

JBSA LEGACY

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JOINT BASE SAN ANTONIO

FEBRUARY 3, 2017



PHOTO BY SEAN WORRELL

Volunteers dress in past uniforms of the Air Force during the Airman Heritage Museum's 60th anniversary celebration Jan. 26 at Joint Base San Antonio-Lackland.

Airman Heritage Museum celebrates 60th anniversary

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JBSA announces courts martial, crime and punishment for December

FROM THE 502ND AIR BASE WING
STAFF JUDGE ADVOCATE

The Joint Base San Antonio Judge Advocate General completed one Air Force court-martial during the month of December 2016. The Army North Office (Fifth Army) Office of the Staff Judge Advocate also completed one Army court-martial during the same time period. The results of a court-martial are not final until the clemency and/or appeals process is completed.

After sentencing, members can request clemency. In some cases, this can change the outcome of their case and/or sentence. All courts-martial are open to the public and a list of upcoming courts-martial can be found at the United States Air Force Judge Advocate Generals website at afjag.af.mil/About-Us/Docket.

U.S. v. Tech. Sgt. TH, 342nd Recruiting Squadron, JBSA-Lackland, was tried by a general court-martial consisting of officer and enlisted members from Nov. 28-Dec. 2, 2016 at JBSA-Lackland. TH faced charges of sexual contact with a child in violation of Article 120, Uniform Code of Military Justice; lewd acts upon a child in violation of Article 120, UCMJ; and assault upon a child in violation of Article 128, UCMJ. TH was found not guilty of all

charges and specifications.

From the Army North SJA, an Army specialist was convicted of one specification of sexual assault. The specialist was sentenced to confinement for two years and a dishonorable discharge from the Army.

During the month of December 2016, JBSA Air Force commanders administered 41 non-judicial punishment actions under Article 15 of the UCMJ.

The punishments imposed reflect the commander's determination of an appropriate punishment after considering the circumstances of the offense and the offender's record. Officers may not be reduced in rank as a punishment. A suspended punishment does not take effect unless the offender engages in additional misconduct or fails to satisfy the conditions of the suspension. The suspension period usually lasts for six months unless a lesser amount is specified.

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

Violation of a lawful order, fraternization, adultery: A captain had an adulterous affair

with a senior airman who was a member of the same unit.

When given a no-contact order by supervision, the member violated it. The member received forfeitures of \$2,246 pay per month for two months and a reprimand.

Going from place of duty: An airman basic in basic military training fled his detail and jumped the border fence, leaving base. The member received forfeitures of \$724 pay per month for one month and a reprimand.

Dereliction of duty, willful, adultery: A married airman in technical school was derelict in his duty to refrain from having another airman of the opposite gender in his dormitory room. The member also had an adulterous relationship with another airman. The member received forfeitures of \$878 pay per month for one month and a reprimand.

Dereliction of duty, willful: An airman basic in technical school was derelict in his duty to refrain from leaving base while in basic transition period status. The member received forfeitures of \$724 pay per month for one month (suspended), 30 days restriction to base (with 15 days suspended), 15 days extra duty and a reprimand.

Dereliction of duty, willful, indecent exposure: An

airman first class was derelict in his duty to refrain from driving an automobile while his driver's license was suspended. The member was also observed by an off-duty police officer to be publicly exposing his buttocks in an indecent manner. The member received a reduction to the rank of airman (suspended), 15 days extra duty and a reprimand.

Dereliction of duty, willful: An airman consumed alcohol while underage. This member received a reduction to airman basic, forfeitures of \$500 pay per month for two months (one month suspended), 21 days restriction to base and a reprimand.

Dereliction of duty, willful: An airman in technical school was derelict in his duty to refrain from having a member of the opposite gender in his dormitory room with the door closed. The member received forfeitures of \$198 pay per month for one month and a reprimand.

Wrongful Use of a Controlled Substance: An Army specialist tested positive on a urinalysis test for the use of methamphetamines. The specialist received a reduction in grade to private, forfeiture of \$783 pay per month for two months, 45 days extra duty and was subsequently discharged from the Army.

White House nominates Wilson as new AF secretary

BY SECRETARY OF THE AIR FORCE
PUBLIC AFFAIRS

President Donald Trump announced Jan. 23 that he intends to nominate Heather Wilson as Secretary of the Air Force.

In a statement released Jan.

25, Secretary of Defense James Mattis said Wilson, and her fellow military service secretary nominees, have his utmost confidence.

"They will provide strong civilian leadership to strengthen military readiness, gain full value from every

taxpayer dollar spent on defense and support our service members, civilians and their families," he said. "I appreciate the willingness of these three proven leaders to serve our country."

Wilson, a 1982 Air Force Academy graduate, currently

serves as President of the South Dakota School of Mines & Technology.

Acting Secretary of the Air Force, Lisa S. Disbrow, will continue to lead the service until the Senate confirmation process for a new secretary of the Air Force is complete.



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Editorial content is edited, provided, and/or approved by the JBSA Public Affairs Offices within the 502d Air Base Wing. All photographs are Air Force photographs unless otherwise indicated.

JBSA unites to address teen dating violence

By Robert Goetz

502ND AIR BASE WING PUBLIC AFFAIRS



COURTESY GRAPHIC

Joint Base San Antonio will confront the problem of teen dating violence with an array of activities in February, including a JBSA-wide parent and teen workshop set for Feb. 25 at the JBSA-Randolph Chapel Annex.

The workshop and four other events at JBSA-Randolph are part of JBSA's Teen Dating Violence Awareness and Prevention Month observance.

"It's an issue that teens face and we just want to get the word out," said Angela Nance, 359th Medical Operations Squadron Family Advocacy Program intervention specialist. "We want people to know the signs when a teen is in an abusive relationship."

Activities during the month will help parents communicate more effectively with their teenage children and provide teens with the information they need to form healthy relationships and prevent the abuse that is all too common.

The headline event of the

month's activities is "JBSA Parent and Teen Workshop, #Real-FamiliesRealTalk," facilitated by the family advocacy programs at JBSA-Fort Sam Houston, JBSA-Lackland and JBSA-Randolph from 10 a.m. to 3 p.m. Feb. 25 in the JBSA-Randolph Chapel Annex.

During this event, which is open to the first 20 families who register by calling 808-6468, parents will learn effective communication skills, discipline while teaching responsibility, how to encourage their children and nonviolent conflict resolution, while teens will learn communication skills that work in any situation, how to get along with all kinds of people, how to solve problems creatively and the secret to gaining freedom.

Two of the events - "Dangers of Social Media," 2-3:30 p.m. Feb. 8 at the Human Performance Resource Center, building 999, and "A Cup of Prevention," 8:30-9:30 a.m. Feb. 22 at the JBSA-Randolph Medical Clinic's 359th MDOS conference room - are exclusively for parents.

Facilitated by the JBSA Family Life Program, "Dangers of Social Media" aims to help parents learn more about social media, how their children are using it and what they can do to protect their children.

"A Cup of Prevention," facilitated by the Texas Advocacy Project, an organization that provides free legal services to victims of domestic violence and sexual assault, provides a

forum for parents to learn about surviving the teenage years by addressing healthy relationships, social courage, self-image, coping strategies and healthy communication.

"Statistics show that 80 percent of parents do not know their children are in an unhealthy or abusive relationship," Nance said. "We want them to have conversations with their children about their relationships."

Dating violence may be physical, sexual or emotional, she said.

