said.

In addition to complicated

filing scenarios, she pointed out, tax laws change each year.

The tax services save members their hard-earned money, she added, and are secure, confidential and have a 100 percent accuracy guarantee by the software provider.

The tax deadline this year is April 17 because the usual April 15 deadline falls on a Sunday, and the following day is Emancipation Day, a legal holiday in the District of Columbia.

The Military OneSource tax resources are available to members of the Army, Navy, Air Force, Marine Corps and National Guard, as well as Coast Guardsmen serving under Title to authority, Slaton said.

Other eligible personnel include retired and honorably discharged members up to 180 days past their separation, as well as spouses, dependent children and survivors. Further information on eligibility, people in the United States can call Military OneSource at 800-342-9647 or visit the website, Slaton said. The site also provides calling options for people living overseas.

In addition to the tax services, the DOD-funded Military OneSource offers a host of free and confidential resources to support the military community, Slaton said. Military One-Source has a singular mission: to support service members and their families, she added, noting the recent launch of the "Our Promise to You" initiative.

"Our promise is to be that one source that stands ready to assist the military community – giving service members and their families the expert support and information they need," she said.

Military OneSource's website resources cover areas such as family and relationships, moving and housing, education and employment, and financial matters.

Advance assignment notification enhancement prompts career discussions

By Kat Bailey

AIR FORCE PERSONNEL CENTER PUBLIC AFFAIRS

Air Force commanders will now receive seven-day advance notification of assignments for their Airmen as the Air Force's Personnel Center takes steps toward a more transparent and interactive assignment system. This change supports Air Force Chief of Staff Gen. David Goldfein's "Revitalizing Squadrons" effort, ensuring commanders are aware of assignments given to their Airmen.

As an enhancement to AFPC's virtual assignment notification process, all assignments for enlisted Airmen in the ranks of senior master sergeant and below and officers, lieutenant colonel and below, now go to unit commanders through their Military Personnel Flights seven days before the official notification to Airmen.

"The advance notification will give commanders an opportunity to notify their Airmen of the assignment, either directly or through a delegated subordinate. It also provides an opportunity to discuss the pros and cons of the assignment, ultimately giving com-



Col. Andrea Themely (left), 80th Flying Training Wing commander, talks with Lt. Col. Jason Colborn Dec. 20, 2017, about career opportunities.

manders additional mentoring opportunities," said Maj. Gen. Brian Kelly, AFPC commander.

The seven-day window also allows for discussion of the Airman's professional development path and the assignment timing for their family. Additionally, the new step permits delivery of the assignment notification face-to-face versus computer and ensures the commander has full awareness.

Kelly advised the commander ad-

vance notification is not the same as the official assignment notification. Official assignment notification occurs on day eight when the Airman receives the notification email, logs into virtual MPF and acknowledges receipt. Once the Airman logs in, this records their official assignment notification date which begins the seven-day period the Airman is afforded to either accept the assignment or execute their option to retire or separate, if eligible. "This new seven-day period is not intended to be a negotiation or reclama period above already existing assignment rule sets," Kelly said, "But we at the Air Force's Personnel Center will remain agile and alert for potential adjustments driven by real world changes. We're intentionally putting this into action now to ensure availability during our upcoming 2018 summer cycle moves."

AFPC officer assignment teams have begun updating assignments for the summer assignment cycle. The assignment update for the enlisted assignment cycle will occur on Jan. 26, 2018, with approximately 2,900 assignments.

The advance notification only applies to the initial assignment. For example, if an Airman's initial assignment is a remote tour (dependent-restricted tour) and is approved for a follow-on assignment, the virtual notification for the follow-on assignment will go directly to the Airman via vMPF notification on the selection date.

For more information on the advance notification process, visit the active duty enlisted or officer Assignments pages on myPers from a CAC-enabled computer.

Smoke alarms, fire extinguishers: the dynamic duo of fire safety

By Richard S. Campos JOINT BASE SAN ANTONIO FIRE SAFETY

Often taken for granted is the smoke detector, which is a common feature in American homes. Surveys conducted for National Fire Prevention Association, or NFPA, found that 97 percent of the household surveyed reported having, at minimum, one smoke alarm. Based on those surveys, that means almost five million households do not have any smoke alarms at all.

According to the Federal Emergency Management Agency, or FEMA, in the United States alone, some 3,500 people die each year in fires and another 18,300 are injured. Many of them would be alive today if they had learned what to do if there was a fire. A working smoke alarm is vital in the home.

If there is a fire in the home, smoke spreads fast and working smoke alarms to give you time to escape. Having a smoke alarm cuts the chances of dying in a reported fire in half. Three of every five home fire deaths resulted from fires in homes with no smoke alarms or no working smoke alarms according to the NFPA.

Follow these safety tips in choosing a smoke alarm for your home:



>> Choose a smoke alarm that bears the label of a recognized testing laboratory. ▶ Install smoke alarms in every sleeping room, outside each separate sleeping area and on every level of your home, including the basement. ✤ Interconnect all smoke alarms throughout the home for the best protection. When one sounds, they all sound. Make sure you can hear the sound of the smoke alarm. ▶ Replace all smoke alarms, including alarms that use 10year batteries and hard wiring alarms, when they are 10 years old or sooner if they do not respond properly when tested. >> Test your smoke alarms at least every month using the test button.

Smoke alarms with non-

replaceable long-life batteries are designed to remain effective for up to 10 years. If the alarm chirps, warning that the battery is low, replace the entire smoke alarm. For smoke alarms with any other type of battery, replace batteries at least once a year. If that smoke alarm chirps, replace only the battery.

