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

**CHIEF OF NAVAL PERSONNEL VISIT****PAGE 3****NEXT SERGEANT MAJOR OF THE ARMY****PAGE 8****NATIVE AMERICAN INDIAN HERITAGE MONTH****PAGE 10**

Army South hosts wheelchair basketball tournament

By Sgt. Mahlet Tesfaye
Army South Public Affairs

In a competitive championship game, the Center for the Intrepid/Warrior Transition Unit team came out on top against the 512th Geospatial Engineer Detachment Alpha team by a 21-11 score Oct. 30 at the U.S. Army South wheelchair basketball tournament championship

at Joint Base San Antonio-Fort Sam Houston.

In recognition of National Disability Employment Awareness Month in October, Army South hosted its first wheelchair basketball competition, which included five teams from within Army South with the semi-final winner facing the wounded warrior wheelchair basketball team.

“The wheelchair basketball tournament is an incredible opportunity to gain awareness and understanding of the resiliency of these individuals with disabilities on and off court,” said Col. Morgan Lamb, Army South chief of staff, during remarks at the finals.

The tournament was held

See **WHEELCHAIR**, P15



Photo by Sgt. Mahlet Tesfaye

Soldiers from the Center for the Intrepid/Warrior Transition Unit and 512th Geospatial Engineer Detachment Alpha Team vie for the basketball during the wheelchair basketball tournament hosted by U.S. Army South at Joint Base San Antonio-Fort Sam Houston Oct. 30. The CFI/WTU team took the championship game, winning 21-11. The tournament was held in recognition of National Disability Employment Awareness Month in October.

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'November is a special month for all of us who have worn the cloth of our nation'

By **Lt. Gen. Perry L. Wiggins**
Commander, U.S. Army North (Fifth Army) and Senior Army Commander, Joint Base San Antonio-Fort Sam Houston and JBSA-Camp Bullis



Lt. Gen. Perry L. Wiggins

November is a special month for veterans, especially here in San Antonio, Texas – Military City USA. It is a month filled with opportunities to show appreciation for U.S. service personnel from all wars.

Since 1970, San Antonio has honored military service members and their families through a special tribute every year: "Celebrate America's Military," better known as "CAM." You may have heard it called "CAM Week" in the past. If you look at all of the CAM events on the calendar, though, you will see that they extend across three to four weeks. As they say, everything is bigger in Texas!

This week, teachers

and students across our city are also participating in National Veterans Awareness Week. Through a U.S. Senate resolution enacted in 2001, Americans are encouraged to commemorate this week by teaching young people about the contributions veterans have made throughout our country's history.

It is always uplifting to service members speaking with young students on school trips, in places

such as the Fort Sam Houston Museum and the historic Quadrangle at Joint Base San Antonio-Fort Sam Houston.

Most notable is Veterans Day itself. At the 11th hour, on the 11th day of the 11th month, citizens across the country take time to pause and reflect on the contributions of veterans throughout our nation's history.

On that day, as President Dwight D. Eisenhower described in his 1954 Veterans Day proclamation, "all veterans, all veterans' organizations, and the entire citizenry will wish to join hands in the common purpose" to honor American veterans of all wars.

Veterans Day is a day to fly the American flag proudly, remember those who have served and those who are currently serving, and say thank you to a veteran. I encourage people to look at

the San Antonio Chamber of Commerce's "Celebrate America's Military" webpage to see the numerous events available to them to celebrate this day.

At JBSA-Fort Sam Houston, we have added another event to this November's celebrations. On Friday at MacArthur Parade field, we will have a free public event, the "Salute to Veterans" celebration. There will be a naturalization ceremony, an awards presentation for World War II veterans who fought in France, a historic aircraft flyover, musical performances and food and drink.

This is a great opportunity for our citizens and veterans from all eras and all services to celebrate together, share stories, and continue to strengthen the bonds that make our society so great.

November is a special

month for all of us who have worn the cloth of our nation. We are filled with pride for serving in such an honorable profession, and we are filled with humility because we understand the cause we serve and the sacrifices of those who have come before us.

We feel the appreciation of our families and fellow citizens. And we have appreciation in our own hearts, too. We appreciate the support we get, and we appreciate those who served before us and made our nation what it is today. These sentiments are ever present, but with Veterans Day and Thanksgiving in mind, November is a perfect time for us to share them together – especially here in Military City USA.

To all the veterans and all those who support us, I thank you and wish you a happy Veterans Day.

