

JBSA LEGACY

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JOINT BASE SAN ANTONIO

OCTOBER 19, 2018



PHOTO BY ANDREW C. PATTERSON

Members of the Special Warfare Training Wing honor the fallen with memorial push-ups after the SWTW activation ceremony Oct. 10 at Joint Base San Antonio-Lackland.

Special Warfare Training Wing activates

Page 16



ARNORTH continues with hurricane relief efforts

Page 9



Volunteers vital in preserving WWI legacy

Page 20

COMMENTARY

Lessons learned from past failure

By Staff Sgt. Justin R. Norton
302ND AIRLIFT WING PUBLIC AFFAIRS

Thirty-two. Thirty-three. Thirty-four. Thirty-five — time's up. Somewhere in Texas a senior airman failed his fitness test. He couldn't complete the minimum requirement for abdominal crunches.

Dragging himself back to his car, ashamed and furious with himself, he realized that he was now one of those Airmen he looked down on for failing their fitness test. Worse yet, he was deploying in two weeks and his gut sank as he thought of delivering news of his failure to his supervisor.

That senior airman was me in 2014.

I also found out I wouldn't be promoting to staff sergeant earlier that day either, making this the second year in row I missed the mark for a promotion. At this point, I was certain my leadership would tell me I'd blown my opportunity to deploy. I'll never forget the half hour sitting in the parking lot, full of shame, staring out at the flight line before facing my supervisors.

I did end up going on that deployment and would need to pass a fitness reassessment while I was there.

Until failing that fitness test, I never felt like a failure. I'd felt mediocre at times. In fact, I often felt mediocre. I knew there was plenty of room for me to improve, but never acted on it. I never studied for my promotion test or trained for fitness assessments. At work, I met the standards, nothing more, nothing less. Looking back at that time, I coasted through my professional and personal life.

I didn't know at the time that I needed to fail that test. The shame and anger born from that failure pushed me toward growth and progress



STAFF SGT. TIFFANY LUNDBERG

Staff Sgt. Justin Norton, a 302nd Airlift Wing Public Affairs photojournalist, runs laps around the track Aug. 16 at Peterson Air Force Base, Colo.

like nothing I'd ever experienced before.

While deployed, I engrossed myself researching fitness plans and woke up two hours before my 13-hour shift to hit the gym. I lifted weights and did push-ups and sit-ups, then wrapped up with a run every day. On my only day off each week, I woke up early to run until my sides ached and I was covered in sweat with the sun beating down in 110-degree desert heat.

I was averaging about five hours of sleep a night with a little more than that on my day off in an effort to catch up on the lost hours. I was exhausted and I hated every second of it. But I hated being a failure more so I kept at it.

When it came time for the

fitness reassessment, I earned a 93. It was the first time I ever scored over a 90. But the biggest payoff from those early mornings and intense training routines was what they taught me about failure and the value it added to my life.

Seeing that score was the turning point in my life. I began looking for other ways to improve myself and learned to use failure as a motivator. I stopped beating myself down and changed the way I approached problems in my life. Instead of focusing so extensively on the ways I thought I couldn't measure up, I learned to approach my struggles as obstacles to overcome instead of as walls I couldn't pass.

Statements like "the only

way to grow is to be uncomfortable" can be found in all sorts of motivational texts and seminars, but lessons like this have to be experienced to have any significant impact on a person's perspective on life and failure. For me, it was weightlifting that gave me a better understanding of this life lesson.

I want to encourage people to not give up in the face of failure because I'm a better Airman today due to the lessons I learned from mine. We all have to face failure in some aspect of our lives and it wears a different mask for all of us, but it can teach us how to be better if we're prepared to search for those lessons rather than flee from them.

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JBSA LEGACY
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Feedback Fridays

By Brig. Gen. Laura Lenderman

COMMANDER, 502D AIR BASE WING
AND JOINT BASE SAN ANTONIO

Feedback Fridays is a weekly forum that aims to connect the 502d Air Base Wing with members of the Joint Base San Antonio community. Questions are collected during commander's calls, town hall meetings, and throughout the week.

If you have a question or concern, please send an email to RandolphPublicAffairs@us.af.mil using the subject line "Feedback Fridays".

Questions will be further researched and published as information becomes available.

Personnel Issues

Q. Is bereavement leave in the works for civilians too?

A. Great question. While I hope no one on our team ever has to use bereavement leave, the unfortunate reality is at some point or another, one of our teammates will. Currently, civilian employees may use sick leave to make arrangements necessitated by a family member death or to attend the funeral. Full time employees may use up to 104 hours of their sick leave each leave year for bereavement purposes. Part-time employees, and employees with uncommon tours of duty, can use an amount of sick leave not to exceed the number of sick leave hours accrued in a leave year. Air Force civilian employees may also be excused under administrative leave for a brief period to attend the funeral of an AF civilian co-worker, reservist or military member. While Air Force Instruction 36-815 is the governing document, the local civilian personnel office can provide clarification on the specific rules.

For military members, there have been some discussions at the Headquarters Air Force level for active duty bereavement leave. However, at this time the AF has not formulated or published guidance implementing any new entitlement or change. As always, should specific instances arise, I encourage our active duty Airmen to seek out their chain of command, as they can offer the most immediate assistance in the event of unforeseen circumstances.

Installation & Facilities

Q. Can we close the East Gate at

Randolph? At the very least, can we close it in the afternoon?

A. Thank you for your question. After talking with our Security Forces team, it's difficult to answer these two questions without a bit more context into specific concerns. However, considering the JBSA-Randolph East Gate in broad terms, both Loop 1604 and FM 78 bring heavy traffic to the area, especially during morning and evening rush hour periods. The 902d Security Forces Squadron, in conjunction with the 502d Civil Engineer Group, have conducted in-depth traffic analyses looking at ways to expedite flow, reduce wait times, and improve motorist safety, all while maintaining installation security. These analyses have consistently shown that the East Gate is integral to JBSA-Randolph's traffic management effort. To that end, both the 902d SFS and 502d CEG work closely and regularly with the Texas Department of Transportation to consider signage and signaling along FM 78, making adjustments as necessary to respond to changes in traffic flow and conditions over time. Although JBSA-Randolph's gate operations may not be optimal for everyone, they represent a balance of mission and customer requirements. However, we are always looking for ways to better meet everyone's needs.

Q. Can we add a Zoe's Kitchen, Chick-fil-A, Chipotle, PF Chang's, or a Smoothie King on base?

A. Thanks for asking about the addition of potential commercial food operations at JBSA! The 502d Force Support Squadron is currently exploring the possibility of bringing a restaurant, to include those mentioned in the question, to one of our JBSA locations. Many factors must be considered to include the market demographics, new construction versus adapting to an existing facility, local market competition, and existing contractual food agreements in place with the AF and Army. It's also important to note that Army and Air Force Exchange Service has the right of first refusal for all name brand fast food operations on military installations. We'll pass along your suggestions to the AAFES general manager and his food concession manager for consideration as well.

While we determine what commercial restaurants might be available to us in the future, I encourage you and your



teammates to dine at one of our clubs, bowling centers, golf course snack bars, and the Student Activity Center snack bar. All offer reasonably priced and delicious lunch menus!

Q. Just wanted to give kudos to all of those involved with the road work happening in front of the Gateway Club!

A. Thank you so much for your feedback! We have an incredible team on that project and are so happy with all of the hard work they've been putting in to make that road comfortable and safe for motorists. You may also be interested to know of road improvement projects we will be starting during the first and second quarters of Fiscal Year 2019. On Fort Sam Houston, we will be making repairs to Corporal Johnson Road and Stanley Road. We are also excited to announce a partnership project with the city of San Antonio to improve Park Hill Road. On Lackland, repairs and improvements will be made to Kenly Avenue and Truemper Road. At Camp Bullis, we will begin work on Malabang Road and Wilderness Road. Motorist safety is of top concern to us and we will continue putting every effort in making our streets more travelable and look forward to hearing your future feedback!