An ionization smoke alarm is generally more responsive to flaming fires, while a photoelectric smoke alarm is generally more responsive to smoldering fires. For the best protection, or where extra time is needed to awaken or assist others, both types of alarms, or combination ionization and photoelectric alarms are recommended.

Another effective method in curbing the loss of property is the usage of fire extinguishers. The time to purchase a fire extinguisher or learn to use one is not after a fire starts.

However, a majority of adults have not had fire extinguisher training and may not know how and when to use one. Using a fire extinguisher correctly can be a life-and property—saving tool.

Different types of fires require different types of extinguishers. For example, a grease fire and an electrical fire require different extinguishing agents to be effective.

Basically, there are five different types of agents. Most fire extinguishers display symbols to show the kind of fire on which they are the kind of fire on which they are to be used.

Class A extinguishers put out fires in ordinary combustible materials such as cloth, wood, rubber, paper and many plastics.

Class B extinguishers are used on fires involving flammable liquids, such as grease, gasoline, oil, and oil-based paints.

Class C extinguishers are suitable for use on fires involving appliances, tools or other equipment that is electrically energized or plugged in.

There are also multi-purpose fire extinguishers such as those labeled "B-C" or "A-B-C" that can be used on two or more of the above types of fires.

Portable fire extinguishers

are valuable for immediate use on small fires. For example, when a pan initially catches fire, it may be safe to turn off the burner, place a lid on the pan and use a fire extinguisher.

But if the fire has spread beyond the pan into other areas of the stove, kitchen or house, only trained firefighters can safely extinguish the blaze. Some people have physical limitations that might diminish or eliminate their abilities to properly use a fire extinguishers. People with disabilities, older adults or children may find that an extinguishers is too heavy or too difficult to exert the pressure in order to operate it.

Sound decision making, training and maintenance are required to safely control a fire with an extinguisher. The U.S. Fire Administration recommends that only those trained in the proper use and maintenance of fire extinguishers consider using them.

To learn more about smoke alarms and fire extinguishers, visit the National Fire Protection Association's website at http://www.nfpa.org/education or contact one of the Joint Base San Antonio fire prevention offices. At JBSA-Fort Sam Houston, call 210-221-2727; at JBSA-Lackland, call 210-671-2921; and at JBSA-Randolph, call 210-652-6915.

Application window open for 2018 USO Service Member of the Year

By Staff Sgt. Alexx Pons

AIR FORCE PERSONNEL CENTER PUBLIC AFFAIRS

Air Force officials are accepting nominations for the 2018 United Service Organizations Service Member of the Year Award.

The award is sponsored by the USO and recognizes specific acts of heroism by E-5s or below from every military

service branch.

Organizations and base-level personnel should contact their major command, field operating agency, direct reporting unit or major command equivalent for details regarding suspense dates and nomination procedures.

Each MAJCOM/COCOM/FOA/DRU may submit only one nomination, and

nominations are due to the Air Force's Personnel Center by April 4. Specific eligibility and application procedures are available via myPers. Select "any" from the dropdown menu and search "USO."

For more information about Air Force personnel programs, go to myPers. Individuals who do not have a myPers account can request one by following these instructions at http:// www.afpc.af.mil/Support/myPers/.

The sponsor of this award is in the process of revamping nomination requirements; therefore, dates are subject to change. Follow current guidelines when preparing nominations. Should the sponsor decide not to fund the award any longer, this and future solicitations will be cancelled.



Project WOOF underway at USAISR Burn Center



DR. STEVEN GALVAN

By Dr. Steven Galvan USAISR PUBLIC AFFAIRS

Kaitlin Pruskowski was told her pet Sammy, a seven-yearold Collie-mix, would be a good candidate to be a therapy dog.

The doctor of pharmacy at the U.S. Army Institute of Surgical Research Burn Center at Joint Base San Antonio-Fort Sam Houston didn't give it much thought until Col. (Dr.) Jennifer Gurney, a critical care trauma surgeon, came up with the idea to establish a therapy dog program at the Burn Center.

With that opportunity for Sammy and herself and a few months of training to become a therapy team, Pruskowski created Project WOOF for

From left: Dr. Kaitlin Pruskowski, Leah Trefz, U.S. Army Institute of Surgical Research Burn Center occupational therapist, and Staff Sgt. Christopher Guerrero take Sammy for a walk through Brooke Army Medical Center as part of his rehab program. patients and staff at the Burn Center.

"The benefits and healing power of the human-animal relationship have long been recognized," Pruskowski said. "Animal-assisted activities and therapy programs have been implemented in both in- and outpatient settings and have demonstrated positive outcomes on patients' moods, anxiety levels, pain scores and rehabilitation efforts. They have also been shown to have a positive impact on nursing and hospital staff."

Due to the positive impact on both patients and staff, Pruskowski teamed up with Therapy Animals of San Antonio, or TASA, and got herself and Sammy certified to be a trained therapy team. She and Sammy, along with two other teams from TASA, rotate every Wednesday to incorporate their services into patient's rehabilitation sessions specified on their rehab needs.

"To start of the program, we

opened it up to outpatients or inpatients that are able to travel from their inpatient room to the rehab department," Pruskowski said. "The initial visit was a success and I believe that the presence of the dog was a great morale-booster for both the patients and the staff."

Marine Staff Sgt. Christopher Guerrero, a rehab outpatient, was one of the first patients to incorporate Sammy into his rehab regimen. Part of Guerrero's rehab routine involves walking on a treadmill in the Burn Center rehab unit. His first outing with Sammy involved walking him throughout the hospital and brushing his coat.