RETIRING SOLDIERS HONORED AT QUADRANGLE

The Joint Base San Antonio-Fort Sam Houston community recognized nine Soldiers for their dedicated service and commitment to the Army Oct. 30, during the monthly JBSA-Fort Sam Houston retirement ceremony in the historic Quadrangle. Maj. Gen. Joseph P. DiSalvo, commanding general for U.S. Army South presided over the ceremony. The retirees are (from left to right): Col. Kathy L. Harrington, Brooke Army Medical Center; Lt. Col. Christopher T. Barry, 106th Signal Brigade; Lt. Col. Reva L. Rogers, William Beaumont Army Medical Center, Fort Bliss, Texas; Chief Warrant Officer 4 Mark A. Owens, 470th Military Intelligence Brigade; Chief Warrant Officer 4 Don E. Kolesar Jr., 9th Mission Support Command, Fort Shafter, Hawaii; Chief Warrant Officer 4 David S. Cook, 25th Military Police Detachment; 1st Sgt. Brenda L. Rich, BAMC; 1st Sgt. Serena M. Kested, BAMC; and Master Sgt. Sabrina M. Hopson, 4th Brigade, 100th Division, Montgomery, Ala.



Photo by Sgt. 1st Class Wynn Hoke



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News Briefs

Operation Home Cooking

Operation Home Cooking, the annual program that allows area families to take home an Air Force trainee from Joint Base San Antonio-Lackland for Thanksgiving, kicked off Nov. 3. The hotline is open from 8 a.m. to 3 p.m. Monday through Friday at 671-5453/5454/3701. The phone line is closed weekends and holidays.

Mission Thanksgiving

More than 5,000 students assigned to the Army Medical Department Center and School and attending medical training are away from home for the first time during the holidays. Families interested in hosting two Soldiers in their home for Thanksgiving dinner Nov. 27 can call 808-7001 or 808-7002. Mission Thanksgiving started more than 20 years ago when area families and the installation chaplains joined to start a program providing an opportunity for Soldiers to take a break from training and enjoy a Thanksgiving day within a family environment.

Health Benefits Open Season

The Joint Base San Antonio-Fort Sam Houston and San Antonio Military Medical Center Federal Employees Health Benefits Fairs may be over, but Open Season 2014 is ongoing. Employees have from Monday to Dec. 8 to select new health benefit providers or make changes to their current health benefit plans. Air Force employees can call 808-0205, while Army employees can call 221-9638 or 221-2934. All employees may also go to the OPM website at <http://www.opm.gov/insure/health/index.asp> for additional information. For a summary of benefits on the FEHB and other programs, visit <http://www.opm.gov/insure/health/planinfo/guides/index.asp>

ADAPT Relocates

The Alcohol and Drug Abuse Prevention and Treatment Clinic at the Wilford Hall Ambulatory Surgical Center is now located on the fifth floor. Visitors should proceed to Room 5B29 to check-in. For more information, call 292-4452.

Chief of Naval Personnel visits with Joint Base San Antonio Sailors Nov. 6-7

By Airman Justine K. Rho
JBSA-Lackland Public Affairs

Chief of Naval Personnel Vice Adm. Bill Moran met with leadership and students at the Navy Hospital Corpsmen A-School and visited wounded warriors at the Center for the Intrepid Nov. 6 during his visit to Joint Base San Antonio-Fort Sam Houston.

The admiral also toured the Navy Master-at-Arms A-School grounds at JBSA-Lackland Nov. 7 and spoke with junior and senior Sailors from across Joint Base San Antonio at an All Hands Call at JBSA-Lackland.

Moran explained the importance of an open communication between senior leadership and naval personnel, specifically in a joint force training environment.

"It's crucial for senior leadership to keep communication lines open with junior Sailors in the fleet," Moran said. "We need their feedback to know what's making them proud of their ser-

vice and what aspects are distracting them; from there we can fix those issues that are important to the Sailors, their families and their command."

"We are a joint force and Sailors that are living and operating in these environments have a lot to tell us about where we are successful and those aspects that we need to address more," Moran added.

Sailors from across JBSA had the opportunity to ask the CNP about topics affecting their everyday military life and career. Some topics included uniform requirements, shorter deployments, pay and benefits, loan repayment program, transitioning to a civilian career and the growing naval force.

Moran told Sailors to be open and speak with their leadership.

"Don't wait for guys like me to show up to voice what is going on," explained Moran. They help themselves and their leadership by



Vice Adm. Bill Moran, Chief of Naval Personnel, joins Navy Hospital Corpsmen students for lunch Nov. 6 at an enlisted dining facility on Joint Base San Antonio-Fort Sam Houston.

voicing issues; which in turn, helps leadership evolve and adapt.

The forum with its question and answer session had positive reactions from the participants.

"The setting allowed for questions to be answered right then and there as opposed to someone speaking to us, stating the information they want to relay and maybe answering one or two questions," said

Chief Petty Officer Aaron Ward from the Basic Medical Technician Corpsmen Program at JBSA-Fort Sam Houston.

Participants were asked why they think it's important to have face-to-face interaction with senior leadership.

"I think it was very informative for the CNP to come out and be with the Sailors in an area with little naval presence," said Petty Officer First Class John

Escobedo, Navy Recruiting District San Antonio. "There is communication through new letters or e-mails, but there is nothing better than face-to-face meetings with leadership."