Miscellaneous

Q. Does the Vogel Resiliency Center at Fort Sam Houston cost money?

A. No, the VRC is free! We serve, active duty, dependents, DoD civilian employees, retirees, Guardsmen, and reservists. Here is an overview of the agencies in the VRC that are here to serve the JBSA community:

► Family Life Program

Parenting, marriage, leadership, team building, anger, stress, communication,

and many other life skills:

(210) 221-0349

► Wellness Center

Health assessments, wellness education, physical fitness, weight control, stress management:

(210) 539-1254

► Substance Abuse and Suicide Awareness

Comprehensive education and awareness on substance abuse and suicide prevention:

► Substance Abuse (210) 221-0326

► Suicide Awareness (210) 221-2093

► Nutrition Coaching

Nutrition classes, nutrition therapy, healthy life-style courses, injury and illness prevention:

(210) 539-1275

► Teaching Kitchen

Hands-on culinary experience to enhance life skills and improve nutritional well-being:

(210) 808-0077

► Personal Finance Counseling

Budgeting, goal setting, credit/debt management, home & car buying, investing:

Mobile (210) 243-3752

Office (210) 221-9198

► Public Health Nursing

Tobacco cessation, health risk assessments, health education, women's health:

(210) 916-7646

► Family Life Chaplain

Counseling, spiritual guidance, relationship assistance:

(210) 808-0541 and 221-9445

► Ready & Resiliency Performance Center

Strengthening mental skills, performing through adversity, academic performance techniques:

(210) 808-0086/0089

JBSA installation gates scheduled for construction

From 502nd Air Base Wing Public Affairs

Throughout Joint Base San Antonio, installation entry control points, otherwise known as the base gates, will undergo multiple construction projects starting November 2018. These necessary construction projects will enhance force protection capability across JBSA, and when complete, will enhance the safety and security of our workforce, family and visitors.

Completion of all projects is estimated for April 2019. The gates scheduled for construction include:

- ▶ JBSA-Camp Bullis — Camp Bullis Gate
- ▶ JBSA-Fort Sam Houston — Beach Gate
- ▶ JBSA-Fort Sam Houston — Jadwin Commercial Vehicle Inspection Point
- ▶ JBSA-Lackland — Growden Gate
- ▶ JBSA-Lackland — Valley Hi/Airman's Gate
- ▶ JBSA-Randolph — Lindsey Gate.

This construction will impact mission partners, commercial deliveries and visitors across JBSA.

"We understand the disruption this may cause, and

we ask that you please remain patient with our Defenders during construction," said Capt. Shaun O'Dell, 802nd Security Forces Squadron Operations Officer. "These projects will enhance our ability to defend the base and protect both missions and people at JBSA."

Please implement operational security by varying your route and times when transiting to and from work to help ease expected traffic.

More information will be shared as it becomes available including exact dates of construction, potential gate and lane closures and traffic mitigation plans. If you have any issues or concerns regarding installation access, please contact your respective Anti-Terrorism Program Manager. Updated information on gate hours will be provided via the following link:

<http://www.jbsa.mil/Information/Visitor-Information/>

Anti-Terrorism Program Managers:

- ▶ JBSA-Camp Bullis and JBSA-Fort Sam Houston:



(210) 221-9460/0022

- ▶ JBSA-Lackland: (210) 671-5944/5927

- ▶ JBSA-Randolph: (210) 652-5968

COURTESY GRAPHIC

Flu shots available at WHASC, BAMC

From 502d Air Base Wing Public Affairs

Vaccines for children 6 months to 7 years of age are available in the immunizations clinic during normal clinic hours at Wilford Hall Ambulatory Surgical Center at Joint Base San Antonio-Lackland.

All other patients (greater than 7 years of age) may obtain flu vaccination at WHASC on the first floor, C Wing, from 8 a.m. to 4:30

p.m. Monday through Friday, through Oct. 26.

Evening hours are available from 5-7 p.m. Oct 17 and 24 at WHASC, first floor, A Wing, adjacent to the Family Emergency Center.

Starting Oct. 29, the vaccine will be available during reduced hours from 8 a.m. to noon through Nov. 16.

Brooke Army Medical Center is offering flu vaccinations to adults

and children 4 years and older through Nov. 15 from 7:30 a.m. to 4:30 p.m. Monday through Friday on the first floor of the consolidated tower at BAMC.

Beneficiaries who are unable to come to the hospital or children 6 months to 3 years of age may contact their primary care or pediatric clinic for an appointment to receive the vaccine.

Call the Flu Line at 210-916-7358 for more information.

59th MDW clinic hosts open house

By Staff Sgt. Kevin Iinuma

59TH MEDICAL WING PUBLIC AFFAIRS

The 59th Medical Wing Physical Therapy Clinic, located on the third floor of C wing at Wilford Hall Ambulatory Surgical Center at Joint Base San Antonio-Lackland is inviting all medical personnel and patients to an open house from 11 a.m. to 1 p.m. Oct. 25.

With October being National Physical Therapy Month, the clinic is hosting the open house to educate beneficiaries on their available services.

"Attendees will learn about the services we provide, conditions physical therapy can treat and when it is appropriate for a patient to receive physical therapy," said 1st Lt. Ellie Prinster, 59th MDW physical therapy intern.

Presentation boards will be on display throughout the clinic with information on the benefits of physical therapy.

"Most of what we do is orthopedic and sports medicine, but we also treat neuromuscular disorders and vertigo," Prinster said. "We also provide a general exercise guidance."

Technicians will perform demonstrations of techniques they regularly perform and discuss how patients can benefit from them.

Dry needling is a procedure therapists use to treat pain and movement impairments by inserting a dry needle through the skin into areas of the muscle. This technique provides relief for muscular pain and stiffness, improves flexibility, and increases range of motion.

The soundwaves from a musculoskeletal ultrasound create a therapeutic heat in a patient's muscles and joints, increasing blood flow to the areas being treated, promoting healing and decreasing swelling.

"We are very excited for this open house," Prinster said. "We are looking forward to sharing our profession with everyone."

JBSA, BAMC host Retiree Appreciation Day Oct. 20

From BAMC Public Affairs

Military retirees and service members who are about to retire can find out about useful programs and benefits at Military Retiree Appreciation Day from 8 a.m. to noon Oct. 20 at the Brooke Army Medical Center Medical Mall at Joint Base San Antonio-Fort Sam Houston.

An array of services will be offered, including a health fair and more than 100 information tables with representatives from BAMC medical clinics, agencies and organizations serving veterans and retirees.

At the health fair, free flu shots and immunizations and walk-in mammograms, well women exams, skin cancer screening and much more will be provided. Anyone who needs to update their immunizations must

bring their shot records. Additionally, there will be walk-in ID card service at the lower level at BAMC.

Any retiree who has a prescription for eyeglasses less than a year old can have them ordered at the health fair. In addition, retirees can turn in any expired medication, or any medications they no longer use, to the BAMC pharmacy booth.

Representatives from TRICARE Information and Humana-Military will be there to inform retirees of their medical benefits.

Many organizations and agencies will have representatives at the event, including the JBSA Retiree Activities Office, the Retired Enlisted Association, Bexar County Veteran Services, Veterans Benefit Administration, San Antonio Veteran Center and JBSA-Fort Sam Houston Casualty and Mortuary Affairs.

Forever GI Bill expands VA educational benefits

From U.S. Army Soldier For Life

Effective Aug. 1, the U.S. Department of Veterans Affairs, or VA, implemented 15 more provisions of the Harry W. Colmery Educational Assistance Act of 2017, also referred to as the Forever GI Bill.

These provisions, in addition to the 13 implemented since the law was signed less than a year ago, will have an immediate and positive impact on veterans and their families using VA benefits to pursue their educational goals.

“We are excited to get the word out

about implementation of the provisions,” said VA Secretary Robert Wilkie. “From the day the Forever GI Bill was signed into law, VA, in collaboration with veterans service organizations, state approving agencies and school certifying officials, has taken an expansive approach to ensure earned benefits are provided to veterans in a timely, high-quality and efficient way.”