"Physical abuse may start with a pinch and escalate to a slap or a punch, then to even more violent behavior," Nance said. "Sexual abuse involves forcing someone into a sexual relationship, while emotional abuse includes stalking, texting, phone calls and using social media to intimidate or humiliate."

Events geared toward teenagers are "Responsible Social Media Teen Talk," facilitated by the Family Life Program from 5-6:30 p.m. Feb. 8 and "In Their Shoes," facilitated by the Texas

Advocacy Program from 5-6:30 p.m. Feb. 22, both at JBSA-Randolph Youth Programs, building 585.

Teens will learn about using social media responsibly and avoiding the pitfalls during "Responsible Social Media Teen Talk."

"In Their Shoes" allows participants to become one of six characters based on the experiences of real teens. They will make choices about their relationships and move through the scenario by reading the interactions with their relationships.

Teen Dating Violence Awareness and Prevention Month will also feature the Jeans for Teens Shelter Drive. Participants in the drive may bring gently used blue jeans to a donation box at JBSA-Randolph Youth Programs, the chapel office or the medical clinic throughout February.

On Feb. 14, Valentine's Day, JBSA community members are encouraged to wear orange to bring awareness to teen dating violence, Nance said.

For more information on the month's events, call 652-2448.

Healthy choices support heart health

By J.D. Levite

AIR FORCE SURGEON GENERAL
PUBLIC AFFAIRS

Medical experts say there are plenty of things service members can do to ensure a healthy heart, including quitting smoking and not drinking too much. Heart disease, heart attack and stroke are just some of the consequences of not taking care of your heart.

To take care of your heart, physical activity, smart diet choices and mindfulness are three key actions everyone can take, according to Capt. Regan Stiegmann, a Preventive Medicine resident physician at the Uniformed Services University

of Health Sciences. She said Airmen need to hone in on "more functional and more impactful" changes that lead to a healthier diet.

"It's the 'crawl before you walk' approach," Stiegmann said. "The more successful approach is one small change at a time. Whether that change involves food choices, physical activity or stress management, patients start seeing how that change impacts them."

One small change Stiegmann said service members can do is reduce the amount of processed foods and refined sugars they eat.

"Too much processed food and excess sugar leads to in-

flammation, which is the underpinning of most diseases, including heart disease," Stiegmann said. She added physical activity can address that state of inflammation, too.

"When you're physically active, you're circulating more blood and oxygen to your muscles and encouraging new growth in your cells," she said. "You're creating strength in your heart and other muscles."

Mindfulness, the third focus for good heart health, is all about how to manage stress.

"Everyone has some element of stress in their life and it impacts your body," Stiegmann said. "Mindfulness helps reframe the way a



COURTESY GRAPHIC

person approaches stressors they encounter, which helps reduce the impact stress can cause to cells."

Finding small ways to improve each of these lifestyle-specific elements is important because poor heart health has

been linked to many other health issues, including high blood pressure, diabetes and long-term heart disease.

When it comes to heart health, everyone can benefit from improved lifestyle choices.

Get 'wheysted': Easy ways to add protein to diet

By Airman 1st Class

Lauren Parsons

502ND AIR BASE WING PUBLIC AFFAIRS

With the arrival of 2017, New Year's resolutions to lose weight are in full swing.

However, individuals may not only want to lose weight, but gain muscle.

The Institute of Medicine recommends adults get a minimum of 0.8 grams of protein for every kilogram of body weight per day. According to the American College of Sports Medicine, the recommended protein intake for athletes may more than double, depending on their training regimen.

Not only can a high-protein diet lead to muscle gain or better weight management, there is evidence it plays a role in maintaining good health as well.

The Harvard T.H. Chan School of Public Health wrote that protein malnutrition can cause growth failure, loss of muscle mass, decreased immunity, weakening of the heart and respiratory system and death. Eating protein from

sources such as fish, chicken, beans or nuts can lead to lower risk of cardiovascular disease, diabetes, cancer and even premature death.

Here are some recommendations from Maj. Rachel Morgans, Jennifer M. Moreno Clinic outpatient and community nutrition services chief, on practical ways to add protein to your diet:

Don't skip breakfast - "Many people who visit the nutrition clinic either skip breakfast or don't eat very much at breakfast," Morgans said. "You can help maintain your muscle mass and support muscle gains with weight training when you include a good dose of protein within two hours of waking up in the morning."

For breakfast, Morgans recommends eating high-protein, low-fat dairy products such as Greek yogurt or higher protein milk. Eggs are another source of lean protein and veggie omelets can also be a great way to incorporate more vegetables into the day.

Dairy alternatives - "For those who don't eat dairy products, soy milk makes a great alternative - just be sure



AIRMAN 1ST CLASS LAUREN PARSONS

Reginald Creech, Force Fitness Bar customer, receives a protein smoothie following a workout Jan. 20 at Joint Base San Antonio-Randolph's Rambler Fitness Center.

to choose low or no sugar added varieties," Morgans said.

She encourages adding protein powder to any fruit smoothie, as well as choosing a high-quality brand that is

third party certified whenever possible.

Post-workout - "If they are at a gym and aren't going to get to a meal within

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60 minutes, an easy protein source that you could throw into a gym bag would be sports bars," Morgans said.

Morgans added that people want to look for products with at least 10-15 grams of protein. Another quick alternative is to drink a protein shake or pre-make a deli or peanut butter and jelly sandwich.

Smart choices - Morgans recommends choosing lean or low-fat protein sources. For dairy, she suggests skim, 1 percent and fat-free milk. For meats, skinless poultry and fish.

For those not sure how to cook fish, an easy way to implement it to one's diet is by eating tuna packets with crackers or getting ready-to-cook pre-seasoned fish at the grocery store.

"For red meat, loin or round cuts are leaner, but we want to limit red meats to twice a week at most," she said.

Forgotten sources - "Another overlooked source of protein is high quality starches," Morgans said. "They don't offer as much protein as meat and eggs, but they do offer quite a bit and they can really boost your protein intake."

Kidney, black, white, garbanzo or navy beans, quinoa, whole wheat pasta and oatmeal are solid choices for starches.

Timing matters - "We want to include 20-40 grams of protein with meals, and roughly 10-15 grams with snacks in between meals," Morgans said.

For snacks, people should aim for choices like Greek yogurt with grapes, whole grain crackers with string cheese or veggies with hummus. During any meal, a portion of protein should be about the size of the palm of your hand, or three to four ounces.

"We can only use up to 35 to 40 grams of protein at a time to build muscles," she said. "Anything above that, the protein is either utilized for energy or converted to our storage form, which is fat. Most Americans get plenty of protein in their diets, it's just the dosing and timing of it that we need to work on."

According to research by the University of Scranton, just 8 percent of people achieve their New Year's resolutions. By implementing these tips and strategies, individuals wishing to gain muscle can take one step closer to achieving their goal this year.

FORT SAM HOUSTON

JBSA, CPS Energy partnership powers microgrid technology test site

By David DeKunder

502ND AIR BASE WING PUBLIC AFFAIRS

An innovative partnership between Joint Base San Antonio and CPS Energy is helping both entities further understand the uses and effectiveness of microgrid technology, which has the capability of producing power without being on the electric grid.

Research on microgrid technology is being conducted at a test site at the JBSA-Fort Sam Houston Campbell Memorial Library. The test site includes a 20-kilowatt solar power system of 78 panels, a 75-kilowatt battery and a battery



DAVID DEKUNDER

Cord Brown (left) and Daniel Moyer (right), Cam Solar technicians, install a replacement inverter at one of the solar arrays at the microgrid test site Jan. 13 at the JBSA-Fort Sam Houston Campbell Memorial Library.

energy storage system.