"I think a leader should always be able to be present around their people; so their people understand who they are, what they expect and what they are moving forward with," Ward said.



Photos by Ed Dixon

Vice Adm. Bill Moran, Chief of Naval Personnel, visits surgical technician students training in a surgical technician simulation training lab Nov. 6 at the Medical Education and Training Campus training facilities on JBSA-Fort Sam Houston.



(From left) Army Lt. Col. Donal A. Gajewski, director of the Center for the Intrepid, discusses patient therapy for wounded warriors Nov. 6 with Vice Adm. Bill Moran, Chief of Naval Personnel, and Fleet Master Chief Petty Officer April Beldo, Manpower, Personnel, Training and Education fleet master chief.

Navy Medicine Education and Training Command helps San Antonio kick off Celebrate America's Military events

By Larry Coffey
NMETC Public Affairs

Navy Medicine's senior enlisted member in San Antonio officially kicked off one of the nation's largest and longest-running community-wide celebrations of the military in San Antonio Oct. 30.

Command Master Chief Chris Angstead, Navy Medicine Education and Training Command's command master chief, represented the area's senior non-commissioned

officers from all five military services at the annual Celebrate America's Military Senior NCO reception, officially marking the beginning of CAM.

The SNCO reception was held at Veterans of Foreign Wars Post 76, the oldest post in Texas, and was designed to heighten public awareness of the crucial leadership role chief petty officers and their sister service counterparts play in the career-long growth and development

of the military's enlisted members and junior officers.

"The San Antonio Chamber of Commerce hosts this event as a way to recognize the critical roles that we, the senior enlisted leadership, play in the readiness, morale and success of our services and military," Angstead said in his opening remarks, which were directed at business leaders and civilians who directly influence youth considering military service.

CAM is more than 20 community events held to honor the military and educate the public on the military's role said Will Garrett, San Antonio Chamber of Commerce vice president of economical development. It is also a way for the community to recognize and honor wounded warriors and veterans for their service.

For Rear Adm. Rebecca McCormick-Boyle, NMETC commander and the senior Navy officer in Texas, the SNCO

reception and CAM, as a whole, is an opportunity to share the role Navy Medicine Education and Training plays in supporting Navy Medicine and military operational forces.

"The Navy presence in San Antonio has spiked as a result of collocating enlisted medical education and training programs to San Antonio, where our Hospital Corpsmen and some of our officer medical providers now train side by side with their Army

and Air Force sister services," McCormick-Boyle said.

"The community already knows we are here, the admiral added. "We use CAM events as an opportunity to communicate to them the Navy Medicine Education and Training role of preparing Navy Medicine personnel to maintain a medically ready Navy and Marine Corps operational force."

CAM began Oct. 30 and runs through Nov. 22.

Did you know?

One of the best things about ICE is that people can let service providers know when they do a great job, not just for poor service. It takes 5 minutes or less to submit a comment at <http://ice.disa.mil>.



News Briefs

Continued from P3

Changes to Storage for Contingency/ Deployment Entitlement

Storage for contingency/deployments of 90 days or longer is not authorized, if the member concurrently receives Bachelor Allowance for Housing in the commuting area of the permanent duty station, per Air Force Instruction 24-501, Personal Property Moving and Storage, paragraph 1.6.2.2, dated Oct. 10. For more information, contact Personal Property Processing Office JBSA-Lackland, at 671-2821, PPPO JBSA-Fort Sam Houston at 221-1605 or PPPO JBSA-Randolph at 652-1848.

ID Cards/DEERS Office Move

The ID Cards main office, formerly at building 367 has relocated to building 2263, on the first floor of 2484 Stanley Road. Customers are serviced by appointments only, which can be made by visiting <http://www.samhouston.army.mil/hra/idcard.aspx>. Emergencies are handled on a case-by-case basis. For more information, call 221-0415/2278.

Passports, Visas Office Move

The passports and visas office formerly at building 367 has relocated to the basement of building 2263, 2484 Stanley Road. For more information, call 221-0347.

Air Force Comptroller Office Relocation

Finance personnel services for Air Force military and civilian personnel relocated from building 4196 to building 2263, room 300. For more information, call 221-1415.

Lost and Unclaimed Property

Numerous items of personal property have been turned into the 502nd Security Forces Squadron at Joint Base San Antonio-Fort Sam Houston this year, including 30 wallets, 10 bicycles, one scooter, one lap timer, one return duct, one side door connector and one X-ray printer. These items will be retained for 45 days after turn-in and disposed of if the owner is not identified. In order to claim any of the items, bring in a form of photo identification and be able to identify the property. For more information, call 221-2340.

U.S. Army Institute of Surgical Research wins major medical excellence award

By Steven Galvan
USAISR Public Affairs

The U.S. Army Institute of Surgical Research was recently selected as the winner of the 7th annual Maj. Jonathan Letterman Award for Medical Excellence presented by the National Museum of Civil War Medicine Oct. 23 at Bethesda, Md.