Some of the provisions that began Aug. 1 include:

- ▶ Recipients of a Purple Heart awarded on or after Sept. 11, 2001, are now eligible for full Post-9/11 GI Bill benefits for up to 36 months, if not already entitled.
- ▶ Military and veteran families who have

RETIREE NEWS

lost a family member can now reallocate transferred Post-9/11 GI Bill benefits.

▶ Additional Guard and Reserve service now counts toward Post-9/11 GI Bill eligibility.

▶ Post-9/11 GI Bill students may now receive monthly housing allowance for any days they are not on active duty, rather than having to wait until the next month; and

▶ Expansion of the Yellow Ribbon Program, which makes additional funds

available for GI Bill students, now covers more students.

More provisions are scheduled related to science, technology, engineering and math benefit extensions; increased benefit levels; a pilot program for high-technology training geared toward “upskilling” veterans to enter the workforce quickly; and another expansion of the Yellow Ribbon Program, which will be implemented by Aug. 1, 2022.

For more information, visit the Forever GI Bill-Harry W. Colmery Veterans Educational Assistance Act page at <https://www.benefits.va.gov/GIBILL/FGIBSummaries.asp>.

22 and Me — Suicide in DNA

By Master Sgt. Christopher G. Dion

502D AIR BASE WING INSPECTOR GENERAL

Many have heard of the ancestry and DNA service, 23 and Me. This organization takes your DNA sample and it breaks down the 23 chromosomes that make up who you are. It then provides your family history and identifies threats to your health as displayed in your genetic makeup.

In the military and veteran community, we have a similar DNA sequence available for us to evaluate when it comes to the issue of suicide in our military family.

In our family, there are 22 veterans who commit suicide every day. The case studies of these 22 are the very DNA of this suicide epidemic.

The revelation of our suicide DNA came to us in 2012 through a report released by the Department of Veterans Affairs and since that time very little has changed in this statistic. Why is that? The answer is us.

We have created awareness programs, annual training, posters, websites and more. We have experts come and brief us on the medical and psychological causes, and still the statistic stays solid.

What we have not done is broken down the DNA itself, on the ground floor. We offer a cookie-cutter approach to a personal issue without looking at the very DNA — the people themselves.

There is a difference between

suicides driven by internal, as opposed to external forces. For many people, the negative effects caused by events that happen to them become altogether overwhelming. They cause them to focus more and more on the depression related to the question “Why me?”

Their inability, in that time of depression, to find solutions to their problems, or envision a day when those problems are in the past, leads them to consider an ultimate and final solution that will end their pain.

For others in our warfighter community it is the external, rather than the internal, that leads our brothers and sisters to seek this permanent solution. The question that is most often asked here is not “Why me?” but “Why was it them and not me?”

As members of the military profession of arms, we are taught from the earliest days of basic training to never leave an Airman behind. We are taught never to falter or fail. We are rewired from the individuals we were on the outside, to becoming a singular family on the inside.

These concepts are drilled into us at our military birth and reinforced every day as we work our shifts and train as one.

Added to that, we are as sheepdogs who are guardians by nature. We know that the sheep we protect, at home and abroad, are helpless without us, to the wolves that seek their flesh.

Although we sacrifice all we are, that

they might be safe and free, the sheep may not always appreciate our service. Worse yet is when the sheepdog loses one of their sheep.

This all can lead to a great depression in the heart and mind of the warrior when one for whom they feel personally responsible falls. The impact of this tragedy is compounded if the one who falls is a brother or sister, or if the burden of their injuries is so much that they end their own life.

To address this issue, the military mandates annual training. The problem with the effectiveness of this is that we do not take advantage of the opportunity, solely because we are mandated to do it.

We look at suicide awareness as a class instead of a way of life and something we should want to do, not just be told to do. The fact is that we are the focus of this training, not because we could commit suicide ourselves, but because someone close to us might.

We often complain that the training is ineffective, but do nothing to make it effective. We complain that they are preaching to us, but we do not communicate with each other. We say that we do not need this training, but fail to realize that the training is not for us alone.

Finally, we have a mentality of not wanting to pry into the lives of others. But, if we are family, should we not care enough and be courageous enough to pry? Should the one who is the focus of our attention not appreciate the fact that we are willing to be so bold as to pry on their behalf because we care about them enough to?

SUICIDE PREVENTION

We may never eliminate suicide altogether however, that is not an excuse for us not to work toward that goal. The key to addressing and reducing this cancer that has infected our family is to educate ourselves honestly, care purposefully and communicate effectively.

We need to be involved and we need to be situationally aware. I know that much of the training that has been created by the Air Force can look and sound corny. It is often the fodder of jokes whose laughter fades in the reality of suicide.

The scenarios depicted are acted out by Airmen employed to create the latest computer based training. They may not be Academy Award-winning actors, playing out a script written by Steven Spielberg however, life is not a Hollywood movie.

The difference is in the details, and those details are often subtle.

There is no checklist for suicide. Some people display a list of signs, while others may only display one or two signs, or very little, if anything at all.

However, much like a crime scene, if you are willing to open your eyes, your mind, and even your heart to see what is before you, you can be that single detail that makes the difference.

You can be that 23rd chromosome that makes the incompleteness of the 22 a healthy 23.

FORT SAM HOUSTON

ARNORTH commander stresses cohesion during hurricane relief efforts

By Joe Lacdan
ARMY NEWS SERVICE

The devastation and unpredictable damage of Hurricane Maria in Puerto Rico last year caused Army leaders to take a hard look at relief effort procedures.

Hurricane response became a timely topic as Hurricane Michael made landfall on the Florida Panhandle Oct. 10.

After Maria, one objective became clear: interagency cooperation between the Department of Homeland Security, the Federal Emergency Management Agency and the Department of Defense is essential in disaster response.

"If you spend all your time and energy on unity of command, it's wasted energy," said Lt. Gen. Jeffrey Buchanan, U.S. Army North (Fifth Army) commander at Joint Base San Antonio-Fort Sam Houston. "What we need to spend time and energy on is unity of effort."

"The military is only part of the equation," the general added. "We're not going to have unity of command between all the people doing search and rescue."

Army leaders and DHS Secretary Kirstjen Nielsen discussed the joint efforts necessary to respond to damages caused by major storms during a panel at the Association of the U.S. Army's annual meeting in Washington Oct. 9.

Michael was the strongest-ever hurricane to hit the Florida Panhandle and then headed towards Georgia and South Carolina.

Major storms and wildfires affected more than 46 million Americans in 2017, costing \$300 billion in damages. In September, Hurricane Florence caused catastrophic flooding in the Carolinas and Hurricane Lane pummeled Hawaii, pouring record amounts of rain in August.

"These types of disasters demand a response beyond what any one agency can handle," Nielsen said. "They simply require all hands on deck."

Should communities become impacted in Michael's aftermath, one measure that could help aid the agencies' unity of effort is the establishment of dual-status commanders, or military leaders that may serve in a federal and state capacity simultaneously.

The dual-status commander, said Maj. Gen. Giselle Wilz, Army Corps of Engineers South Atlantic Division commander, works directly for the state's governor and adjutant general while also serving as a member of the federal chain of command under the president and defense secretary's authority.

"The role of the dual-status commander is that he works for two different principals through two different chains of command," said Wilz, who served as the lead on a National Guard team that traveled to Puerto Rico shortly after Maria made landfall. "But ultimately his role is to facilitate the unity of state and federal forces in achieving dominance of justice in disaster response."

Brig. Gen. Dustin Shultz, commander of the 1st Mission Support Command, a Puerto

Rico-based Army Reserve unit, said her team built a special task force when communications on the island broke down during the storm. The hurricane wiped out as much as 85 percent of communications. Shultz said she had to resort to communicating over an AM radio station to check the status of unit members and their families.