The project is being funded by a grant from the National Renewable Energy Laboratory, which is part of the U.S. Department of Energy, for its Integrated Network Testbed for Energy Grid Research and Technology Experimentation, or INTEGRATE, program. The program's purpose is to enable technologies for clean energy by increasing the hosting capacity of the grid.

At a media tour of the test site Jan. 13, Brenda Roesch, 502nd Civil Engineer Squadron, said the microgrid system can provide backup power for the 23,000-square foot library when the utility grid is down.

Roesch said the microgrid project is the first of its kind for JBSA.

"We are doing this to get the data and research to see if the system can be optimized and work as intended and see how much power we can get from a system of this nature, and is it reliable for switching over when there is grid disturbance," she said.

The microgrid system's battery, which is fed by solar power, can provide a minimum of 30 minutes of backup power to the library, said James Boston III, CPS Energy manager of market intelligence.

"We can be separated from the grid and this building can be totally powered through solar and battery," Boston said.

Roesch said JBSA accepted an invitation from CPS Energy to participate in the project in 2014. CPS Energy started con-



DAVID DEKUNDER

James Boston III, CPS Energy manager of market intelligence, inspects the solar panels that are part of the microgrid technology test site Jan. 13 at the JBSA-Fort Sam Houston Campbell Memorial Library.

ducting tests at the microgrid site last year after the solar panels and the system components were installed.

"We had to try it out for a year when there is grid interruption to see if it all works as intended," Roesch said. "There were some hiccups and that's what the research part is about. They (CPS Energy) have since tweaked the systems and now it is working very, very well. It's been very successful."

The research being conducted at the JBSA-Fort Sam Houston library microgrid site could provide an alternative backup power source to JBSA mission partners who rely on diesel generators, Roesch said.

"This would be a clean alternative when we have power outages for those missions that right now rely on diesel generators," she said. "This would be

something we would be excited to see expanded on a larger scale."

Roesch said the JBSA-Fort Sam Houston library was chosen as the test site for the microgrid project because it met the NREL INTEGRATE program requirements.

By participating in the project with JBSA, Boston said CPS Energy is learning how microgrid technology works.

"We wanted to gain operational knowledge of microgrid energy technology so that we have the possibility of providing it to customers in the future," Boston said.

Research at the test site has allowed CPS Energy to develop safety procedures for work crews and customers when interacting with microgrid technology, Boston said.

Included at the site is a mi-

crogrid management system, which contains supervisory control and data acquisition capabilities that receives data from different components and allows CPS Energy to control those components and a smart intelligent switch that can be used to run the microgrid manually, separate from the utility grid. It also includes a weather station and solar forecasting intelligence, which provides data to the microgrid system on how much energy could be generated by solar panels depending on cloud cover.

The battery energy storage system includes lithium-ion batteries and an inverter that converts battery power from direct current to alternating current.

The project is part of the JBSA Public/Public/Public/Private (P4) Community Partnership Initiative, which allows JBSA and the 502nd Air Base Wing to enter into partnerships in the community to provide, receive or share installation support services for many of its municipal and morale, welfare and recreation functions.

Other partners in the project include Omnetric Group, part of Siemens & Accenture Company, Cisco and the University of Texas at San Antonio Texas Sustainable Energy Research Institute, which provided the equipment for the weather station and solar forecasting.

Since the microgrid test project has been successful, Roesch said JBSA is in discussions with CPS Energy to participate in future partnerships.

New program hones readiness, improves care

By Lori Newman
BAMC PUBLIC AFFAIRS

Brooke Army Medical Center at Joint Base San Antonio-Fort Sam Houston launched a new program Jan. 17 to help increase the readiness of enlisted health care specialists who serve within the organization. The 68W Utilization Program allows medics to practice the skills they need to maintain their core competencies so they are ready if deployed downrange.

"The 68Ws are a foundation group to start with," said Col. Margaret Nava, BAMC chief nursing officer. "Then we will continue to work through our other enlisted series to make sure we are giving them the same exposure."

The program supports the new Army Medical Command Regulation 40-50, which outlines the core competencies Army Health Care Specialists are required to maintain.

"It's not just about signing them off for a year in readiness, it's about making them part of the team in their parent unit," Nava said.



Staff Sgt. Alfredo Herrera Jr. (left), noncommissioned officer in charge of 2 East, works with Jenedra Curry, a registered nurse, to set up an intravenous drip for a patient.

As an extra incentive, the medics will receive a different colored badge for each level of competency they achieve. Level one is a black badge, which signifies the new 68W pos-

sesses basic skills. Level two's silver badge shows the medic has demonstrated all the skills in category one, but not yet completed category three. If the medic achieves all their

competencies, they will be called "Master Medics" and obtain a gold badge.

"The medic's competencies are first and foremost their responsibility, so they have to be an active player in this process," Nava said. "It's now a leader's responsibility to make sure the parent unit is being held accountable to give the medic the opportunity to achieve their competencies."

"I think this program will show the providers we can be utilized in a much broader spectrum," said Staff Sgt. Alfredo Herrera Jr., NCO in charge of 2 East. "I believe that the best training is hands-on training. Learning from muscle memory is a lot better than learning from PowerPoint."

Sgt. 1st Class Alexander Ratliff, NCOIC at the Capt. Jennifer Moreno Clinic, believes it is very important that medics practice their skills while in a garrison environment. While in Iraq, Ratliff used the skills he learned during his training as a combat medic to save the life of a Soldier pinned under a vehicle.

"I just did it; it was like muscle memory," Ratliff said. "It was the repetition that I received during training that made what I did possible. The fact that I didn't freeze or I didn't even have to think about what I was doing came from the fact that it was drilled into me."

Maintaining skill level is just as important as initial training, Ratliff said. "If a Soldier is deployed, there is a certain level of expectation when they arrive at their unit. Their Soldiers are relying on them. The expectation is there. The skill set needs to be there."

The 68W Utilization Program is a command priority for BAMC Commander Brig. Gen. Jeffrey Johnson and BAMC Command Sgt. Maj. Albert Crews.

"I'm concerned that when we send our medics downrange they are not ready to do their full scope of practice," the general said. "We expect them to be ready on a moment's notice to do their skillset when they are deployed. Why wouldn't we do the same while they are in garrison?"

METC adds USUHS to degree partnership program

By David DeKunder
502ND AIR BASE WING PUBLIC AFFAIRS

Students who complete their training at the Medical Education and Training Campus at Joint Base San Antonio-Fort Sam Houston will have the opportunity to earn an associate degree under an agreement between METC and the Uniformed Services University of the Health Sciences, or USUHS.

USUHS, located in Bethesda, Maryland, is a graduate-level military medical institution that educates, trains and prepares health professionals, officers and leaders serving in the armed forces and who support the Department of

Defense Military Health System.

Under its degree partnership program, METC has agreements with 60 institutions which include 1,000 degree pathways for former METC students to further their education. Colleges and universities who participate in the degree partnership program give METC graduates credit for portions of the training they received at METC.

Lt. Col. Melanie Ellis, METC Chief of Strategic Planning and Partnerships, said USUHS was given the authority to issue undergraduate degrees in a provision of the National Defense Authorization Act of 2017.

Obtaining an associate degree from USUHS will allow METC students who complete their training to further their education, said Ellis.