The award is named after Letterman, the Civil War doctor who is known as “the father of battlefield medicine.”

According to the museum website (<http://www.civilwarmed.org/7th-annual-letterman-award-winners/>), the annual award recognizes an individual and an organization for leading innovative efforts in



Photo by Kacie Peterson

Maj. Stuart Tyner (left) and Col. (Dr.) Anthony Johnson accept the 7th Annual Major Jonathan Letterman Award for Medical Excellence presented Oct. 23 by the National Museum of Civil War Medicine at Bethesda, Md.

civilian emergency care, combat casualty care, prosthetic technology, improving outcomes for patients with catastroph-

ic injuries or leveraging today's cutting medical technology to develop new ways to assist military service members or

civilians who have suffered severe disfiguring wounds.

“This award is a direct result of the remarkable staff at this Institute and the significant contributions made every day to optimizing combat casualty care,” said Col. (Dr.) Michael D. Wirt, USAISR commander. “Maj. Gen. Brian Lein (commanding general, U.S. Army Medical Research and Materiel Command and Fort Detrick, Md., and deputy for medical systems to the assistant secretary of the Army for acquisition, logistics and technology) congratulates us for winning this award calling it ‘a phenomenal recognition of the sacrifices and work done.’”

Representing the

Institute at the award ceremony was Col. (Dr.) Anthony Johnson, research task manager for ocular trauma; Maj. Stuart Tyner, acting director of the Combat Casualty Care Research Directorate; and David G. Baer, Ph.D., former director of Combat Casualty Care Research Directorate.

“I was honored to represent the Institute at the awards ceremony,” Tyner said. “The men and women of this organization have done more than anyone else to advance the care of combat wounded. I am humbled to be a small part of the USAISR and privileged to have the opportunity to advocate for the impact the ISR has had on advancing battlefield trauma care.”

USAISR physiologist selected as senior scientist

By Steven Galvan
USAISR Public Affairs

A physiologist/researcher at the U.S. Army Institute of Surgical Research who has served as the tactical combat casualty care research task area program manager for 13 years has been selected as the new USAISR Combat Casualty Care Research senior scientist.

Victor A. Convertino, Ph.D., will continue his research efforts in his current area of human hemorrhage physiology,

but will now serve as an advisor to the ISR commander and the U.S. Army Medical Research and Materiel Command for combat casualty care.

“I am humbled and honored to have been selected as the Combat Casualty Care senior scientist,” Convertino said. “This selection is not about me. It's about the awesome responsibility of being in a position that requires the upmost attention and energies to move combat casualty care research to a new level.”

Convertino's current research has been focused on developing the Compensatory Reserve Index, which is a new technology that uses information obtained from a standard pulse oximeter to gauge whether a patient requires resuscitation or immediate medical attention.

“This tool has real potential to limit and control shock and hypotension on the battlefield,” said Col. (Dr.) Michael D. Wirt, USAISR commander.



Photo by Steven Galvan

Victor Convertino, Ph.D., is the new Combat Casualty Care Research senior scientist at the U.S. Army Institute of Surgical Research.

See **SCIENTIST, P15**

Air Force Aid Society now accepting applications for grants, scholarships

The Air Force Aid Society is accepting applications for education grants and scholarships. The single online application opens the door to three education programs.

Gen. Henry H. Arnold Education Grant: The centerpiece and gateway to all of the AFAS education programs. It offers need-based grants of at least \$2,000 to dependent children of active, retired and deceased Air Force members. Active duty includes Title 10 Reserve on extended active duty and Title 32 Guard performing full-time active duty. Spouses of active-duty members and surviving spouses of active or retired members are also eligible. All applicants must be enrolled as full-time undergraduates at an accredited college or university during the 2015-2016 academic year and are required to maintain a minimum 2.0 grade-point average.

Merit Scholarship (incoming freshmen): Those with top GPAs verified through the Arnold education grant application will be contacted directly by AFAS to compete for these \$5,000 merit-based scholarships. A minimum of 10

scholarships are awarded annually.

Supplemental loan program: Even if a student does not have sufficient financial need to receive the Arnold grant, completing the grant application determines eligibility to secure this interest-free loan. Sponsoring members may request up to \$1,000 per eligible student to help reimburse out-of-pocket education expenses.

A top student could get them all – a \$2,000 grant, plus a \$5,000 scholarship and a \$1,000 no-interest loan equaling \$8,000 in support of a student's education.

The program has an average selection rate of more than 60 percent of those eligible and provides 100 percent of those eligible with validated financial need. The deadline for applications is March 13, 2015; however, students are encouraged to apply early.

For more information on eligibility for all of these programs and to access the application, visit the AFAS website at <http://www.afas.org/education-grants>.

(Information courtesy of the Air Force Aid Society)

Army Training and Doctrine Command sergeant major selected to serve as next sergeant major of the Army

By Lisa Ferdinando
Army News Service

The senior enlisted adviser of U.S. Army Training and Doctrine Command has been selected to be the next sergeant major of the Army.