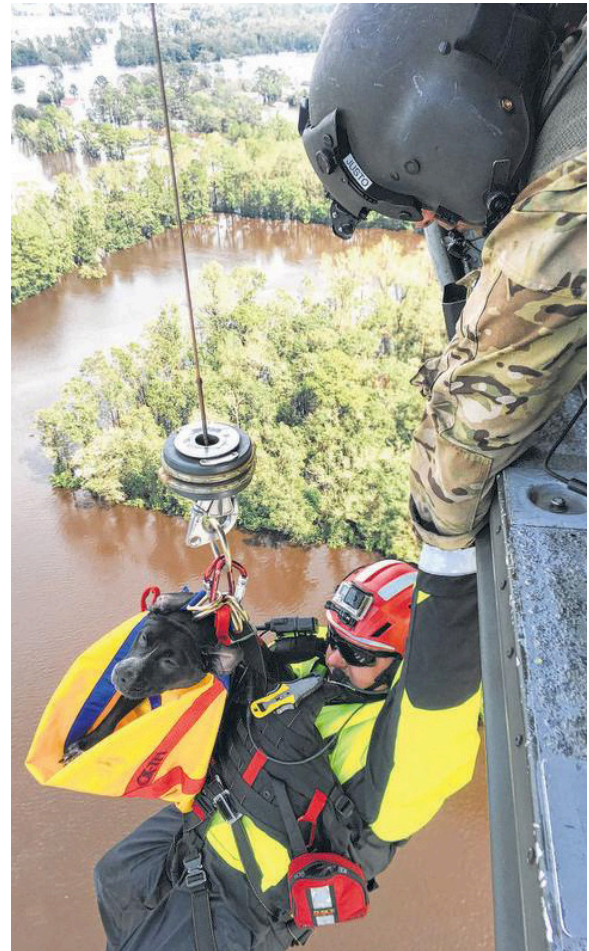
"They really had to push the formations and make sure they were part of the coordination and unity of effort with other agencies and units," Shultz said.

In order to link senior leaders in her unit with the Guard, she had to use runners. Some of the other challenges the 1st Mission Support Command faced included mud penetrating into fuel trucks and managing the distribution of funds toward resources.

Following Maria's onslaught, the Corps had to provide 60,000 pieces of temporary roofing consisting of a blue tarp-like material, 51 million pieces of building materials, 60,000 power folds, and 8,400 miles of wire -- and all of this had to be transported by sea, costing about \$3.4 billion.

With so many lives at stake and a heavy cost in the balance, there is a fine line disaster response planners must walk, Buchanan said.

"We've got to balance anticipation with patience," Buchanan said. "Our culture tells us to rush toward the sound of the guns. But if in this world you don't have some patience and we pull forces in, we can cause many more problems."



SGT. 1ST CLASS STEFANIE JENNINGS

Members of the National Guard conduct search and rescue operations in North Carolina last month following Hurricane Florence. Disaster preparedness and unity of effort will be an Army priority, Army leaders said Oct. 9 during the annual AUSA meeting. With Hurricane Michael making landfall in Florida, Army leaders said they re-evaluated their response procedures after Hurricane Maria devastated Puerto Rico last year.

JBSA-FSH prepares for Command Cyber Readiness Inspection

By Yolanda Cook

U.S. ARMY SIGNAL NETWORK
ENTERPRISE CENTER

Joint Base San Antonio-Fort Sam Houston will undergo a Command Cyber Readiness Inspection, or CCRI, from Oct. 22 to Nov. 2. An inspection team from the Defense Information Systems Agency, or DISA, will conduct a thorough evaluation 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, or NIPRNet, 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 cybersecurity 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 cybersecurity, traditional security and physical security practices.

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 cybersecurity measures. The following are some tips network users can follow to

ensure compliance success:

Cybersecurity

▶▶ 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 SIPRNet 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).

▶▶ Use proper document cover sheets and face your monitors away from your doors and windows to eliminate viewing by unauthorized personnel.

▶▶ Properly label disc media and have proper classification markings, such as a Department of Defense Form 2056 (telephone monitoring notification decal) on communications equipment like computers, monitors, phones, etc., in a mixed environment.

▶▶ Know how to identify and respond to a network security incident or classified message

INSPECTION continues on 11

INSPECTION

From page 10

incident by using the network incident reporting aid located on the NEC Information Assurance SharePoint site at

<https://army.deps.mil/netcom/sites/106SAM/CSD/SitePages/Home.aspx> under the cybersecurity links.

▶ Never bring portable or wireless electronic devices within three meters of a classified system. For more information or assistance on keeping your areas inspection ready, contact your unit's G2/S2/security manager or your unit technical support G6/S6/information mission officer or internet assurance training officer.

▶▶ Ensure all Common Access Cards and SIPRNET tokens are not left unattended in personal computers. They must be with you at all times.

For NEC support, call 210-221-1599.

Environmental Command signs partnership with school

By Cathy Kropp

U.S. ARMY ENVIRONMENTAL
COMMAND PUBLIC AFFAIRS

Leaders from the U.S. Army Environmental Command and Fort Sam Houston Independent School District signed a charter and agreement in a Fort Sam Houston Elementary School fifth-grade classroom Oct. 3 to continue their Adopt-A-School Program partnership, which began in 2011.

Dr. Gary Bates, FSHISD superintendent, and Col. Isaac Manigault, commander of the U.S. Army Environmental Command, officially signed the partnership agreement kicking off the command's participation in and support of elementary school activities for the next two years.

The school's principal, Dr. Joseph Cerna, and Manigault

also signed a renewal of the official charter for the Joint Base San Antonio-Fort Sam Houston Adopt-A-School Program partnership.

The official event was observed by Marlo Tipton's fifth-grade class, who expressed their gratitude for the command's previous support and looked forward to future activities.

The program and cooperative agreement is designed to improve the citizenship and learning experiences of the children at the elementary school. U.S. Army Environmental Command employees share information about their careers with the children to encourage them to pursue studies and possibly careers in science, technology, engineering and math.



CATHY KROPP

Col. Isaac Manigault (left), commander of the U.S. Army Environmental Command, and Dr. Joseph Cerna, Fort Sam Houston Elementary School principal, sign a renewal of the official charter for the Joint Base San Antonio-Fort Sam Houston Adopt-A-School Program partnership Oct. 3.

Whether it is "Read Across America Day" or the kindergarteners' nature field trip to Salado Park, Army employees share their knowledge and passion with the elementary school children to encourage them to help take care of the environment and stay in school pursuing further

education and careers in STEM fields.

The students reciprocate by sharing what they are passionate about including performing an occasional holiday concert at the USAEC building and a million and one questions during career day at the school.

Gift Chapel stands out at JBSA-Fort Sam Houston

By David DeKunder

502D AIR BASE WING PUBLIC AFFAIRS

With its copper dome and unique style of architecture, the Main Post Chapel – otherwise known as the Gift Chapel – has stood out within the landscape of Joint Base San Antonio-Fort Sam Houston for more than a century.

The chapel was dedicated Oct. 17, 1909, by then-President William Howard Taft in a ceremony attended by 600 distinguished guests and dignitaries and more than 25,000 citizens who viewed the ceremony from a roped off area. The dedication came after construction on the chapel started in January 1908.

Plans to construct the Main Post Chapel started in 1907, with a fundraising drive led by one of the chaplains serving at Fort Sam Houston, Thomas Dickson. Donations for the chapel came from the pockets of 1,000 military families and residents of San Antonio. Through the fundraising campaign, Dickson was able to raise \$50,000 for the chapel's construction.

In addition, the city of San Antonio donated a piece of property known as Maverick Park for the chapel to be built on. It was because of these generous efforts from the city and residents of San Antonio and military families that the building is nicknamed the Gift Chapel.

Jacqueline Davis, director of the Fort Sam Houston Museum, said at the time plans were made to construct the Main Post Chapel there was no place of worship for servicemembers at Fort Sam Houston, which had been established 31 years earlier in 1876. Soldiers who wanted to attend religious services had to go to churches and houses of worship located off the post.