"Our USUHS affiliation will help our service members achieve their educational goals," Ellis said.

To earn the associate degree, METC students who complete their training will need to submit a transcript of general education courses they have completed to meet the degree requirements to USUHS.

Once a METC student has obtained an associate degree, Ellis said he or she can use it toward earning a bachelor's or post-graduate level degree.

Currently, the agreement

sets up a pilot program in which students from four METC programs — medical laboratory technician, neurodiagnostic technologist, nuclear medicine technologist and surgical technologist — will be able to obtain an associate degree from USUHS if they meet the requirements set by the school. Ellis said METC plans to add more of their programs to the USUHS affiliation in the future.

"We want to get service members on the quickest pathway to a degree by giving them credit for the training they have already accomplished," Ellis said.

Since METC was established in 2010, more than

100,000 students have completed training at the medical campus. METC includes 48 medical training programs and trains Army, Navy, Air Force and Coast Guard medics, corpsmen and technicians. METC is the world's largest enlisted medical training education campus, graduating an average of 20,000 students per year, and is the largest consolidation of military training in Department of Defense history. Ninety-five percent of enlisted medical technical education in the armed forces occurs at METC.

For more information on the degree pathway programs, visit metc.mil/degreebridge/.

Navy ensures Reserves remain ready

By Larry Coffey

NAVY MEDICINE EDUCATION, TRAINING AND LOGISTICS COMMAND PUBLIC AFFAIRS

The Navy Reserve-Navy Medicine Education and Training Command, or NR-NMETC, held its annual leadership symposium at Navy Medicine Education, Training and Logistics Command, or NMETLC, headquarters at Joint Base San Antonio-Fort Sam Houston Jan. 20-22.

NR-NMETC is an echelon 4 command that reports directly to NMETLC and trains Navy Medicine Reserve doctors, nurses, administrators and corpsmen across the country to help them better perform their life-saving mission and ensure the Navy and Marine Corps maintain a fit and ready force.

Approximately 15 of NR-NMETC's 27 staff attended the annual symposium, which is used in large part as a strategic planning session. This is where the command's senior officers and senior enlisted staff map out their goals and objectives for the year and decide how

best to execute their training strategy, said Senior Chief Petty Officer Jeff Tabor, NR-NMETC senior enlisted leader.

"Members come from all over the country for the leadership symposium," Tabor said. "I drove in from Little Rock, Ark., and the others came from all corners of the country to get it going."

What they "got going" was a plan to ensure quality training continues to be delivered to the student's front door.

"We bring the schoolhouse to the student," Tabor said. "We send instructors on the road to deliver training to Navy Reserve Medicine instead of the commands sending the students to a schoolhouse. Two of the courses we facilitate are the Tactical Combat Casualty Course and the Trauma Nurse Corps Course."

Tabor said the senior officer and enlisted from NR-NMETC headquarters element also drill quarterly at NMETLC. Junior officers and enlisted who live further away drill at their local



COURTESY PHOTO

Officers and chief petty officers from Navy Reserve-Navy Medicine Education and Training Command gather Jan. 20 during a three-day leadership symposium at Navy Medicine Education, Training and Logistics Command at Joint Base San Antonio-Fort Sam Houston.

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Naval Operational Support Center, or NOSC, but travel to San Antonio for the annual symposium.

Another way NR-NMETC supports Navy Medicine and NMETLC is by providing reserve manpower support to NMETLC and its subordinate commands.

For example, several enlisted reserve personnel in 2016 performed their annual two-week drill supporting training efforts at the Navy Medicine Operational Training Center (NMOTC) in Pensacola, Florida; Navy Medicine Training Support Center, or NMTSC, at JBSA-Fort Sam Houston; and at Naval Special Operations Medical Institute, or NSOMI, at Fort Bragg, N.C.

Tabor, a health care administrator and program director for the Arkansas Trauma Communication Center and Hand Trauma Telemedicine Program, said NR-NMETC's planning sessions in

San Antonio are paying dividends for the command, Navy Medicine and the Navy. The latest came during professional development training NR-NMETC coordinated at Newport, Rhode Island, in the Damage Control trainer.

"About two dozen officers and enlisted from across the country spent a weekend doing shipboard training in the get-wet trainer," Tabor said.

NR-NMETC also traveled to Florida and New York to deliver training.

"We did a weekend director for administration symposium at Naval Hospital Jacksonville, Fla., and we gave a new provider course at NOSC New York City. We brought in a dozen new Navy Reserve providers and trained them to work in a NOSC clinic doing annual physicals, physical fitness assessment) screenings, line of duty exams (for personnel injured while in a drill status) and medical retention review packages that are required for all re-enlisting reservists. These personnel will drill at NOSCs across the country."

FORT SAM HOUSTON BRIEFS

Department of the Army photos

The Joint Base San Antonio-Fort Sam Houston photo studio provides DA photo support to Soldiers assigned to JBSA, on temporary duty to JBSA, as well as Guard and Reserve Soldiers assigned to San Antonio-based units. Soldiers not meeting one of these criteria should visit <http://www.vios.army.mil> to locate a DA photo facility. Call 221-5453 for an appointment.

Pre-Separation Counseling

Date/Time: Feb. 7, 9 a.m. to noon
Location: Military & Family Readiness Center, building 2797.
Airmen, Sailors, and Marines planning to separate or retire from the federal service must attend this mandatory counseling. Appointments may be scheduled up to 24 months prior to retirement or 12 months prior to separation. This training is required prior to attending other Transitioning Assistance Program workshops. To register, call 221-2705.

FRG treasurer training

Date/Time: Feb. 8, 1-3 p.m.
Location: M&FRC, building 2797.
Mandatory for current and incoming Family Readiness Group treasurers. Commanders, FRG leaders, and FRG funds custodians are encouraged to attend. To register, call 221-2418.

Volunteer of the Year nominations

Date/Time: Feb. 8, 9-11 a.m. and Feb. 15, 1-3 p.m.
Location: M&FRC, building 2797.
Learn how to submit a nomination package for

the 2017 Volunteer Awards ceremony. Nominations must be submitted no later than Feb. 24. Visit <http://www.jbsa.mil/Resources/Military-Family-Readiness>, email usaf.jbsa.502-abw.mbx.502-fss-volunteer@mail.mil or call 221-2705 for more information.

Five Love Languages

Date/Time: Feb. 9, 1-4 p.m.
Location: M&FRC, building 2797.
How one perceives appreciation or love may differ from how you do. Based on Dr. Gray Chapman's theory, discover which love language you speak verses your partner to improve communication. To register, call 221-2418.

Blended Retirement System 101

Date/Time: Feb. 13, 9-10 a.m.
Location: M&FRC, building 2797
Review the new features and concepts of the Blended Retirement System and how it compares to the traditional retirement pension. The BRS takes effect Jan. 1, 2018. To register, call 221-2705.

Army FAP Unit Training

Date/Time: Feb. 15, 9-11 a.m. and 1-3 p.m.
Mandatory Unit Family Advocacy Training in accordance with Army Regulation 608-18 regarding domestic and child abuse identification, reporting and prevention. Other topics include Lautenberg amendment, restricted and unrestricted reporting and transitional compensation program. Reservations are accepted up to two weeks in advance. Call 221-2418.

To advertise in the JBSA Legacy,
call 250-2052.