Secretary of the Army John McHugh and Chief of Staff of the Army Gen. Ray Odierno announced Nov. 3 that Command Sgt. Maj. Daniel A. Dailey will be the 15th sergeant major of the Army. He will assume the Army's highest enlisted office after Sgt. Maj. of the Army Raymond F. Chandler III retires at the end of January 2015.

"We have the utmost confidence in Command Sgt. Maj. Dailey and look

forward to having him join our leadership team," McHugh said. "His experience, leadership, devotion to Soldiers and commitment to our Army make him especially suited to assume this important duty, one that Sgt. Maj. of the Army Chandler has masterfully performed for the last four years."

Dailey, who enlisted in 1989, is an infantryman and combat veteran who served four deployments in Operation Iraqi Freedom and one in support of Operation Desert Storm.

He said he is humbled by the choice.

"It's every Soldier's dream – it should be every Soldier's dream – to someday at least have the opportunity to be the ser-

geant major of the Army," he said.

He told Odierno that he never "fathomed when I was a young Soldier that I'd ever be in this office receiving this type of recognition."

Dailey holds a bachelor of science degree (summa cum laude) from Excelsior College.

He said he and his wife of more than 20 years, Holly Dailey, are dedicated to Soldiers and their families.

"This requires a commitment well beyond any that I've ever done before and it requires leadership that frankly Soldiers need to be able to see every day," he said.

"I owe it back to our Soldiers; I have a respon-



Photo courtesy Defense Media Activity

Command Sgt. Maj. Daniel Dailey is interviewed at the Defense Media Activity Nov. 2 at Fort Meade, Md.

sibility – an awesome responsibility ... that is not looked upon lightly by the Soldiers of the United States Army," he said.

There is a lot of work to do and it is a big responsibility, he said, in carry-

ing on the traditions of Chandler, and in meeting Odierno's expectations and strategic goals.

"The Soldiers of this great Army deserve leadership and the highest caliber of leadership we

can offer," he said.

The Army has faced challenging times and there are more challenges ahead, he said.

"What I can assure you is that we are doing the right things. I have been intimately familiar with the policy, procedures and direction that our leadership of the Army is taking us. I truly believe it is the right direction," he said.

Lead by example

Dailey said he is a standards-based sergeant major who is approachable, mission-focused, who takes on challenging assignments, strives for the best, and places the highest priority on physical

See SMA, P14

4TH ESC SOLDIERS PARTICIPATE IN COMBATIVES TRAINING

(From left) Sgts. 1st Class Megan Ortega, Angie Tamez and Jennifer McShane from the 4th Sustainment Command (Expeditionary) practice Army combative maneuvers at Joint Base San Antonio-Fort Sam Houston Nov. 2.

Reacting to man-to-man contact, known as combatives, is one of the fundamental skills within the Army's Warrior Tasks and Battle Drills. There are 32 WTBDs taught. WTBD produce Soldiers who are better prepared to fight on today's battlefield and immediately upon arrival to their first unit of assignment.



Photo by Spc. Antonio Valcarcel

A Native American legacy of honor, dedication

By Tech. Sgt. Joshua Strang
AETC Public Affairs

During November, the nation pays homage to the contributions of Native Americans throughout history.

On Aug. 3, 1990, President George H. W. Bush approved a joint resolution designating November as National American Indian Heritage Month, thereafter commonly referred to as Native American Heritage Month. Although the resolution was passed 24 years ago, Native Americans have a legacy of military service that spans the nation's history.

Many tribes were involved in the War of 1812, and they fought for both sides as auxiliary troops in the Civil War. Native Americans have served

in every major American conflict and continue to serve in operations around the globe.

Although many have served, finding their direct impact to the Air Force as a demographic is difficult according to Air Education and Training Command historian Gary Boyd.

"Native Americans were not segregated, as were other groups, with regard to military aviation," Boyd said. "They were blended into units making it difficult to track their true impact. It is a substantial history nonetheless."

One such Native American had a lasting impact on Air Force history.

Maj. Gen. Clarence Leonard Tinker was named commander of the 7th Air Force in Ha-

waii after the Japanese attack on Pearl Harbor. In January 1942, he was promoted to major general making him the first Native American in the U.S. Army to attain that rank. Tinker died in June of that year while leading a force of Liberator bombers on a raid to Wake Island. He was the first American general to die in World War II. On Oct. 14, 1942, the Oklahoma City Air Depot was named Tinker Field in his honor. The installation officially became Tinker Air Force Base on Jan. 13, 1948.

Native Americans have served in uniform for more than two centuries. According to Department of Defense statistics, they have the highest per-capita commitment of any ethnic population to serve

in the armed forces. Some feel that it is a tradition and part of their heritage to serve in uniform. One Air Force veteran's lineage of service extends over 100 years.