"I really enjoyed working with Sammy," Guerrero said. "It made me realize that I could do this at home with my two dogs. Now, when my wife takes our dogs for a walk, instead of staying inside the house, I go with her and help her with them which is good rehab for me."

Peafowl a tradition at U.S. Army North Quadrangle

From U.S. Army North Public Affairs

No matter the time of day or what event is taking place at the historic location, the piercing squawk from the Joint Base San Antonio-Fort Sam Houston Quadrangle can be heard from over a mile radius and is commonly referred to by visitors as a built-in alarm clock.

But, what animal is making all that commotion? It's the vibrantly colored peacocks.

It's not clear when the peacocks arrived at JBSA-Fort Sam Houston.

"The first mention I have of the peacocks is from a newspaper article dated in 1898. And, in the article, a soldier is making little wooden boxes to place the peachicks in, so that the deer also living in the Quadrangle won't eat them," said Jacqueline Davis, director of the Fort Sam Houston Museum. In the article, a Soldier is making little wooden boxes to place the peachicks in, so that the deer also living in the Quadrangle won't eat them," said Jacqueline Davis, Fort Sam Houston Museum director.

Peafowl is the proper name to describe these pheasant birds within the subfamily of Phasianinae. Peacocks refer to the male of the species, which are known for their flamboyant colored tail feathers of blue, gold and red hues. Peahens denote the females and the term peachick is reserved for the young offspring. Visitors commonly ask Davis "why are peacocks living in the Quadrangle?"

"There is no good reason other than having peacocks was a popular thing to do in the 1800s," Davis said. "Peacocks are native to Asia and were more than likely brought to Texas from India."

Birds live in almost every ecosystem on Earth from frigid, sub-degree climates to the heat of desert during its hottest day.

Birds are important to the "circle of life" and help keep systems balanced in various ecosystems: they pollenate and fertilize plants, help control the insect population, mark the start of changing seasons and contribute to other various aspects of life.



A number of peafowl make their home at Joint Base San Antonio-Fort Sam Houston.

NORAD commander visits U.S. Army North, thanks members

By Sgt. 1st Class Shelman Spencer ARNORTH PUBLIC AFFAIRS

U.S. Army North (Fifth Army) hosted a town hall meeting at the historic Quadrangle Jan. 16 with Gen. Lori J. Robinson, commander, North American Aerospace Defense Command and United States Northern Command.

Before starting the town hall, Robinson first presented challenge coins to selected members of ARNORTH for their key roles during the hurricane season.

"I want to give a sincere thank you for everything that you did from Harvey, Irma, Maria, the wildfires — pick something from this last year and thank you," Robinson said. "At the end of day, you all delivered. What you did, took care of our nation."

USNORTHCOM was established Oct. 1, 2002 to provide command and control of Department of Defense homeland defense efforts, and to coordinate defense support to civil authority. As the commander, Robinson has oversight of NORTHCOM's specific missions. "Gen. Robinson's leadership contributed greatly to our success in Puerto Rico, responding to Hurricane Maria," said Lt. Gen. Jeffrey S. Buchanan, commander, U.S. Army North (Fifth Army) "She trusted and enabled Army North to handle all the tactical and operational missions on the island. At the same time, she took on all of the requirements to keep the national-level leadership informed, which allowed us to focus on the response efforts."

Each natural disaster is different base off location, category and other factors. Army North continues to learn from each event and exercise and apply lessons learned to future events.

"We're going to talk about things in the upcoming weeks and we're going to discuss lessons learned and then I discuss that with the new Defense of Homeland Security secretary," Robinson said. "We're going to figure out how do we keep moving forward because we can always learn, we can always make things better, but that doesn't mean that we did things poorly."



SGT. 1ST CLASS SHELMAN SPENCER

U.S. Army North (Fifth Army) hosted a town hall meeting at the historic Quadrangle Jan. 16 with Gen. Lori J. Robinson, commander, North American Aerospace Defense Command and United States Northern Command.

Exposed ladders at JBSA-Fort Sam Houston must be secured

By Krystal Carrion 502ND AIR BASE WING

SAFETY OFFICE

Many buildings at Joint Base San Antonio-Fort Sam Houston were built in another era, some more than a century ago. A large number of these buildings have exposed ladders on the outside. This is a problem from several perspectives.

The first concern is safety. More than 90,000 people receive emergency room treatment from ladder-related injuries every year, with 700 deaths on the job occurring annually.

The second concern is unauthorized access. Many of the buildings along Stanley Road and other areas house vital and important offices with potentially sensitive material.

And the last concern is terrorism. A person set on committing mayhem or committing an act of terrorism can use an



unsecured and unprotected exposed ladder to gain entrance to an area where they may take hostages or even commit violent acts upon innocent people.

The majority of active shooter incidents took place in a business. Active shooter incidents are unfortunate, and in response to lessons learned, increased awareness initiatives and agency collaborations have been established. The 502nd Air Base Wing Safety Office has partnered with Anti-Terrorism Security Forces, the 502nd Civil Engineer Squadron, and 502nd ABW Public Affairs to eliminate vulnerable areas with exposed ladders. There needs to be cages and locks built over all fixed outside ladders.

It is our responsibility as a team to ensure that all employees working on the installation are aware of the dangers of not preventing unauthorized access.

Will you join the initiative to eliminate exposed areas? All exposed ladders without cages need to be identified as soon as possible. Once identified, share the information with your unit's facility manager. A work request is required to be submitted to 502nd CES for processing and coordination.