"Essentially, what happened is people in San Antonio thought the post should have a chapel," Davis said.

During the time period the

plans and construction of the Main Post Chapel were taking place, Fort Sam Houston was in the midst of an expansion, which started in the late 1890s, that brought in more servicemembers to the post.

"This is the time period when Fort Sam Houston is getting larger," Davis said. "We were building an artillery post and we becoming a brigade post. Fort Sam Houston becomes the largest post in the Army."

The chapel was designed in the Beaux-Arts architectural style by San Antonio architect Leo Dielmann, whose father, John, supervised in its construction. The Beaux-Arts style had its origins in Paris in the 1830s and was the architectural style used for civic and memorial structures during the 1900s.

Characteristics of the Beaux-Arts style the chapel has include the buff tone façade, the central Roman copper dome and its neo-classic design.

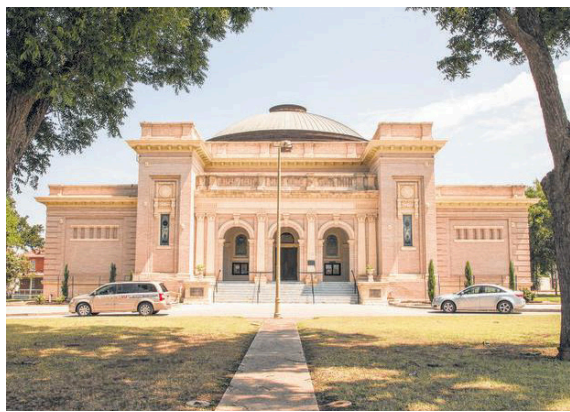
Chaplain (Lt. Col.) Cloyd Colby, JBSA-Fort Sam Houston garrison chaplain, said he is impressed by the meticulous craftsmanship that has been put in the design and construction of the Main Post Chapel.

"It's got a lot of the classical styling that I saw when I was in Europe," Colby said.

The interior of the chapel consists of an altar, pulpit, lectern and chancel rail, all finished in fumed oak. In back of the altar is a 17-foot ornamental fumed oak screen. There are three distinct areas of worship for multiple faiths in the chapel, including Protestant, Catholic and Jewish.

Several distinctive features of the chapel include 22 stained glass windows, four stained glass fan lights and an organ.

The stained glass windows and fan lights, installed between 1929-31, commemorate the service of various servicemembers, including



MARCELO JONIAUX

With its copper dome and unique style of architecture, the Main Post Chapel – otherwise known as the Gift Chapel – has stood out within the landscape of Joint Base San Antonio-Fort Sam Houston for more than a century.

those Union veterans who fought in the Civil War and various military units and groups and veterans organizations. Some of the windows are memorials to individuals, including Chaplains Thomas Dickson and Edmund Easterbrook.

The organ, which is situated in the choir loft above the front chapel entrance, consists of 33 ranks of pipes and is custom made for the chapel. Installed in 1969, the present-day organ replaced a smaller pipe organ that had been in use since 1930.

"It's very special to have a true organ and not just an electronic version these days," Colby said.

Chaplain (Maj.) Lyle Shackelford, JBSA-Fort Sam Houston deputy garrison chaplain, said the way the Gift Chapel is set up, with its three distinct areas of worship, allows for a welcoming and inclusive experience for people of all faiths.

"The main purpose of the Gift Chapel here at Fort Sam Houston is to meet the religious needs of the multiple faith communities," he said. "It allows the opportunity for worship, which is the free exercise of religion and allows individualized faith as well as collective worship experiences.

It allows the community to come in on a daily basis and pray, to meditate.

"Multiple faith communities can be in here," Shackelford added. "That's extremely important because it allows everyone to be connected to the Main Post Chapel, and they are in here every week. I think that just fosters faith community; it's a collaborative worship environment."

The chapel is utilized by the multiple faith communities at JBSA-Fort Sam Houston on a regular basis for services, weddings, baptisms and funerals.

There are two levels within the chapel: a ground level and a lower level. The worship area and administrative offices are located on the ground level, while the lower level includes a room for choir practice and a fellowship hall/kitchen, which is used for fellowship time between worship services and for community functions.

Colby said the Main Post Chapel is a place the JBSA-Fort Sam Houston community can come to for worship and for individual meditation and reflection.

"It's a very reverent setting compared with the busyness of a Soldier's life," Colby said.

Davis said the chapel has

been part of many significant historical events at JBSA-Fort Sam Houston. It was utilized in 1911 for a military mobilization and maneuvers as a temporary enlisted men's club. From 1917-18, the chapel was the site of three courts-martial for Soldiers who were involved in one of the most tragic events in American history during World War I, the Houston riot of 1917. The riot was caused by tensions between African-American Soldiers stationed at an Army camp in the city and Houston police.

In 1953, the Main Post Chapel was the site of funeral services for retired Army Gen. Jonathan Wainwright. Wainwright was the commander of Allied forces in the Philippines during World War II and became commander of the Fourth Army at Fort Sam Houston in 1946, a year before he retired.

Father Philip Mahalic, JBSA-Fort Sam Houston Catholic priest, said during the time the Gift Chapel has been in existence at JBSA-Fort Sam Houston, it has provided a place for many servicemembers who have come through the post to practice and express their faith.

"The one overwhelming thing for me is, I think of the men and women who went through here during times of war who never came back," Mahalic said. "This is a monument to their faith and our faith. It's just being part of something that's greater than all of us."

Shackelford said serving the needs of the JBSA-Fort Sam Houston faith community in a historic structure such as the Main Post Chapel can be awe-inspiring.

"There are decades and decades of studied sermon preparation that has been given and delivered here," he said. "As a chaplain, knowing that there have been many, many other chaplains that have had that preaching experience in the same pulpit, that's just a neat feeling."

Hispanic culture, heritage celebrated

By Lori Newman

BROOKE ARMY MEDICAL CENTER
PUBLIC AFFAIRS

Hispanic music and song rang out in the Brooke Army Medical Center Medical Mall Oct. 3 as the organization celebrated National Hispanic Heritage Month.

"We are here to celebrate great Americans of Hispanic descent," said Brig. Gen. George Appenzeller, BAMC's commanding general.

The general said Hispanic Americans come from many different cultures and traditions. Hispanic Heritage Month celebrates the cultures and contributions of Americans with ancestry from Spain, Mexico, the Caribbean and Central and South America.

"Our greatest strength is in our diversity," Appenzeller said. "We are an incredibly diverse, giving, accepting culture. Everything that we have ever done, that is great, is because of the diverse

individuals within America."

Command Sgt. Maj. Napoleon Noguera Payan, Army Medical Department NCO Academy commandant, was the guest speaker for the event.

Noguera Payan described growing up in Managua, Nicaragua, being the youngest of 15 siblings.

"My mother barely knew how to read or write, but she sent us to school," he said. "I remember going to school barefoot, running from tree to tree to cool off my feet in the summertime."

Noguera Payan said he doesn't dwell on his past, but it showed him the value of a hard day's work at an early age.

"I'm not here to tell you how unfortunate I was to live these experiences," Noguera Payan said. "I'm here to tell you how fortunate I am to have lived through that. I'm here to tell you how fortunate I am to have the opportunity to serve in the United States Army. I'm here to tell you about the opportunity I have to be part of the greatest

nation on the face of the earth."

He highlighted this year's theme, "One Endless Voice To Enhance Our Traditions."

"I would like to think that one endless voice would tell every Hispanic and every Latino the value of leadership, peace, liberty, teamwork and contribution to a greater society," Noguera Payan said. "The voice that tells you to work as a team, shoulder-to-shoulder, extending a helping hand to those in need."

Noguera Payan spoke about members of the United States military throughout history, saying they were committed to protecting the constitution of the United States of America.

"They raised their hand to say they would fight for something bigger than themselves," he said. "They understood that 'we is greater than me.'"