"My great-great-grandfather was the last Comanche chief, Quanah Parker. I don't know much about my great-grandpa but I know he served in World War I," said Christine Fink, a former Air Force photojournalist. "My grandpa, Clifford Clark, was in the Navy. It wasn't until a few years ago I found out he was a Seabee, which I am very excited about because I was able to photograph Seabees in Africa."

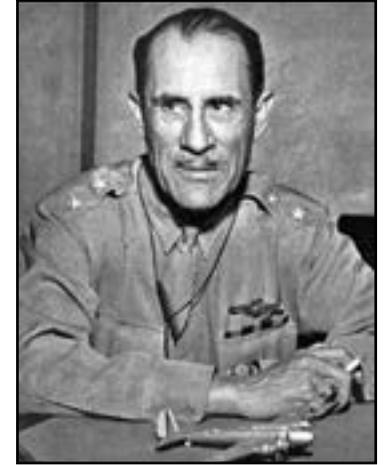
Fink commented that there is great honor in her tribe for people who have served in uniform.

"I definitely am proud to be a veteran as a Comanche," Fink said. "My tribe takes real pride in those who have served. They have a memorial of all their veterans and a bigger memorial for the Comanche code talkers."

Brought to popular attention by the 2002 movie "Windtalkers," were Native American Soldiers and Marines who used their knowledge of native languages as a basis to transmit coded messages. Although the movie focuses primarily on Navajo code talkers, according to the National Museum of the American Indian, many other tribes were represented in both world wars to include the Cherokee, Cheyenne, Hopi, Meskwaki and Comanche tribes.

"Most people have heard of the Navajo code talkers, but I feel like the Comanches have a very interesting story as well," Fink noted. "One of them was my great uncle."

According to the Comanche National Museum and Cultural Center, 17 Comanche code talkers enlisted in the U.S. Army in World War II. Fourteen were sent to fight in the European Theater and of those, 13 Comanche code talkers landed on



Courtesy photo

Maj. Gen. Clarence L. Tinker was the first Native American in U.S. Army history to attain the rank of major general and the first American general to die in World War II. Tinker Air Force Base, Okla., is named in his honor. He was a member of the Osage Nation.

the beach on D-Day. Although several were wounded in battle, all Comanche code talkers survived the war.

While code talkers are some of the more recognized Native Americans, many have served in other roles during military service; some of whom have made the ultimate sacrifice.

To date, 28 Native Americans have received the Medal of Honor with the most recent being Army Pfc. Charles George. He received this honor during the Korean War. A portion of his medal citation reads, "While in the process of leaving the trenches, an enemy soldier hurled a grenade into their midst. Pfc. George shouted a warning to one comrade, pushed the other Soldier out of danger, and, with full knowledge of the consequences, unhesitatingly threw himself upon the grenade, absorbing the full blast of the explosion."

The sacrifice of Native Americans in the face of ultimate danger is a testament to their fighting spirit and devotion to their comrades. They leave a legacy of military service filled with honor, commitment and service.

NATIVE AMERICAN INDIAN HERITAGE MONTH KICKOFF



Photo by Sgt. 1st Class Christopher DeHart

Erwin De Luna (left), president of the United San Antonio Pow Wow, was one of the guest speakers at the official kickoff of Native American Indian Heritage Month Nov. 3 at the Joint Base San Antonio-Fort Sam Houston Post Exchange. "Native Pride and Spirit: Yesterday, Today and Forever" is this year's theme and speaks to how the contributions of the American Indians and their culture have woven into the fabric of our nation. De Luna is accompanied by Maj. Angela Johnson, G6 current operations chief for Army South, who read the presidential proclamation for the event, and Sgt. 1st Class Adam Mayo, Army North equal opportunity advisor and program manager.

Chaplain assistants provide religious support to soldiers and families; celebrate 105th anniversary

By Barry R. Napp
USAEC Public Affairs

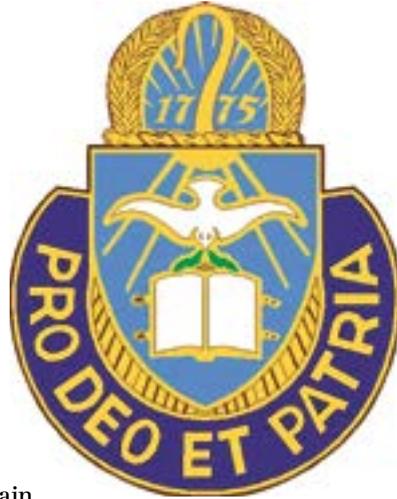
When Col. Robert C. Wittig enlisted in the Army in 1985, he only planned to enlist long enough to get enough money to go to college. Serving as a chaplain's assistant changed all that.

"I just fell in love with being a Soldier," said Wittig, who went to school nights and weekends to get the necessary 90 hours of college required to be accepted to Officer Candidate School.

He applied to OCS in 1992 and earned his commission in the Chemical Corps. Today he is the commander of the U.S.