The references listed will assist facility managers with the description justification for

work:

Air Force Instruction 91-203, paragraph 7.4.2.6

Access: Ladders available to public access require guarding to prevent unauthorized access. Typically, the bottom seven feet shall be guarded. Examples of guarding include the use of a fence with locked gates and making the bottom portion portable or spring loaded and available only as needed. Additionally, there must be a warning sign prohibiting access by unauthorized persons.

United Facilities Criteria (UFC) 4-010-01

DOD Minimum Antiterrorism Standards for Existing Buildings: Eliminate external access where possible or secure external ladders or stairways with locked cages or similar mechanisms. The civil engineer squadron will ensure engineering infrastructure, installation and/or facility design, physical security, resource protection, fire emergency services, explosive ordnance disposal, expeditionary engineering, and emergency management mitigation and projects supporting vulnerabilities identified in Core Vulnerability Assessment Management Program are referenced and prioritized in ACES (T-3).

If your unit is using any fixed ladders, let your unit's safety team know. Before using any fixed ladder, the ladder must be inspected and classified. Ladders without evidence of inspection must not be used until the ladder has been inspected and approved for use. These ladders are likely very old and may not be safe for any use.

The 502nd CES welding shop stands ready to place cages and locks over all fixed ladders. In the long run, it could save a life.

JBSA-FSH prepares for cyber inspection

From U.S. Army Signal Network Enterprise Center

From Feb. 26 to March 9, Joint Base San Antonio-Fort Sam Houston, an inspection team from the Defense Information Systems Agency, or (DISA), will conduct a Command Cyber Readiness Inspection, or CCRI, of all network systems for the JBSA-Fort Sam Houston area of responsibility.

The main focus of the inspection will be on the Nonsecure Internet Protocol Router Network, known as the NIPR-Net, the Secret Internet Protocol Router Network, or SIPRNet, and supporting traditional security practices.

The agency will inspect work centers, looking for adherence to standards and will also check JBSA-Fort Sam Houston's technical and information systems for vulnerabilities.

In addition, DISA will inspect technical and operational adherence to the Department of Defense standard practices and policies, which includes secure and non-secure cyber security network compliance and physical security practices.

In order to ensure JBSA-Fort Sam Houston passes the inspection successfully, every unit and network user has a responsibility for being knowledgeable on proper cyber security, traditional security and physical security practices.



COURTESY GRAPHIC

Commanders and senior civilian leaders at all levels within their organizations are asked to check and recheck that these standards are being adhered to — down to the individual user — to ensure awareness and compliance with cyber security measures. The following are some tips network users can follow to ensure compliance success:

Cyber Security

▶ Read your Acceptable Use Policy, or AUP. As users of the Army network, you sign an AUP when first being allowed access to any Army network. It contains all the basics you need to know to keep you compliant when using Government computer systems. Mobile device users are required to sign an additional AUP tailored for the device usage.

✤ At the conclusion of the business day, log computers off the NIPRNet system and reboot at the beginning of the next duty day ensure security patch compliance.

▶ Power on and log in to SIPRNet systems during mandatory SIPRNet "uptime" periods as established by the senior commander's operation order. Staying connected during the entire period is essential to systems getting the required updates.

Do not pass any information, especially critical operational traffic, over unclassified communications, such as phone, email, Facebook, etc.
Remove Common Access Cards, SIPR tokens and secure all SIPR drop lockboxes and hard drives prior to leaving computers unattended.
Do not plug unauthorized electronic devices, like thumb drives, hard drives, portable media players or cell phones into a government NIPRNet or SIPR-Net computer system unless you have an approved exemption letter.

Traditional Security

» Know who your security manager, information management officer and information assurance support officer are and how to contact them.

✤ Verify security clearances and escort unauthorized personnel.

Properly safeguard classified systems to include proper completion of applicable Standard Form 700 (security container information), SF 701 (activity security checklist) and SF 702 (security container check sheet).

Description of the second s

➤ Know how to identify and respond to a network security incident or classified message incident by using the network incident reporting aid located on the NEC Information Assurance SharePoint site at http:// samhc25070:16628/IAD/SitePages/ Home.aspx under the cyber security links.

Never bring portable or wireless electronic devices within three meters of a classified system.

For Network Enterprise Center support, call 210-221-1599.

Offsite conference brings new chapter for U.S. Army South

By Sgt. Summer Woode ARSOUTH PUBLIC AFFAIRS

Maj. Gen. Mark R. Stammer, U.S. Army South commanding general, is trying to enlighten, invigorate and empower his leaders and addressed them during the annual Army South Offsite Conference at Joint Base San Antonio-Fort Sam Houston Jan. 18-19.

The conference included the commander's staff and directorates, subordinate commands and representation from U.S. Special Operations Command South; U.S. Marine Corps Forces South and U.S. Southern Command. It was the first opportunity for Stammer to inform those in his command on his mission, vision and intent.

The mission is a new one for U.S. Army South, as the command takes on the role as U.S. Southern Command's Joint Force Land Component Command, or JFLCC, in addition to continuing as an Army Service Component Command, or ASCC.

In this new role, Army South will conduct security cooperation and respond to contingencies, as part of a whole-of-government approach, in conjunction with partner nations in U.S. SOUTHCOM's area of responsibility. This is a joint effort with U.S. land forces.

"The goal is to synchronize all the activities, such as Humanitarian Assistance and Disaster Relief (HADR), that are current on the land domain," said Lt. Col. Michael Long, U.S. Army South policy and strategy chief.

To "keep from wasting precious resources," Long said there are now effective ways for Army South and the Marines to synchronize efforts.