Training points Soldiers toward readiness, resilience

By Tim Hipps

U.S. ARMY NORTH PUBLIC AFFAIRS

Soldiers learned the differences between fixed, mixed and growth mindsets during a four-hour executive resilience and performance course Jan. 20 at the Joint Base San Antonio-Fort Sam Houston Comprehensive Soldier and Family Fitness Training Center.

“This gives me self-reflection of whether my attitude is fixed or a growth attitude, and how to recognize that among our subordinates as well,” said 106th Signal Brigade Sgt. Maj. Maurice Greening after completing the course. “It will help me recognize the attitudes of those around me and influence how I interact with folks.”

Comprehensive Soldier and Family Fitness, or CSF2, represents the Army’s investment in the readiness of the force and the quality of life of Soldiers, their family members and Army civilians. The Army provides Ready and Resilient, or R2, capabilities to commanders and leaders so they can achieve and sustain personal readiness and optimize human performance in environments of uncertainty and persistent danger.

“Our focus is to give a snap-



TIM HIPPS

Soldiers chart differences between how fixed and growth mindset individuals approach criticism during an Executive Resilience and Performance Course on Jan. 20 at the Fort Sam Houston Comprehensive Soldiers and Family Fitness Training Center.

shot of the content of this program and what it offers in terms of training curriculum,” said Jill Wierzba, one of six Master Resilience Trainer Performance Experts at the JBSA-Fort Sam Houston training center. “If we can give them a taste, they will know how to use it within their organization.

CSF2 supports the R2 vision of building and sustaining a culture of trust and developing personal and unit readiness to meet demanding current and emerging Army requirements.

The overarching goals of the

training reinforce Army professionalism and positive behaviors, leading to sustained personal readiness and resilience of Soldiers, Army civilians and family members, thereby enhancing unit readiness.

“I think it’s beneficial for a couple of reasons,” said Col. Bradford Davis, 106th Signal Brigade commander. “Number one is it brings together a group of peers external to our organization who take time to discuss these things. We get viewpoints from folks in the medical community, sister brigades, other

battalions coming in, brigade commanders, battalion commanders – so it gives us a peer group that is beyond what we normally get at our own unit to work through some of these things. There’s a lot of peer learning and peer teaching.”

Resilience is the mental, physical, emotional and behavioral ability to face and cope with adversity, adapt to change and recover, learn and grow from setbacks. A resilient individual is better able to leverage intellectual and emotional skills and behaviors that promote enhanced performance.

Instructors must discover ways to keep the “buzz” in the words resilience and resiliency.

“It’s an easy buzzword to use because every person’s interpretation is completely different,” Wierzba said. “What does it really mean to overcome adversity?”

Resilience competencies increase one’s ability to cope with stress, overcome setbacks, solve problems, remain task-focused and perform under pressure. The competencies also increase self-confidence, while lessening senses of helplessness, depression and anxiety.

CSF2 is an integral part of the

Army’s Ready and Resilient initiatives, which promote physical and psychological fitness and encourage personal and professional growth.

Online self-development opportunities also are available. The R2 ArmyFit platform helps participants meet the Army’s Performance Triad goals of improved performance through optimal sleep, activity and nutrition. A global assessment tool for measuring success is available at <https://armyfit.army.mil>.

The Executive Resilience and Performance courses are available for company, battalion and brigade-level command teams, as well as GS-12 and above supervisors.

“We want to be very cognizant of common issues and things so we can make the content very applicable to the individual,” said instructor Amy Guillen, PhD.

Other courses specifically designed for transition battalions/unit Soldiers, cadre, staff and family members are offered at the Fort Sam Houston Comprehensive Soldier and Family Fitness Training Center, along with Master Resilience Trainer, or MRT, courses. For more details, call 808-6089 or visit <http://csf2.army.mil>.



HANS DEFFNER

ARMY HELICOPTERS LAND AT MACARTHUR PARADE FIELD

Soldiers from Company C, 2nd Battalion, 227th Aviation Regiment, 1st Air Cavalry Brigade, 1st Cavalry Division arrived in five helicopters – four Hueys and a Chinook – from Fort Hood on Jan. 19 and landed on the MacArthur Parade Field at Joint Base San Antonio-Fort Sam Houston. The Soldiers proceeded to the U.S. Army Medical Department Museum for a tour.

LACKLAND

Museum continues telling Airman story

By Jeremy Gerlach
502ND AIR BASE WING
PUBLIC AFFAIRS

The Airman Heritage Museum celebrated its 60th anniversary, Jan. 26, where dozens of guests milled onto a sunny lawn just outside the building for a living history show with costumed re-enactors.

For the past 60 years, the museum, located at Joint Base San Antonio-Lackland, has told the history of enlisted Airmen. Maj. Gen. Mark Brown, Air Education and Training Command vice commander, said the museum also has a bright future ahead of it.

“Our enlisted Airmen are the backbone of the United States Air Force, and that is a story that we must continue to tell,” Brown said. “Every individual that comes through the gates at Lackland needs to hear the story of what the first enlisted Airman did.”

Telling that story, however, has required the Airman Heritage Museum to continually expand over the decades. Founded in 1956 as the Air Force History and Traditions Museum, the institution first began as an independent, satellite organization, run separately from larger chains of national service museums in Washington, D.C. As its collection of artifacts grew over the decades, the museum eventually became designated as the Airman Heritage Museum in 2010.

While the current museum plays host to thousands of visitors each year, long-standing plans to erect a larger, 85,000-square-foot facility are still in the works, said retired



SEAN WORRELL

Volunteers dressed in past uniforms of the Air Force present the colors during the Airman Heritage Museum's 60th anniversary celebration on Jan. 26 at Joint Base San Antonio-Lackland.

Chief Master Sgt. Timothy Dickens, Airman Heritage Foundation president.

The end goal, Dickens explained, is to develop the new location into a state-of-the-art facility that gives museumgoers a better platform to experience the enlisted story. Dickens' team has already started a capital campaign for the project and has laid down a “definitive” set of fundraising milestones for the next five years, Dickens said.

“We want to broaden our ability to speak to the ... history of the Air Force,” Dickens said. “Building a new location for the museum will give us the ability to tell a more complete and comprehensive story.”

Brown served as a one-man exhibit for that story,

sounding off several tales of airborne service members from the Civil War, World War I and II, and beyond – all from memory.

“These are stories from the past, but the enlisted backbone of our Air Force is still strong today,” Brown continued. “Every Airman that puts on a uniform ... should know the great story, the great heritage ... that this museum provides.”

After Brown's speech, attendees got a visual look at some Air Force history, too.

Senior Airmen Kaleb Hatfield, 59th Dental Squadron dental assistant, and Kayla Holbrook, 959th Clinical Support Squadron histology personnel, were among a handful of service members dressed in enlisted Air Force uniforms from different peri-

ods in history.

Hatfield who was dressed as a Tuskegee Airman – the Army Air Corps' first black fighter group, said the museum helps tell a common story that links all enlisted Air Force Personnel.

“To be here at this event, this is historic,” Hatfield said. “Lackland is where basic training starts for all enlisted members of the Air Force. We all come through here ... so the museum shows that.”

Holbrook, dressed as a Woman Air Force Service Pilot, or WASP sergeant, echoed Hatfield's sentiments.

“I feel honored to be here, dressed in a World War II uniform,” Holbrook explained. “My dad was in the Army in Vietnam, so to wear a uniform from the U.S. Army Air Corps

... is just humbling.”

Rudy Purificato, Air Education and Training Command curator, served as master of ceremonies for the anniversary event.