Army Environmental Command, a major subordinate unit of the U.S. Army Installation Management Command at Joint Base San Antonio-Fort Sam Houston.

This year, Wittig, along with all current and former U.S. Army chaplain assistants, will celebrate 105 years of supporting and protecting Army chaplains in their mission of providing religious support to Soldiers and family members in all as-



pects of military operations around the world.

"I wanted to be a minister, but didn't have the money for college," Wittig said. "The recruiter told me about the chaplain assistant job and it was very appealing. It was a three-year enlistment and my first assignment was with the 1st Armored Division in Germany."

As a chaplain's assistant, Wittig joined an Army military occupation specialty with a rich history and compelling story of service to Soldiers and their families.

At the end of the Civil War, the Army decided chaplains needed an assistant to help care for official property, act as a clerk and assist with educational, religious and entertainment ministry programs. The War Department established the official MOS of chaplain assistant Dec. 28, 1909 by General Order No. 253.

Although high moral character was required, there were no other prerequisites or gener-

ally recognized criteria for performance. That changed after World War II. The Korean War saw the development of MOS 71B and after almost 100 years, there was finally an official job description for chaplain assistants.

Since 1974, the chaplain and chaplain assistant, that year designated MOS 71M, have formed the Unit Ministry Team, a concept that brings religious support to Soldiers in both garrison and field environments.

"What I enjoyed the most about being a chaplain's assistant was being with Soldiers and being able to help Soldiers," Wittig said. "Working closely with the chaplain in support of units was a joy. Protecting and supporting the chaplain

while he carried out the ministry and having the chaplain trust me to do my job meant a lot to me."

Wittig returned from his initial tour in Germany and was assigned to the Fort McClellan garrison chaplain's office.

"I worked with and for great chaplains. Then-Chaplain (Maj.) Ken Sampson was one of the chaplains I particularly remember and enjoyed working with. He loved being around and taking care of Soldiers. He was very beloved by our troops and I learned a lot from him and others," Wittig said.

"As a chaplain's assistant, I discovered that people and relationships are most important and as an Army leader, that

lesson has made me better able to interact with Soldiers and their families."

What advice would Wittig give to today's young chaplain assistant Soldiers?

"You have to love Soldiers and their families," he said. "It requires sacrificing some personal time to help people and it requires sharing the strength you derive from your faith to help others cope in stressful times and situations."

While much has changed about the job since the end of the Civil War, "the Army gives opportunities to make a difference in Soldiers' lives. Make every opportunity count," Wittig said. "In the Army, you can do anything."



Photo by Barry Napp

Col. Robert C. Wittig, commander of the U.S. Army Environmental Command, said his experience as an enlisted chaplain's assistant helped shape his Army career.



Photo by Pfc. Paige Pendleton

Sgt. Nicholas Teague, chaplain's assistant for the 1st "Centurion" Brigade Special Troops Battalion, 1st "Ironhorse" Brigade Combat Team, 1st Cavalry Division sets up religious items at the Ironhorse Chapel at Fort Hood, Texas.

Vigilance: keeping situational awareness during the holidays

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

The Joint Base San Antonio-Randolph Anti-Terrorism Office is advising all Department of Defense members and dependents to remain vigilant against possible threats to their safety during the holidays.

This advisory comes following a force protection message from U.S. Northern Command directing DOD personnel traveling to or from Canada, or operating in Canada, to observe a heightened uniform posture. The message was a response to recent attacks on Canadian service members and Parliament.

The Pentagon Force Protection Agency also recently issued an advisory to their employees reminding them to “be vigilant at home and work, during travel and in their communities, by using individual protective measures.”

While these advisories are not made because of a specific threat, they are aimed at increasing awareness.

“It is at this time of the year our guard is lowered while we spread holiday cheer and joy,” said Mance Clark, JBSA-Randolph anti-terrorism officer. “There are criminal and terror elements who seek targets of opportunity, taking advantage of the unexpected. So as we enter this festive season, please let’s not forget situational awareness and remain vigilant, reporting suspicious activity and maintaining sound security practices.”

In order to be less vulnerable, service members have been advised to avoid wearing their uniform in public when unnecessary, be aware of their surroundings, be mindful of what they post on social media and to disable geo-tagging on their digital photos.

“We don’t want people to be afraid to use social media,” said Capt Victoria Hight, Air Force social media deputy chief. “We just want them to do so in a smart way. If your account is properly secured, you shouldn’t be afraid to say you’re a member of Academy class whatever or that you served in the U.S. Air Force or even

post photos in uniform. But without those proper security settings, those are things you should avoid posting because anybody can see it.”

Below are just a few crime prevention tips to practice while at home:

- If you take a holiday trip away from your home, set an interior light to activate by an automatic timer, have a neighbor or family member watch your house and stop all deliveries like mail or newspapers.

- Don’t display holiday gifts in plain view where they can be seen from a window.

- Be cautious about locking doors and windows when you leave your house or apartment, even if just for a few minutes.