The commanding general used the conference as a forum to explain what those efforts look like. Stammer envisions Army South personnel performing double duties, while assigned to both an ASCC and JFLCC. Educating the leaders of the command and passing that knowledge down to the Soldiers brings fruition to his vision.

In this time of transition, the empowerment of leaders is key. For success of the command and mission, Stammer wants his leaders to "post signs," an analogy he made comparing leader guidance with traffic signs.

"How often do you need to post signs to attain the initiative without ever losing confidence of Soldiers? You need to figure out how frequently you provide those posts and for who," Stammer said. "It is your responsibility to manipulate your leadership style to accommodate all of the learning styles in your formation."

Stammer practices what he preaches. He visits the directorates and checks on the welfare of Soldiers and civilians. He observes and listens to the dayto-day occurrences of the unit.

During the conference, Stammer relayed similar intentions for the senior leaders in attendance. "It is your responsibility to make sure that understanding is achieved, not from the sender, but from the receiver," Stammer said. "You've got to know your people."

USAISR leading the way in 'Stop the Bleed'

By Dr. Steven Galvan USAISR PUBLIC AFFAIRS

The "Stop the Bleed" national awareness campaign was launched in 2015 to encourage bystanders in emergency incidents to get involved and stop life threatening bleeding. The campaign encourages everyone to become trained, equipped and empowered to help stop bleeding in emergencies before help arrives.

To support this initiative, Col. (Dr.) Shawn Nessen, commander of the U.S. Army Institute of Surgical Research at Joint Base San Antonio-Fort Sam Houston and the Army Surgeon General Trauma Consultant, has requested that all USAISR staff be trained to stop the bleed.

"The USAISR efforts to control battlefield hemorrhage have resulted in many saved lives among our wounded service members," Nessen said. "Implementing the program gives us an opportunity to extend our leadership to the civilian sector. This program will allow anyone trained in its techniques to manage hemorrhage until help

arrives."

The first phase of the getting staff trained to stop the bleed involved two things: outfitting "Stop the Bleed" kits near every automated external defibrillator, or AED, station throughout the institute's two buildings, as well as conducting hands-on classes to train instructors to train the staff.

"We took ownership of our own competence in that we are making ourselves more ready to respond to problems like violence like at the Navy Yard, and twice at Fort Hood," said Dr. John Kragh, an orthopedic surgeon and tourniquet researcher, who assisted with the initial training. "We are also stewards of the community on this issue, and therefore, we are role models. Col. Nessen has emphasized these points well."

Kragh stressed that the most important thing that staff members learn is when they see a need; they can intervene and stop the bleed.

"See a need? Stop the bleed! They get information on how and when to intervene so they can better judge, and they dem-



DR. STEVEN GALVAN

Chris Bell places a tourniquet on Staff Sgt. Luis Sanchez during a training session designed to train instructors to conduct classes for U.S. Army Institute of Surgical Research staff members on "Stop the Bleed."

onstrate the skills," Kragh add-ed.

Staff Sgt. Luis Sanchez, logistics noncommissioned officer, was among the first staff members to undergo the instructor training.

"The training was very good, especially for the staff members who have never encountered this type of situation where they need to know what to do and act quickly," Sanchez said. "I learned how properly pack a wound on a casualty mannequin. This training was beneficial because it keeps us sharp and ready."

Stephanie Truss, USAISR Health, Safety and Environmental manager, coordinated the instructor training and attended the initial class.

"The installation of the 'Stop the Bleed' kits, along with the rapid deployment of a diverse training team, are all integral parts of the commander's initiative," Truss said. "We are the leading edge for the methods of stop the bleed and we hope to not only increase the amount of skilled trained staff but for each of them to share the knowledge in the community."

Truss will coordinate another iteration of instructor classes before initiating training for the staff in 2018.

"It's important for our staff to be trained, because we never know what can happen," Sanchez said. "The more prepared we are as a staff, the better our chances of surviving in a situation where we need to apply these skills and save lives."

"We are changing the world," Kragh added. "In my experience, it's really slow and hard to substantially improve the world. It's most gratifying to have improved first aid which potentially affects learners and patients globally. We continue this effort in service of the 7.5 billion people on the planet today and the next 7.5 billion to come. This is as good as it gets, the work of our lifetime to help others hold onto their lifetimes."

Maj. Gen. King new commander of Army North's Task Force-51

By Sgt. 1st Class Shelman Spencer

U.S. ARMY NORTH PUBLIC AFFAIRS

Maj. Gen. John F. King assumed command U.S. Army North's Task Force-51 from Maj. Gen. Brian C. Harris during a change of command ceremony officiated by Lt. Gen. Jeffrey S. Buchanan, commander, U.S. Army North (Fifth Army) at the quadrangle at Joint Base San Antonio-Fort Sam Houston on Jan. 26.

TF-51 is Army North's contingency command post and conducts a Defense Support of Civil Authority, or DSCA, homeland defense and theater security cooperation in order to promote the defense and security of the United States.

"Brian has done a phenomenal job over the last couple of years, through numerous exercises," Buchanan said. "He's been our lead for the Vigilant Guard series of exercises in every state.

TF-51 coordinates federal response when requested by the state where a disaster occurs. The federal forces and equipment augment the state's National Guard and other agencies.

"To the Soldiers and Civilians of Task Force-51, I



Maj. Gen. John F. King (left) takes the Task Force-51 colors from Lt. Gen. Jeffrey S. Buchanan, commander, U.S. Army North (Fifth Army), during a change of command ceremony Jan. 26 at the historic quadrangle at Joint Base San Antonio-Fort Sam Houston. King assumes command of TF-51 from Maj. Gen. Brian C. Harris.

want to thank you for your hard work, devotion to our mission, to each other and to me," Harris said. "You're one of the finest corps of Soldiers that I've ever served with and I'm proud to call you my comrades and my family. I'll miss bragging on your accomplishments and skills as noncommissioned officers and officers."