In conclusion, Noguera Payan encouraged fellow service members to engage in community, seek to improve



JASON W. EDWARDS

Brooke Army Medical Center Commander Brig. Gen. George Appenzeller and BAMC Command Sgt. Maj. Thomas Oates present Karyme Zuniga Reyes and Itzel Schuessler and their teacher, Maria-Cristina Ortega-Alton, a token of appreciation during BAMC's National Hispanic Heritage Month event in the hospital's Medical Mall Oct. 3.

themselves and be role models for others to follow.

Following the guest speaker, Karyme Zuniga Reyes and Itzel Schuessler and their teacher, Maria-Cristina Ortega-Alton, performed several songs in Spanish to honor different Hispanic and Latino cultures.

BAMC Command Sgt. Maj. Oates thanked the speaker, entertainers and the equal opportunity team for putting the event together.

"I'm proud to serve with my Hispanic brothers and sisters," Oates said. "Team BAMC - I'm proud to serve with all of you."

JBSA-FSH hosts Armed Forces Action Plan forum Oct. 29-Nov. 1

By David DeKunder

502D AIR BASE WING PUBLIC AFFAIRS

Workgroups representing a cross section of Joint Base San Antonio will be addressing quality-of-life issues brought forth by servicemembers at a four-day forum that starts Oct. 29 at JBSA-Fort Sam Houston.

The Armed Forces Action Plan forum will be Oct. 29-Nov. 1 at the JBSA-Fort Sam Houston Military & Family Readiness Center, 3060 Stanley Road, building 2797.

The annual forum gives military members an opportunity to provide their ideas and suggestions on critical issues concerning quality of life, readiness, welfare and morale to senior JBSA leadership for action and resolution. JBSA servicemembers had until August to submit issue forms online or at JBSA Military &

Family Readiness Centers for the AFAP forum.

Quality-of-life issues submitted to the forum will be reviewed by four workgroups consisting of 11 delegates each selected from installation and tenant commands throughout JBSA. Workgroups include family, force, military health and team.

The first day of the forum starts at 8:25 a.m. with opening remarks from Brig. Gen. Laura Lenderman, 502nd Air Base Wing and JBSA commander; Lt. Gen. Jeffrey Buchanan, Army North (Fifth Army) commanding general; and Rear Adm. Tina Davidson, commander, Navy Medicine Education, Training and Logistics Command.

At 9 a.m. delegates will undergo training before meeting in their specific workgroups to begin their

work.

"AFAP is a grassroots process," said Yazmine Gutierrez, JBSA Armed Forces Action Plan coordinator. "It funnels information from the bottom up and it provides the (JBSA) community the opportunity to voice their concerns - what isn't working, what is working and what they like to see implemented."

Gutierrez said 81 quality-of-life issues were submitted through the AFAP process, with 25 of those issues selected to be reviewed and discussed by workgroups at the forum.

Delegates will review and discuss issues designated for their workgroup.

In each workgroup, delegates will prioritize and select the top two quality-of-life issues for senior JBSA leadership to act on and resolve.

The workgroups will work with the assigned subject matter experts and the Facilitators, Recorders, Transcribers, or FRTI, support team made up of JBSA staff members and community volunteers.

Gutierrez said JBSA members are welcome to come by, observe and listen in to any of the workgroup sessions at the AFAP forum. She said visitors to the workgroup sessions will not be allowed to speak, but will be given an evaluation form on their observations of the AFAP forum process. On the form, JBSA members will be able to evaluate and rate the performance of the workgroups, delegates, facilitators and subject matter experts.

Workgroup sessions will be from 10:35 a.m. to 4 p.m. Oct. 29 and from 8:30 a.m. to 4 p.m.

Oct. 30 and 31.

On the last day of the forum, Nov. 1, each workgroup will reveal its issue recommendations to JBSA leaders in a final report. Final reports will be presented at 10 a.m. Also on the forum's last day, JBSA leaders Lenderman, Buchanan and Davidson will give closing remarks.

In 2017, 43 quality-of-life issues were reviewed at the AFAP forum. While fewer issues, 25, will be reviewed and discussed at this year's forum, Gutierrez explained that those issues that will be taken up are more in line with quality-of-life concerns of the JBSA community than those dealing with customer satisfaction, which were passed on through the ICE process.

For more information about the AFAP forum, call 210-221-2705/2418.

LACKLAND

Special Warfare Training Wing activates to better train global combat Airmen

By Airman 1st Class Dillon Parker
502ND AIR BASE WING PUBLIC AFFAIRS

To meet the demand for special operations warfighters and improve retention rates for these critical career fields, Air Force officials activated the Special Warfare Training Wing Oct. 10 at Joint Base San Antonio-Lackland.

The mission of the new wing is to select, train, equip and mentor Airmen to conduct global combat operations in contested, denied, operationally limited and permissive environments under any environmental conditions.

“This new wing will help us provide additional oversight and advocacy for the complex, high-risk and demanding training that’s necessary to produce Airmen to meet the requirements of the joint force,” said Col. James Hughes, SWTW commander.

The new wing headquarters and subordinate organizational structure will consist of approximately 135 personnel. The existing Battlefield Airman Training Group, which was activated in June 2016, has been renamed to the Special Warfare Training Group and will report to the SWTW.

Building upon what the Battlefield Airmen Training Group has started, the previously established five pillars of marketing and recruiting, manpower and leadership, curriculum, equipment and infrastructure will serve as a starting point for the wing.

“Keeping these pillars in mind will allow us to continue focusing on building the best Airman we can from the time they step into a recruiter’s office up until the end of their careers,” said Hughes.

“Wings move the ball forward at an operational and strategic level,” said Hughes. “They can provide structure, oversight, strategic vision and unity of command. But to become a leader in the special warfare community, we have to continue pushing the envelope of science



PHOTOS BY ANDREW C. PATTERSON

Members of the Special Warfare Training Wing honor the fallen with memorial push-ups after the SWTW activation ceremony Oct. 10 at Joint Base San Antonio-Lackland.

and technology. It all comes down to doing everything we can to create Airmen capable of problem solving across a wide-range of national security challenges to meet the joint force’s needs.”

Additionally, the wing will focus on improving human performance by staying at the forefront of science and technology with the addition of the Human Performance Support Group, a one of kind unit that will integrate specialists from a variety of sports and medical fields into special warfare training to optimize physical and mental performance, reduce injury and speed rehabilitation to create more capable and resilient ground operators.

“By pushing the limits of science and technology, we’re going to find the most efficient and effective methods for improving human performance,” said Hughes. “We’re going to take what we already have learned and enhance how we produce the most physically and psychologically fit Airmen possible for the joint force.”

Special Warfare Airmen, previously known as Battlefield Airmen, are the critical ground link between air assets

and ground forces. They are trained to operate as a ground component to solve ground problems with air power, often embedding with conventional and special operations forces. Their requirements have grown substantially since 2001 due to the effectiveness of and increasing demand for the precision application of air power in the joint combat environment.

Seven Air Force specialty codes currently fall into the Special Warfare category: pararescue, combat rescue officer, combat control, special tactics officer, special operations weather team, tactical air control party personnel and non-rated air liaison officer. These airmen share ground combat skill sets and a sharp focus on joint, cross-domain operations.

The first step toward more efficient and effective training is to combine the courses of initial entry for all special warfare candidates into one cohesive course.

“The various Special Warfare Air Force specialty codes are a lot more similar than they are different,” said Chief Master Sgt. James Clark, SWTW command chief. “These courses of initial

“By pushing the limits of science and technology, we’re going to find the most efficient and effective methods for improving human performance.”