The living history show was an innovative way to bring the past to life, Purificato said.

As the celebration wound down and the normal flow of visitors continued streaming into the museum, Purificato expressed high hopes for the institution's next 60 years.

“Enlisted Airmen, their parents, civilians, and all others have an ability to gain a deeper understanding because of what (the museum) does,” Purificato said. “I and the rest of the Air Force are bubbling over in anticipation ... of the (museum) continuing to preserve our history.”

Tax season brings threat of identity theft

By Airman Dillion Parker

502ND AIR BASE WING PUBLIC AFFAIRS

Tax season can be an opportunity to receive a refund, however, it can also be an opportunity for identity thieves to cash in and steal those funds.

"Tax season identity theft is when a person uses a social security number or other personally identifiable information to file a tax return in someone else's name and steal their refund," said Airman Brandon L. Robertson, 502nd Installation Support Group civil law paralegal at JBSA-Lackland Legal Office.

PII is any information which can be used to identify an individual, either alone or combined with other information.

The tax center on base is taking steps to prevent identity theft and will require an original social security card, as well as requiring the tax refund to be direct deposited into an account with

the filer's name on it, Robertson said.

Some steps individuals can take to keep their identity and refund safe include staying up to date on credit reports, signing up for notifications from the bank when suspicious activity occurs, and making sure whatever

return in your name and get your refund. In some extreme cases, a thief might even give your name to the police during an arrest.

4) If your wallet, Social Security number or other personal information is lost or stolen, there are steps you can take to help protect yourself.

5) If you think you are the victim of identity theft, act immediately.

service being used to do taxes is official and secure, Robertson advised. Other things to watch out for include doing taxes on a government computer and forwarding personally identifiable information from the network, said Thomas P. Doran, 502nd Air Base

PREVENT IDENTITY THEFT

- 1) Identity theft occurs when someone uses your Social Security number of other personal information to commit fraud.
- 2) Identity theft can happen to anyone.
- 3) Once identity thieves have your personal information, they can drain your bank account, run up charges on your credit cards, open new utility accounts or get medical treatment on your health insurance. An identity thief can file a tax

Visit <https://www.identitytheft.gov/#what-to-do-right-away>

Wing cyber security manager.

"Doing your taxes on a government computer is basically fraud, waste and abuse of government resources and time, especially when you do them at work," explained Doran.

Doran often uses popular computer software programs to do taxes.

"The software I use has a padlock symbol that tells me my information is secure," said Doran.

The Federal Trade Commission lists a few warning signs on their website at <http://www.identitytheft.gov> that may indicate a person's identity has been stolen.

People who believe their PII was lost or exposed may contact the FTC at <http://www.identitytheft.gov> and, if their SSN specifically has been compromised, contact the IRS for assistance.

For more information, call the legal office at JBSA-Lackland at 671-3362, JBSA-Fort Sam at 808-0169 or JBSA-Randolph at 652-6781.

Catfishing: Don't get caught in the lure

By Lori Bultman
25TH AIR FORCE

Dating in today's technology-savvy world seems to have become less personal. In many cases, finding someone to spend time with might be based on information obtained through dating websites, phone calls, texts, chats and instant messages.

The big question amid the barrage of electronic information - Is the person on the other end, someone you have never met, worthy of your time? Is the potential date being sincere and honest, or is disaster just one click away?

An Airman stationed in San Antonio, whom we will refer to as 'Mark,' recently found out things online are not always what they seem.

In December, he was lured to a local hotel to meet a woman he met online and had been communicating with. Unbeknownst to him, he had become the victim of a catfishing scheme.

A catfish is person who pretends to be someone they're not, using social media to create a false identity with the intent of scamming someone, or worse.

While catfishing is not against the law in Texas, a recent statute does make theft by deception and theft by force illegal, said Detective George Segura, member of San Antonio Police Department's Vice Unit cybercrime detail.

Last year in San Antonio, there were 340 reports of online impersonations, Segura said.

In Mark's case, what began as a friendly online exchange turned into a frightening experience which could have ended very badly had it not been for his supervisor.

When the Airman failed to report for work on Dec. 6, his absence was immediately noticed.

His supervisor, Maj. Octavia

Heard, said she knew immediately something was wrong.

"[Mark] has a history of being on time every day," Heard said. "When he wasn't at work, I asked had he notified anyone that he would be late or had an appointment. No one in the office could tell me where he was, and I told them to reach out to him and find out why he is not in. Once no one could reach him, I decided to go to his apartment and check on him because it was clear something was amiss."

Concerned for her Airman's safety, Heard and a NCO went to the Airman's apartment complex. She contacted the apartment manager and the San Antonio Police Department to conduct a welfare check.

Her instincts were correct. Mark had been abducted by a group of men, was beaten and then driven around town in his own car to withdraw cash from Automated Teller Machines. When it was found that he had no funds to withdraw, the men took the Airman to his apartment, collected his valuables and forced him to sell them at pawn shops.

Mark's bad luck changed when the kidnappers returned to his apartment, with him in tow.

As the car entered the parking lot of the complex, Mark's supervisor and the police were there completing the missing persons' report. Heard saw the car and the Airman in the back seat. She ran to the vehicle, opened the back door and grabbed the Airman while the suspects were detained by police officers.

The alleged perpetrators were later arrested and charges are pending. Mark was taken to the hospital, treated for his injuries and released.

"Recovery for this Airman will be long," said Master Sgt. Melissa Zollinger, 25th Air Force Headquarters first sergeant. "The emotional trauma inflicted will not be forgotten



GEORGE SERNA AND LORI BULTMAN

A catfish is a person who pretends to be someone they're not, using social media to create a false identity with the intent of scamming someone.

easily and will require continued support. We have also assisted 'Mark' in getting new housing, notifying financial institutions and setting up credit protection. We are taking care of him and will continue to until he is fully recovered."

Heard was reluctant to take credit for her heroic actions when she was recognized by the Chief of Staff of the Air Force on Dec. 19.

"I wouldn't call it above and beyond," said Heard. "I'm a caring person and I have always been the person that will go out of my way to take care of my family, friends, co-workers and troops."

"I hope that this event reminds Wingmen to always be aware of each other and not to dismiss things," she said. "We are never too busy to take a minute to check on each other. If you make the effort to know your fellow Airmen, you'll know when something isn't right. When you know something isn't right, don't hesitate to act. You never know what difference it will make."

To avoid an experience like Mark's, Segura said there are

several general personal safety rules to remember.

First, when meeting someone you met online, arrange to meet in a public well-lit area, he said. Always tell a friend where you are going and when, so someone knows where you are.

For the first meeting, Segura recommends meeting in a place you are well known like a restaurant or coffee shop where you are a regular and a staff member would recognize that you had been there.

Another thing to consider is meeting where you know there is video surveillance.

There are also things you can do before agreeing to meet someone in person, Segura said, adding that "anyone can play detective online."

When someone you met online wants to meet, see if the images in their profile or email exist somewhere else online, Segura said.

"Google Image Scan allows you to upload a photo and search for matches." He said there are videos online that explain how to do it.

Segura encourages anyone

who feels they are a victim of theft by deception, theft by force or online impersonation to call and report the incident. Once an incident has been reported, a case number is assigned and an investigation started, he said.

Victims can report an incident by telephone through the SAPD non-emergency line, 201-207- SAPD (7273) or a patrol officer can come to the victim's location and take the report in person, Segura said.

Millions of Americans visit online dating websites every year hoping to find a companion or soul mate, according to the Federal Bureau of Investigations.