Harris is slated to work as the National Guard adviser to the combatant commander at U.S. Northern Command.

"I bring a great sense of humility to this job, I'm now going to be able to follow my passion, not only serving in our Army, but serving our communities and our nation – it is a tremendous honor," King said as the new TF-51 commander.

King's previous assignment was a dual-hatted position, serving as the Director of Joint Staff, Georgia National Guard, and the deputy commanding general for the Army National Guard at the Maneuver Center of Excellence, Fort Benning, Ga. As Director of Joint Staff, he managed programs and operations supporting more than 15,000 Soldiers, Airmen and civilians.

Under the command of Maj. Gen. King, TF-51 will continue to plan, prepare and exercise for disasters – man-made or natural, in order to serve the people of the United States when they need help the most.

LACKLAND

Wilford Hall audiology clinic works to maintain, restore hearing

By Senior Airman Keifer Bowes 59TH MEDICAL WING PUBLIC AFFAIRS

Hearing can play a critical role in people's daily lives, from enjoying a favorite song to hearing an evacuation alarm, sound impacts many day-to-day tasks.

When hearing is compromised, and an individual can no longer effectively communicate, the 59th Medical Wing audiology clinic can alleviate and restore hearing related issues.

As the largest clinic of its kind in the Air Force, the audiology clinic offers hearing tests, balance testing and hearing aid screenings.

Maj. Ramone Williams, audiology element chief for the 59th MDW, sees patients ranging from infants to retired generals.

"We are the largest audiology clinic Air Force wide," Williams said. "We do the standard diagnostic hearing tests and infant hearing screenings, but a large part of what we do here includes helping retirees get hearing aids at cost. An aid that could cost somebody six to eight thousand dollars at a civilian provider, we can often times provide to them for six to eight hundred dollars."

The audiology clinic also contributes to conserving the hearing of service member's in career fields posing hearing dangers.

A study by the Journal of General Internal Medicine found that 16.4 to 26.6 percent of male veterans of the Afghanistan War and the Iraq War seeking Veterans Affairs care



Airman 1st Class Barbara Ellis (left), 59th Medical Wing occupational health specialist, administers a simulated hearing conservation test to Airman 1st Class Tyasia Priester Jan. 25 at the 59th MDW audiology clinic.

suffer from serious hearing loss and tinnitus. That same study found 7.3 to 13.4 percent of female veterans had hearing loss.

"Anybody that is exposed to hazardous noises due to their occupation is automatically enrolled in the hearing conservation program where we do annual hearing test to make sure that they don't have a shift in their hearing," Williams said. "If there are any changes, we'll do a more in depth examination and make our recommendation from there."

Williams stressed that for many patients, proactively seeking treatment can result in earlier diagnosis and preferred outcomes. Many hearing loss patients wait seven years before treatment, but the clinic hopes to reduce this number through educational outreach initiatives.

"People have a pre-conceived notion that if they come to us with hearing loss, they'll have to wear this humongous hearing aid, but they don't understand that the technology we have now makes it so that hearing aids today are virtually invisible," said Williams as he held up a hearing aid measuring no more than an inch. "We get patients that know they have hearing issues, so when they finally come to the clinic the most common complaint we get is that they have a hard time hearing in a group conversation. Hearing issues aren't only affects the individual but also

the people around them." With various treatment facilities throughout the city, the 59th MDW provides a full spectrum of health care services to more than 240,000 beneficiaries in the San Antonio metropolitan area.

For more information about the 59th MDW, including new 59th Medical Wing texting service, visit www.59mdw.af.mil.

Airman finds solution to unsolvable problem

By Lori A. Bultman 25TH AIR FORCE PUBLIC AFFAIRS

(Editor's note: Last names have been omitted for security purposes.)

When Airmen at the 363rd Intelligence Support Squadron discovered an issue with the three dimensional functionality on computer workstations vital to target analysts, one of their own highlyskilled Airmen found a solution and prevented \$100,000 in equipment from becoming useless. "Airman 1st Class Nathaniel, a cyber systems operations apprentice, researched and automated a fix action to establish 3D functionality in 36th IS's newly purchased KVM (keyboard, video and mouse) switches," said Staff Sgt. Matthew, the Airman's supervisor.

When the issue arose, Nathaniel contacted the KVM's manufacturer and was told by their engineers there was no solution, but he did not let that stop him from supporting the squadron's vital mission.

On his own accord, he spent hours studying beyond his level of expertise to build his understanding of how the various systems were operating. Then, he learned how to modify those systems in an authorized manner, his supervisor said.

The apprentice worked hard to find the correct solution.

"For solving the problem, I just did some research on how KVM's are supposed to work and identified where the error was occurring during the process. After that, it was just a lot of reading on how to for that, it was signals to and receive signals to and receive signals from the KVM and how to force an output configured for the specific monitor's we were using," he said.

Solving problems and completing missions is something this Airman strives for.

"I'm always excited to try to fix issues that others have trouble solving. New technology will sometimes have obscure issues when it comes to some of our specialized systems at Langley Air Force Base. We are encouraged by our leadership to solve some of these problems," he said.

The workstations Nathaniel ensured were functional are essential to the 36th IS mission.

"The 3D functionality of these products is vital to our target analysts as they perform JASSM (Joint Air-to-Surface Standoff Missile) and JDPI (Joint Desired Point of Impact) target creation," Matthew said. "A1C (Nathaniel's) efforts



ensured that \$100K worth of equipment would not be put to waste."