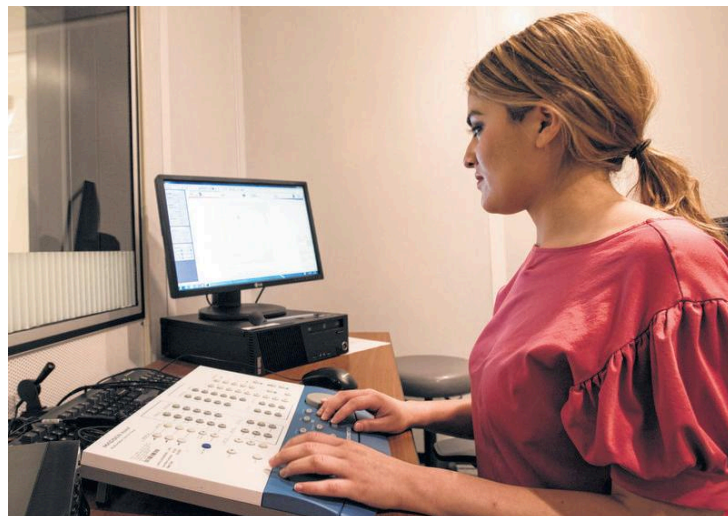
Col. James Hughes, Special Warfare Training Wing commander



Major General Timothy J. Leahy (left), Second Air Force, commander, Keesler Air Force Base, Mississippi, presides over the activation ceremony for the Special Warfare Training Wing Oct. 10 at Joint Base San Antonio-Lackland, as Col. James Hughes (right), SWTW commander, assumes command.

entry are the bedrock of lethality and readiness. By combining them, we’re making the pipeline much more efficient, while also building a team mentality that focuses on our similarities, rather than our differences.”

This change is also the first step toward answering the most important question facing the SWTW: How do we create and develop the most adaptive and agile leaders possible?” said Clark. “It starts by continuing to be critical of ourselves, while searching for any way to become more efficient in everything that we do.”



STAFF SGT. KEVIN IINUMA

Dr. Rozela Melgoza, Department of Defense Hearing Center of Excellence research audiologist at Wilford Hall Ambulatory Medical Center on Joint Base San Antonio-Lackland, completes a study of a participant's puretone air conduction thresholds to evaluate the entire auditory pathway. Puretone audiometry is one of several tests completed during the 59th Medical Wing's, in partnership with the HCE, Noise Outcomes in Service members Epidemiology study to help researchers examine and better understand how the long-term progression of hearing impairment and tinnitus among active duty service members is related to military and post-military exposures.

Hearing Center of Excellence looking for NOISE study volunteers

By Daniel J. Calderón
59TH MEDICAL WING PUBLIC AFFAIRS

The 59th Medical Wing, in partnership with the Department of Defense Hearing Center of Excellence, is conducting a Noise Outcomes in Service members study at Wilford Hall Ambulatory Surgical Center at Joint Base San Antonio-Lackland.

The goal is to help researchers examine, and better understand, how the long-term progression of hearing impairment and tinnitus among active duty service members is related to noise exposure during their time of service and post service.

“This study will lay the foundation for a longitudinal cohort study in which data will continue to be gathered at incremental time points over the service member’s lifetime,” said Dr. Tanisha Hammill, HCE research coordination branch chief. “This will enable us to examine the effects and

interplay between military and post-military noise exposures and potential delayed-onset audiologic problems common to service members.”

One of the main differences between longitudinal and cross-sectional studies is that cross-sectional studies interview a fresh sampling of people each time whereas longitudinal studies follow the same group of people over time and may last decades.

The search for NOISE study volunteers is ongoing. Currently, there is no closing date on when volunteers can join the study.

The study is open to current military members — including Reservists and National Guardsmen — and individuals who have retired from military service within the last two and a half years of beginning the study. Participants will complete at least two study visits at

STUDY continues on 19

Air Force Academy Cadets spend the summer at BMT

By Airman 1st Class Dillon Parker
502ND AIR BASE WING PUBLIC AFFAIRS

This past summer, the 37th Training Wing hosted 38 Cadets from the U.S. Air Force Academy, June 5 through Aug. 1, as a part of the Air Force Ops Program that exposes cadets to the enlisted force and daily Air Force operations.

“We brought the cadets in to show them the entire 37th Training Wing, what operations are like day-to-day and a little bit of what the enlisted experience is like at [Basic Military Training],” said Master Sgt. Todd Maghamaz, 737th Training Support Squadron military training instructor.

The cadets spent a lot of time at BMT while seeing flights progress from zero week to graduation. They saw Basic Expeditionary Airman Skills Training, BMT graduation parade, and met with squadron and group commanders for mentorship opportunities.

“It’s really important that they get to see what the troops they’re going to be leading go through,” Maghamaz said. “While I’m sure the academy is really difficult as well, seeing BMT just adds a perception of what the enlisted go through. How

are they supposed to lead if they don’t know what kind of training their troops have received?”

Part of building a perception of the enlisted experience, cadets also received mentorship from the best and brightest of the enlisted corps, the MTIs, Maghamaz said.

“The [non-commissioned officers] here have a lot to offer these future young-officers,” Maghamaz said. “We’re all Airmen and these military training instructors offered a lot of knowledge about what it means to wear the uniform that can’t be found anywhere else.”

In addition to building Airmanship, the Air Force Ops Program offered the cadets a peak at what daily operations are like at an Air Force installation, said Maghamaz.

“They got to see a lot around the base,” Maghamaz said. “They got incentive flights from the 433rd [Airlift Wing] and got to tour 16 different units including cyber, intel, the military working dogs and just about everything else the 37th Training Wing and [Joint Base San Antonio-Lackland bring to the table.”

“The Ops Program is something we look forward to every year,” Maghamaz said.

STUDY

From page 18

Brooke Army Medical Center or WHASC with each session lasting less than two hours.

“The NOISE study is truly an innovative study as it is the first of its kind to examine, longitudinally, military exposures on the auditory system,” Hammill said. “Additionally, in the absence of any known questionnaire that would capture lifetime exposures to military and nonmilitary noise and chemicals, the NOISE study team developed an in-depth, self-report questionnaire, which covers an individual’s lifetime history of exposures to noise and solvents.”

The HCE is an enterprise-wide organization that fosters and promotes the prevention, diagnosis, mitigation, treatment, rehabilitation and research of

hearing and balance injuries in service members and veterans.

“Having the HCE headquartered at Joint Base San Antonio enables the research team to have access for this study to a very diverse research population through recruitment efforts at JBSA bases, as well as collaboration opportunities with JBSA military treatment facilities and local academia,” Hammill explained. “The NOISE study team is actively analyzing and publishing data in various academic journals such as the American Journal of Audiology, Hearing Research, Otology and Neurotology.”

Participants will receive a comprehensive hearing evaluation and tinnitus testing at each visit. Anyone interested in participating in the study can call 210-292-2867 for more information.

RANDOLPH

Volunteer effort preserving legacy of World War I aviators

By Robert Goetz
502ND AIR BASE WING
PUBLIC AFFAIRS

An effort underway at Joint Base San Antonio-Randolph is ensuring that the flight records and correspondence of the United States' earliest military aviators will be preserved for decades to come.

The preservation project is taking place at the national headquarters of the Order of Daedalians, an organization dedicated to keeping the legacy of the nation's more than 14,000 World War I-era pilots alive, honoring today's top aviators from the armed services and supporting students who aspire to serve their country as military pilots.

"The documents we're preserving date back to the pilots who served in World War I and who were later active with the Daedalians," said Maureen DeFelice, Order of Daedalians executive director. "We've asked for volunteers to scan the documents and we're preserving them in the cloud so they aren't lost."

At the forefront of the project are 12th Training Squadron Airmen on casual status who have been spending hours each week since Feb. 14 at the Daedalians' headquarters in building 676, scanning the documents and transferring them to thumb drives for uploading to the organization's cloud.

"My task at the Daedalians was to preserve the history of World War I pilots who served prior to Armistice Day on Nov. 11, 1918. I scanned documents into the Daedalians' system to make it easily accessible to organization members to find history on their fellow brothers and sisters in the armed forces. I also took inventory of members' information."

Airman 1st Class Taylor Lingscheit
319th Security Forces Squadron

One of those volunteers, Airman 1st Class Taylor Lingscheit, who is now assigned to the 319th Security Forces Squadron at Grand Forks Air Force Base, N.D., was involved in the project for about 30 hours a week from the end of March to mid-May.