It is important to keep in mind that criminals use these sites as well, looking to turn vulnerable people into fast money through a variety of scams and ploys, in addition to catfishing.

If you believe you are the victim of an online dating scam or any Internet facilitated crime, you can contact local authorities and file a report with the FBI at <http://www.ic3.gov>.



WILLIAM BELCHER

Brig. Gen. Heather Pringle, 502nd Air Base Wing and Joint Base San Antonio commander, speaks to Airmen Jan. 19 at the 25th Air Force HQ at JBSA-Lackland.

Pringle applauds 25th Air Force

By Lori Bultman

25TH AIR FORCE

Displaying courage and working hard were among the topics discussed by Brig. Gen. Heather Pringle, 502nd Air Base Wing and Joint Base San Antonio commander, during a presentation Jan. 19 at the 25th Air Force Headquarters at JBSA-Lackland.

Pringle began by expressing appreciation.

"I am thankful for what you do to make our nation stronger, smarter, making better decisions because we have good information," she said to the nearly 100 Airmen in attendance. "Each and every one of you is important. Don't ever for-

get that you are important, no matter what you do, where you do it or what you feel, you are important."

She explained that she believes in working hard. "Far and away the best prize that life has to offer is the chance to work hard at work worth doing," Pringle said, quoting Theodore Roosevelt. "And, we are here to help you be more successful at the 25th."

Pringle said it is a privilege and an opportunity to work for our nation, answering the call.

"No matter what you are wearing, you have answered the call and are serving the nation," she said.

Joint Base San Anto-

nio's mission partners believe in helping accomplish the mission, and Pringle meets with them on a regular basis.

"If you are here in San Antonio, and you could serve anywhere our Air Force is, anywhere around the world, consider yourself lucky to be here in Military City U.S.A., because it is amazing what they do here to celebrate America's military," Pringle said.

Pringle is responsible for the largest Joint Base in the Department of Defense consisting of over 266 mission partners, 80,000 full-time personnel and a local community of more than 250,000 retirees.

LACKLAND BRIEFS

Blood donations needed

The Joint Base San Antonio-Lackland Blood Donation center, located at 2430 Ladd St., is always in need of blood, plasma and platelet donors. Anyone on base is eligible to become a donor, pending a screening at the center. The center is open Monday to Friday from 7:30 a.m. to 2 p.m. Call 292-8100 for more information.

Tax center open

Location: building 6629 on the corner of Hughes Ave. and Gentile St.
The JBSA-Lackland Tax Center is open. Hours of operation are Monday-Tuesday 8:30 a.m. to 4:30 p.m. and Wednesday from 12:30- 4:30 p.m. Military members O-2 and E-6 and below, their dependents and retirees with less than \$65,000 in income are authorized for service at the center. Call 671-1001 for more information or to schedule an appointment.

Spring sports registration

Date/Time: Feb. 1-28
Youth ages 5-18 are invited to register for T-ball, baseball and softball Monday through Friday from 8:30 a.m. to 5:30 p.m. at the Youth Center. Cost is \$50 per participant. Current physical and immunization record to include flu vaccination is required at the time of registration. Practice begins in March.

Craft time

Date/Time: Feb. 1 and 15, 4 p.m.
Location: Lackland Library
Builders, innovators, and inventors are invited to build and create crafts. Crafts are geared toward ages 8 and older. For more information, call 671-2678.

Anger management

Date/Time: Feb. 2, 9, 16 and 23, 1:30-3:30 p.m.
Location: Building 2513 (formerly the Health and Wellness Center)
This comprehensive anger program is for all

service members and their dependents who want to learn to cope with anger in a group setting. Participants will learn healthy and productive ways to deal with their emotions. To register, call 292-5967.

Parent Advisory Board quarterly meeting

Date/Time: Feb. 3, 11:30 a.m. to 12:30 p.m.
Location: Youth Center
Join the Parent Advisory Board to learn more about the Child Development, Family Child Care and Youth Programs. Attendees may also contribute with feedback and suggestions for parent involvement, caregiver/provider appreciation and overall improvement. For more information, call 671-2388.

First Steps soccer registration

Date: Feb. 3
This instructional program is for Department of Defense children, aged of 3-5. It teaches the basics of soccer in harmony with the gross motor movements of preschool and early school age children. Parents are required to participate. Register Monday through Friday from 8:30 a.m. to 5:30 p.m. at the Youth Center. A current physical and immunization record to include the flu vaccination are required at the time of registration. The cost of the program is \$35 for six weeks of one hour instruction. For more information, call 671-2388.

Multimedia camp

Date/Time: March 13-17, 8 a.m. to 3 p.m.
Register: Feb. 1-27
This camp is for youth, ages 9 to 13. They will explore various forms of media including photography, Mindstorm, music making and more. The cost is \$130 per participant and lunch is included. All required paperwork including current shot records with flu vaccination must be on file prior to registration. Register Monday through Friday from 8:30 a.m. to 5:30 p.m. at the Youth Center. Call 671-2388 for more details.

RANDOLPH

12th MXG invests in human capital

By Senior Airman
Stormy Archer

502ND AIR BASE WING PUBLIC AFFAIRS

The 12th Maintenance Group conducted a weeklong leadership development course for civilian aircraft maintainers Jan. 23-27 at Joint Base San Antonio-Randolph.

The focus of the course was to help 12th MXG employees reach their full leadership potential by introducing them to the principles of leadership and professionalism.

"We need everyone in our organization to learn leadership skills because that's what you do with people, you lead them," said Bob West, 12th MXG director. "We wanted to give our folks an opportunity to learn from the best and become really good servant



SENIOR AIRMAN STORMY ARCHER

Brian Hall, 12th Maintenance Group operations division chief, discusses leadership principles with members of the 12th MXG on Jan. 25 at Joint Base San Antonio-Randolph.

leaders."

The leadership course, the Emerging Leaders Program,

gave 12th MXG members a chance to identify their strengths and weaknesses as

leaders.

"This weeklong event is an opportunity for them to explore who they are," said West. "It gives them an internal view of who they are as a leader and how they react to stress. Then we did a 360-degree feedback to give them an outer view from their peers and subordinates."

The Emerging Leaders Program was developed by the 12th MXG because civilian leadership courses were not available to their workforce of civil servants.

"We saw the need to have a workshop put together so we can develop our up-and-coming young leaders within the maintenance group," said Brian Hall, 12th MXG maintenance operations division chief. "We hope we supplied

them with the tools for the future and they take away from this class a feeling of the culture that we have tried to instill into this organization of leadership, and taking care of people and the vision of the future of our organization."

By investing in the development of future leaders, the 12th MXG is ensuring their ability to support the 12th Flying Training Wing's mission well into the future.

"Our most valuable asset is our people," said West. "It's almost a worn-out term, but it's so true. People make your program go. If you don't invest in them, you are not going to be successful. It's the only way you are going to progress and the only way you are going to get those great ideas you need to succeed."

Application window opens for officer developmental education

By Kat Bailey

AIR FORCE PERSONNEL CENTER
PUBLIC AFFAIRS

Eligible active duty officers can apply for intermediate and senior developmental education opportunities starting Jan. 30.

The nomination process starts via the web-based form 3849, available on AFPC Secure. Officers may select up to five IDE/SDE programs in which they are interested and should ensure they meet the minimum criteria for each selected program as requirements and eligibility vary.