The Airman's innovative solution has also improved workstations and KVMs at other locations and is being sent to National Guard and Reserve partners for their use.

"At a basic level, this solution allows our intel operators to have a more functional workspace," the proud supervisor said, adding that Nathaniel's work is just one example of the change in mindset he sees in all the squadron's cyber operators.

"Nathaniel is a tireless worker," he said. "Once he is assigned a task, he always comes through with optimal results, no matter what issues arise during the process," the staff sergeant said. "He completed his 5-level training eight months early and earned the required credits to receive an associate's degree in Information Systems Technology from the Community College of the Air Force."

Earning that degree was just the first step in this motivated Airman's long-term plan.

"The CCAF degree is a milestone for the bigger picture of finishing my bachelor's degree in Cyber Security and eventually finishing my master's degree in a related field," Nathaniel said. "It was very important to complete this degree to progress further in my Air Force career, but it's not the end goal."

Nathaniel said it is important to complete objectives, whether they affect the mission or personal goals.

"If I have something that needs to be finished because it has an impact on the mission, or my goals, I go out of my way to try to complete the objective. Personal training is a requirement not only for self-improvement, but also to expand your skillset, which allows more trust to be placed in you when it COURTESY GRAPHIC ,

comes to handling more responsibility," he said.

It was the trust and power his leaders allowed him to have that allowed Nathaniel to accomplish personal goals while also completing his duties.

"Our leadership in the 363rd ISS gives us the time and resources we need to complete our goals while also focusing on the mission," he said.

Nathaniel's hard work and dedication to the mission did not go unnoticed. He was recently recognized by the 363rd Intelligence, Surveillance and Reconnaissance Wing commander, Col. Jonathan C. Rice IV.

"Because of Nathaniel's innovative effort with the 3-D issues, the 36th IS was able to move forward with no interruption in operations," the commander said. "It is because of audacious Airmen like him that the 363rd is able to exercise dynamic adaptability and solve problems for warfighters around the world." RANDOLPH

Exercise at JBSA-Randolph tests Air Force members' combat readiness

By Robert Goetz 502ND AIR BASE WING PUBLIC AFFAIRS

More than 40 Air Force members from across Joint Base San Antonio came to JBSA-Randolph's Camp Talon Jan. 18 for evaluation of the skills that prepare them for deployment.

The Operational Readiness

Exercise/Ability to Survive and Operate was the first of 12 sessions planned on Tuesdays and Thursdays through March 1 at Camp Talon, the JBSA location's combat readiness training area. ORE/ATSO exercises are also scheduled at JBSA-Camp Bullis' Camp Shadow.

"The purpose of the exercise is to evaluate the ATSO training that JBSA Air Force personnel receive," said Master Sgt. Christopher Dion, 502nd Air Base Wing Inspector General NCO in charge of wing exercises. "The exercise consists of a simulated deployment from locations around JBSA to Camp Talon and Camp Shadow."

Dion said each wing is responsible for meeting installation mission assurance exercise requirements throughout the inspection cycle in accordance with Air Force Instruction 90-201. The evaluations planned at Camp Talon and Camp Shadow reflect the Air Force's re-emphasis on OREs.

"It's readiness training," said Army Col. Lee Flemming, 502nd Air Base Wing vice commander and JBSA deputy commander, who visited Camp Talon. "The purpose of the exercise is to be prepared to deploy and practice our wartime mission."

Exercise participants, who represent diverse career fields, began the day with a safety and intelligence threat briefing. After receiving combat gear, they were evaluated on their ability to perform ATSO skills at five evaluation stations and, later in the day, displayed their readiness for air and ground attacks. The exercise concluded with refit and redeployment back to their home stations.

The skills that are evaluated during the exercise include self aid and buddy care; chemical, biological, radiological, nuclear and high-yield explosives de-



Participants in an ORE/ATSO exercise climb a hill to reach opposing forces during a mock attack Jan. 18 at JBSA-Randolph's Camp Talon. Exercise participants were evaluated on their ability to perform ATSO skills at five evaluation stations to include self-aid and buddy care; chemical, biological, radiological, nuclear and high-yield explosives defense; the use and care of weapons; and response to attacks.



An inert mortar training aid lays in a field during an Operational Readiness Exercise/Ability to Survive and Operate Jan. 18 at Joint Base San Antonio-Randolph's Camp Talon. Inert training aids are used to simulate real munitions that may be found after a chemical attack.

Nominations for 2018 NAACP Roy Wilkins Renown Service Award sought

By Staff Sgt. Alexx Pons

AIR FORCE PERSONNEL CENTER PUBLIC AFFAIRS

Nominations for the 2018 National Association for the Advancement of Colored People Roy Wilkins Renown Service Award are due to the Air Force Personnel Center by March 21.

The award honors military members and Department of Defense civilian employees who have supported the DOD mission or overseas contingency operations, or whose attributes epitomize the qualities and core values of their respective military service. Organizations and base-level personnel must contact their major command, combatant command, field operating agency or direct reporting unit for applicable suspense dates and additional information regarding nomination procedures. Each MAJCOM, COCOM, FOA and DRU may submit one nomination.

Eligibility and application procedures are available on myPers. Select "any" from the dropdown menu and search "Special Trophies and Awards."

For more information about Air Force personnel programs, go to myPers.



Editor's note: The sponsor of this award is in the process of revamping their requirements and criteria for nominations; therefore, dates are subject to change. Follow current guidelines when preparing nominations. Should the sponsor decide not to fund the award any longer, this and future solicitations will be cancelled.