"My task at the Daedalians was to preserve the history of World War I pilots who served prior to Armistice Day on Nov. 11, 1918," she said. "I scanned documents into the Daedalians' system to make it easily accessible to organization members to find history on their fellow brothers and sisters in the armed forces. I also took inventory of members' information."

Airmen are combing through files containing the military ratings and records, personal documents, family records,

letters and photos of more than 4,000 pilots, DeFelice said. When all those documents and photos are preserved, a process that may take a few years, the records of an additional 10,000 pilots will be scanned.

"Those are simply records of proof that a person was indeed a rated military pilot," she said.

Research on the Army Air Service and Navy aviators who served during World War I dates back more than 60 years, DeFelice said. Retired Brig. Gen. Harold Clark – who conceived JBSA-Randolph's unique layout and is considered the father of the Daedalians – worked from 1955 to 1968 to compile data on World War I pilots from all military services.

"Clark worked on the founders' list, which we call the 'bible,'" she said, referring to the pilots regarded by the



SHELBY PRUITT

A 12th Training Squadron detail Airman sorts through the Order of Daedalion's flight records April 18 at the Daedalian Foundation National Headquarters at Joint Base San Antonio-Randolph.

Daedalians as their "founder members." "He wrote to service units seeking information on the pilots."

The search continued through the efforts of retired Air Force Col. Bill Stewart, who became the Daedalians' historian in 1968 and continues to compile the founder members' history.

The documents not only contain military-related records and correspondence, they also

include personal letters that reveal insights into people's lives, DeFelice said.

"Sometimes they told interesting stories," she said. "It was a very different time: People would often show more fraternal camaraderie in their letters."

Lingscheit said she saw documents and photos that spanned the era from World

M&FRC class focuses on advantages of Thrift Savings Plan

By Robert Goetz

502ND AIR BASE WING PUBLIC AFFAIRS

A class scheduled from 10-11:30 a.m. Oct. 19 at the Joint Base San Antonio-Randolph Military & Family Readiness Center will allow service members and Department of Defense civilians to learn about a savings plan that can help them build a sizable nest egg for their retirement years.

Administered by the Federal Retirement Thrift Investment Board, the Thrift Savings Plan is a tax-deferred retirement savings and investment plan for service members and federal employees that is similar to 401(k) plans, but with one distinct advantage, said Bob Williams, JBSA-Randolph M&FR community readiness consultant.

“One big advantage of the TSP is its extremely low cost of 39 cents for every \$1,000 invested,” he said. “There’s no other investment program in the world that has such a low management fee; the lowest I’ve seen is \$4.50 per \$1,000. That’s a huge difference.”

During the class, participants will learn about contribution limits, matching contributions, tax-deferred investments, return rates, options to consider after separating from the military or federal service and much more.

The amount of money a person can contribute to the TSP is another advantage of the plan, Williams said.

“The maximum contribution is \$18,500 per year for



persons 49 years old and younger and an additional \$6,000 for those who are 50 and older,” he said.

Service members may also contribute bonus pay, incentive pay and hazardous-duty pay to their TSP, Williams said. When they leave the military, they can no longer contribute to their TSP, but they can roll money

from it into a 401(k) or a traditional individual retirement account, or IRA.

TSP participants also benefit from a matching amount from the government: a maximum of 5 percent from a person’s base pay, he said.

Those who attend the class will learn about the funds available to them in the TSP.

TSP investors can choose from five basic funds, ranging from the low-risk G Fund, or government securities fund, to the moderate- to high-risk I Fund, international stocks of developed countries. An additional fund, the L Fund, or Lifecycle Fund, is a professionally determined investment mix that covers the five basic funds.

“The L Fund is managed for you,” Williams said. “They manage your resources and spread them out over the five funds, then move them into a conservative investment portfolio as you get closer to retirement.”

Yet another benefit of the TSP is that service members who are enrolled in it will have a retirement nest egg even if they do not stay in the service for 20 years.

With the DOD’s Blended Retirement System now in effect, new service members are automatically enrolled in the TSP, giving them a head start on their retirement savings and ensuring they will not leave the service with no money set aside.

For more information on the TSP class, call 210-652-5321.

RETIREE NEWS

VEText system transforms VA's scheduling process

From U.S. Army Soldier for Life

The U.S. Department of Veterans Affairs, or VA, recently launched VEText, a text messaging appointment-reminder system, which to date has helped VA reduce no-show medical visits by more than 100,000.

VA introduced VEText in March and 138 VA facilities are currently using the automated interactive text-message system, which reminds veterans of upcoming health-care appointments, allowing them to easily confirm or cancel the event.

“Every missed appointment represents a lost opportunity to

provide faster access to care for a veteran in need,” said VA's Acting Secretary Peter O'Rourke. “VEText underscores VA's commitment to digital modernization and represents a milestone in putting more user-friendly capabilities in the hands of veterans and our employees.”

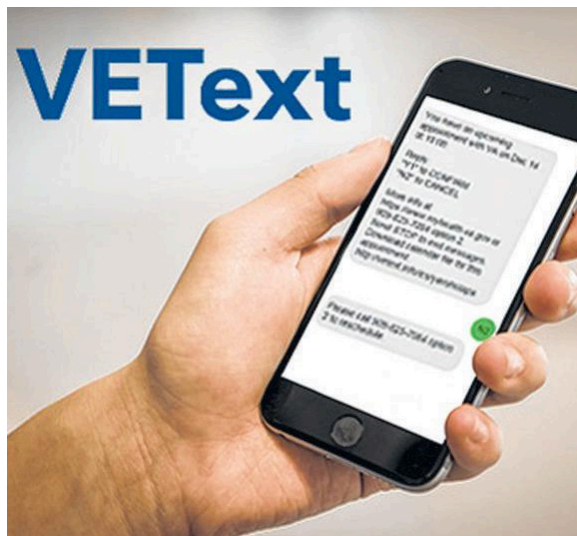
According to the Veterans Health Administration's Office of Veterans Access to Care, as of July 9, more than 3.24 million patients have received VEText messages and canceled 319,504 appointments, freeing up time slots for other veterans to use.

Veterans with a cell phone number listed in their electronic health records are

automatically enrolled in VEText. Veterans can update their phone numbers during the check-in or check-out process for an appointment, at any kiosk.

VEText is integrated with VA's electronic health-records system and does not require manual action by VA staff. Appointments are automatically scheduled and canceled via text message, freeing staff to provide more personalized care to veterans.

“VEText has changed the way we communicate with our veteran patients,” said John Ullyot, VA Assistant Secretary for Public and Intergovernmental Affairs. “Veterans appreciate the



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convenient, user-friendly system and understand this technology not only helps them, but their fellow veterans

as well.”

For more information about VEText, visit: <https://www.va.gov/HEALTH/VEText.asp>.

VOLUNTEERS

From page 20

War I to the Cold War.

“I saw pictures of the Wright brothers taking their first flight, aerial photos of cities impacted by the destruction of the Nazis during World War II, a love letter between a pilot and his

worried wife back home and Christmas, birthday and anniversary cards exchanged between gentlemen who served together 50 years before,” she said.

Lingscheit's favorite documents were a series of letters in 1961 between Clark and Gen. James Doolittle, the World War II flying hero who was

studying the effects of radioactive fallout at Space Technology Laboratories in Los Angeles at the time.

The project is “preserving a unique piece of history that combines personal family stories with the military records of the pilots,” DeFelice said.

“We're getting all these records digitized for anyone

interested in aviation history,” she said. “It's very important to us.”

The volunteers are playing an important role in preserving history, DeFelice said.

“It's been a great help to us,” she said. “We're really grateful to them for their efforts.”

Working on the records was an experience of a lifetime,

Lingscheit said.

“Not many people are aware that this information is out in the public, and very few go looking for it,” she said. “It opened my eyes to the challenges met and victories achieved by past generations. It motivated me to be a better Airman and carry on the legacy of the Daedalians.”