"The Air Force embraces the

concept of lifelong learning, which draws meaningful connections between the distinct educational experiences throughout a career," said Kris Hunter, officer DE deputy chief at the Air Force Personnel Center.

Intermediate programs include the Air Command and Staff College, sister service and international schools, a variety of fellowship programs and more. Senior programs include the Air War College, Air Force and national defense fellowships, National Defense University programs, sister service and international schools, and

more.

"Our education builds the foundation for training and developing transformational leaders at all levels," Hunter said.

Applications, including senior rater nominations, must be submitted by March 3. Officers nominated by their senior raters will have until March 28 to review their records in the Personnel Records Display Application to verify all personal information is accurate and their latest officer performance reports are on file.

Final results from the Developmental Education Designa-



tion Board, identifying the DE programs for which officers have been selected, will be released in October.

Stay informed on the most current developmental education information on the officer Force Development page on myPers. Alternatively, select

"Active Duty Officer" from the dropdown menu and search "IDE" or "SDE."

The call for nominations for civilian developmental opportunities will be at a later date.

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

February event challenges couples to stay fit

By Senior Airman
Stormy Archer

502ND AIR BASE WING PUBLIC AFFAIRS

The 502nd Force Support Squadron will host a Valentine's Day Run/Bike/Run event Feb. 11 at Joint Base San Antonio-Randolph's Eberle Park.

The event will consist of a 5K run, 10-mile bike and then another mile-and-a-half run.

"This is a great way to get people active and promote being fit as a couple," Tommy Brown, 502nd FSS recreation aide, said. "A lot of people have started working on the fit couple thing, it's in now. Coming out (to the event) you can expect to see a lot of couples with the same interests."

Activities begin at 8 a.m., but participants will need to show up early to register.

The Valentine's Day Run/Bike/Run is a free event open to all DoD ID cardholders at

JBSA, even those who are single. JBSA members planning on participating in the bike portion of the event will need to bring their own bike and must wear a helmet.

Working out as a couple can give you an extra push and is a great way to hold each other accountable to your goals and build a stronger relationship, Brown said.

"It's easy to come in and tell yourself, 'Hey I'm going to run three miles or I'm going to do chest and shoulders today.'" Brown said. "If you aren't held accountable you can get away with not really doing it, but if you come in with a partner you can hold each other accountable. At this time of year, people always set New Year's resolutions to be healthy or live a healthier lifestyle. It always helps to have a partner."



COURTESY GRAPHIC

Fitness center's 100-Ton Club seeks members

By Robert Goetz

502ND AIR BASE WING PUBLIC AFFAIRS

Fitness buffs whose regimen includes weight training will have an opportunity to do some heavy lifting and join an exclusive club Feb. 15 at Joint Base San Antonio-Randolph's Rambler Fitness Center.

For the fifth straight year, the fitness center is offering membership to the 100-Ton Club to Department of Defense cardholders. There's only one requirement — to lift 100 tons of weight that day using free weights or any plate-loaded machine.

"The 100-Ton Club is a chance for weight lifters to lift heavier than they normally would and also be part of a heavy lifters club," said Marlin Richardson, Rambler Fitness Center fitness and sports manager. "It's not for

The
100 TON
CLUB

COURTESY GRAPHIC

everyone to try this; it's usually exclusive to those who lift pretty heavy on a regular basis. An average person doing resistant training more than likely won't have a workout plan where they're lifting 220,462 pounds in a one-day period."

Weight lifters who seek

membership in the club should stop by the front desk of the fitness center Feb. 15 and pick up their log book to track how much weight they lift during the day. Their total weight is calculated by multiplying the amount of weight used for a particular exercise times the number of

repetitions for that exercise and adding the totals of each exercise performed during the day.

Once weight lifters reach the 100-ton threshold, they can return their log book to the front desk to become a member of the 100-Ton Club.

The club started with a 150-ton requirement, but it was reduced to 100 tons a few years ago, Tommy Brown, Rambler Fitness Center recreation aide, said.

"When we bumped the requirement down, we got more participation," he said.

However, the club still isn't easy to join, Brown said.

"Last year, 25 people signed up, but only eight completed it," he said.

The challenge attracts all ages, male and female, Brown said.

"Last year, a man who was

about 62 years old was one of the first finishers," he said. "I saw him around 5 or 5:30 a.m. and he was finished by 4:30 or 5 p.m."

Christian Wasylichak, Rambler Fitness Center facility technician, said he would not encourage a novice weight lifter to attempt to join the club.

"If you're an avid weight lifter, it would be fine to take on this challenge, but if you're brand new to weight training, I'd suggest you learn proper lifting techniques or work with a personal trainer before you try this."

Weight lifters who wish to join the club will have a 17-hour window to reach 100 tons, Brown said. The fitness center's hours are 5 a.m. to 10 p.m. on weekdays.

For more information, call 652-7263.

RETRO PAINT SCHEME HERALDS 435TH FTS HERITAGE



RANDY MARTIN

Neil Orłowski, a Corrosion Control Specialist in the 12th Maintenance Group, applies a decal to a T-38C Talon Jan. 13 at Joint Base San Antonio-Randolph. The 435th Fighter Training Squadron and the 12th Maintenance Group blended a retro-paint scheme for the 40th anniversary reunion Jan. 20 to celebrate a vital Air Force mission. When the 435th FTS was reactivated after the Vietnam War on Jan. 1, 1977 at Holloman Air Force Base, its mission was to teach new fighter pilots basic maneuvers in what was called Lead-In-Fighter Training. LIFT evolved into the 435th's contemporary Introduction to Fighter Fundamentals program in today's two-toned gray T-38C Talons. Thanks to the Corrosion Control Shop, the 435th's flagship is sporting the throwback blue tricolor of LIFT's AT-38B Talons.

RANDOLPH BRIEFS

Move It to Lose It

Date: January-March

Location: Joint Base San Antonio
Sign-ups and weigh-ins will be at the Outpatient Nutrition Services clinic at the Jennifer M. Moreno Clinic at JBSA-Fort Sam Houston. Competitors who sign up for the contest will be given a worksheet with a list of healthy activities and programs to participate in. Participants will gain points by earning a stamp for each activity they do. Awards will be given to the winner who loses the biggest percentage of weight, and the person with the most point earned at the end of the contest. For more information, call 808-2232.

Spring sports registration

Date: Feb. 1-28

Location: Youth Center
Registration costs \$50 and the baseball and softball season runs March through April. Applications are available at the JBSA-Randolph Youth Center. Children must have a completed physical and shot records to register. Please contact 652-3298 for more information.

Bundles for Babies

Date/Time: Feb. 3, 8:30 a.m.-12:15 p.m

Location: Military & Family Readiness Center

Active duty expecting parents assigned to JBSA-Randolph are encouraged to attend. Review financial planning, support programs within the community and parenting skills. To register, 652-5321.

Internet safety

Date/Time: Feb. 8, 2-3:30 p.m.

Location: Health & Wellness Center
Review current and popular mobile apps and social networking sites, and safety risks that may accompany them. To reserve a seat, call 221-2418.

Dangers of social media

Date/Time: Feb. 8, 2:30 p.m.

Location: Human Performance Resource Center
Parents who want to learn more about social media and how their kids are using it. Arm yourself with the knowledge you need to protect your children. Call 652-2448 for registration.

Teen talk

Date/Time: Feb. 8, 5-6:30 p.m.

Location: Youth Center
Teens will learn about using social media responsibly, the pitfalls of social media and how to avoid them. Call 652-2448 to register.