Participants in an Operational Readiness Exercise/Ability to Survive and Operate return fire from opposing forces Jan. 18 at Joint Base San Antonio-Randolph's Camp Talon.

EXERCISE

From page 17

fense; the use and care of weapons; and response to attacks.

Tech. Sgt. Leviel Smith, 902nd Security Forces Squadron NCO in charge of standardization and evaluation, stressed the importance of basic weapon

skills.

"If they get into a firefight, it's important they know how to keep their weapon operational," he said. "It can save their lives."

In addition to the Air Force members evaluated for their ATSO skills and combat readiness, volunteers play the role of the opposition force during the combat phase, Dion said.

"They come from a variety of career fields as well as from our sister services," he said.

The exercise also includes evaluators from the 502nd ABW Wing Inspection Team, who assess participants in their functional areas.

Air Force leadership has placed a renewed emphasis on



PHOTOS BY SEAN WORRELL

A participant in an Operational Readiness Exercise/Ability to Survive and Operate exercise tightens a drawstring on her chemical, biological, radiological, nuclear and high-yield explosives suit Jan. 18 at JBSA-Randolph's Camp Talon.

OREs and combat readiness, Dion said.

"A lot of times you forget about the skills you learned in basic training when you get wrapped up in your job," he said. "We're re-evaluating that focus on basic combat preparedness. We want to make sure our warriors are able to survive any threat they face."

More than 40 Air Force members from across Joint Base San Antonio came to JBSA-Randolph's Camp Talon Jan. 18 for evaluation of the skills that prepare them for deployment.

FORT SAM HOUSTON BRIEFS

New location for U.S. Army North IG office

The U.S. Army North Inspector General is moving to a new location in building 199 on Stanley Road.

Newcomer's Orientation

Date/Time: Feb. 2, 16, 8 a.m. to noon

Location: Military & Family Readiness Center, building 2797

This is a mandatory in-processing briefing for all military and civilian personnel newly assigned to Joint Base San Antonio, family members are also encouraged to attend. For more information call 210-221-2705.

Transition Goals, Plans, Success (GPS)

Dates/Time: Feb 5-9 and 12-16, 8 a.m. to 5 p.m. Location: Solider for Life, building 2263 A mandatory five-day workshop for all service members separating from the military. To register, call 210-221-1213.

Budget 101

Date/Time: Feb. 6, 2-4 p.m. Location: Military & Family Readiness Center, building 2797

A hands-on guide to setting up a budget worksheet. To register, call 210-221-2705.

USAJOBS Navigation & Federal Resume

Date/Time: Feb. 7, 9-11 a.m. Location: Military & Family Readiness Center, building 2797

Learn how to interpret federal vacancy announcements and become familiar with the USA/OBS website, set email notifications about new job postings and tailor your resume. To reserve a seat, call 210-221-2418.

LACKLAND BRIEFS

with associated stressors

Pre-Deployment

Date/Time: Tuesdays, 7:30-

All service members sched-

rary duty assignment longer

than 30 days, or go on a re-

to attend. To register, call

Location: Building 8210

Location: Logistics Readiness,

uled to deploy, go on a tempo-

mote assignment are required

Instructional classes

Register for classes at Youth

Fridav from 8:30 a.m. to 5:30

p.m. at building 8420. Classes

guitar, piano, Baby Jam, Kinder

Jam. Toddler Jam. Tang Soo

Programs Monday through

include dance, tumbling,

210-671-3722.

briefing

9:30 a.m.

building 5160

210-671-3722.

Do and karate.

Spouses are highly encour-

aged to attend. To register, call

Firing Range Trespass Notice

Location: Medina Firing Range, 900 Patrol Road, JBSA-Lackland Training Annex at Medina.

It is illegal and dangerous to trespass on the Medina Firing Range. Weapons training is conducted daily. For more information or valid entry requests contact the 37th Training Support Squadron, Combat Weapons Section range control office at 210-671-2349 or 210-671-0023.

Post-Deployment Reunion & Reintegration

Date/Time: Mondays, 2:30-3:30 p.m.

Location: Logistics Readiness, building 5160 Required for all service members returning from deployment; this training covers reintegration into home life and provides resources to deal

RANDOLPH BRIEFS

Flu shots available

The JBSA-Randolph Clinic is now offering flu vaccines for all TRICARE beneficiaries, age six months and older, at the Immunizations Clinic 7:30 a.m. to 4:15 p.m. Monday-Thursday and 7:30 a.m. to 3 p.m. Friday. You must have a valid ID to get a vaccine.

Initial Key Spouse Training

Dates/Time: Feb 8, 8:30 a.m. to 2:30 p.m.

Location: Military & Family Readiness Center, building 693

This training is mandatory for all newly appointed Key Spouses who have not received the initial training from their previous location. To register, call 210-652-5321.

Pre-Separation & Retirement Counseling Dates/Time: Feb 7, 21, 28, Noon to 3 p.m. Location: Military & Family Readiness Center, building 693 This mandatory briefing is required for all service members that are separating or retiring from the military, and is required before attending the Transition GPS workshop. To register, call 210-652-5321.

How to Prepare a Volunteer Award Nomination Package

Dates/Time: Feb 9, 9-10 a.m. Location: Military & Family Readiness Center, building 693 Learn how to write and submit an effective nomination package for your volunteers. Nomination packages will be accepted through February 23, 2018. Forms can be found online at www.jbsa.mil/Resources/Military-Family-Readiness/Volunteer-Resources. To register, call 210- 652-5321.