- Avoid leaving empty boxes from purchases out on the curb for trash pickup. Crush them and place them out in recycling bins.

- Be wary of strangers soliciting charitable donations. They may attempt to take advantage of people’s generosity during the holidays. Ask for identification and how donated funds are used.

- Be careful with purses and wallets. Carry your purse under your arm. Keep your wallet in an inside jacket pocket, not a back trouser pocket and avoid carrying large amounts of cash. Pay for purchases with a credit/debit card or check when possible.

- Lock your packages and gifts in your vehicle’s trunk. Keep you vehicle’s doors locked and windows closed.

- Shop before dark. Coordinate shopping trips with a family member or friend, and never park in an unlit area.

For alerts and travel warnings refer to <http://travel.state.gov>.

Army Medicine's Health Promotion Team: building community partnerships through the Performance Triad

By Dr. Valecia L. Dunbar
Army Medicine Public Affairs

Health promotion is a key factor in the delivery of healthcare. The recent Joint-Base San Antonio Run for Life 5K and Health Expo is a success story of how Army Medical Command's Health Promotion Team continuously works to build community health partnerships that help raise awareness of critical health issues.

The Brigade Health Promotion Team working group located at Joint Base San Antonio-Fort Sam Houston is charged with developing community-centered programs and events to inform the public of the issues affecting the behavioral health, physical health, spiritual health and envi-

ronmental health of the Army community.

MEDCOM's Health Promotion Team is an integral part of the JBSA working group charged with ensuring the Army surgeon general's Performance Triad is an important part of the messaging to engage the public on the three pillars of the Performance Triad (Sleep, Activity, and Nutrition) which make up the LifeSpace and represent the time engaged in healthy activities when outside of a doctor's care.

"The Performance Triad is a key component of the Army surgeon general's vision towards a System For Health that focuses on wellness and prevention," said Col. Clinton Schreckhise, deputy chief of staff, U.S.

Army Medical Command.

"This was our first event of this type, and we were able to communicate the Army surgeon general's key messages to a significant part of community," Schreckhise added. "We're looking forward to this becoming an annual opportunity for Soldiers and Families to receive a whole-community health and lifestyle experience delivered through the Office of the Army Surgeon General and the Army Health Promotion Program."

As part of Suicide Awareness Month, more than 1,100 community members and nearly 250 volunteers from civilian organizations, the Medical Education Training Center, Brooke Army Medical Center and Army Medical Command Headquarters



Courtesy photo

(From left) Shae Peters, chair, JBSA Runs for Life and chair, Risk Reduction and Preventative Joint Base Information Action Council Fitness Working Group/Health Promotions Program Coordinator at Joint Base San Antonio-Randolph; Maj. Gen. Jimmie O. Keenan, former commander, Southern Regional Medical Command and current MEDCOM deputy commanding general for operations; Brig. Gen. Robert Labrutta, commander, 502nd Air Base Wing and Joint Base San Antonio; and San Antonio interim mayor Ivy Taylor represent the strength of JBSA's Health Promotion Council by turning out for the JBSA Run for Life 5K and Health Expo.

showed the strength of JBSA's Health Promotion Council by turning out for one of the largest suicide

awareness and prevention events held across three San Antonio military installations – JBSA-Ran-

dolph, JBSA-Lackland and JBSA-Fort Sam Houston.

See PROMOTIONS, P17

SMA from P8

fitness for himself and his Soldiers.

"It is our job every single day to represent the best we possibly can, not only for us, for our peers and for our superiors, but most importantly for the people of America," he said.

"I'm truly excited as we move forward because I truly believe that we are heading in the right direction in the future," he said.

He credits his mentors for challenging him and helping him make the right decisions.

"I'm the benefactor of excellent leadership," he said.

Engaged leadership is important he said. Good leaders know their Soldiers and their families;

it's important that Soldiers have a balance between work and home life, he said.

"I would have never made it to where I am today without my family, and that requires balance between being a Soldier, being a father, and a husband," he said.

Soldiers should not be afraid to reach out for help if they are facing problems, he said.

"I think we're in a time in the Army where we've really gotten rid of that stigma," he said.

It is a great responsibility to be charged with the safety and wellness of Soldiers you lead, he said.

"Somebody has trusted me with their lives," he said.

"I take that very seri-

ously, the four times that I deployed to combat, very seriously ... It's my responsibility to bring them home; every single one of them," Dailey said.

"That's the ultimate responsibility we have, not just to our Soldiers but to the mothers and fathers of this great nation," he said. "I think they would expect us to treat them like their own children."

Army tradition

Dailey, who is from the small, northeastern Pennsylvania town of Palmerton, saw the military as an opportunity for growth and experience.

"I knew that I wanted to join the Army at a young age," he said.

"My father had served

in the military, his brothers had served in the military, both of my grandfathers had service during World War II, and my oldest brother before me made the choice to serve in the United States Army. It had a big impact on me," he said.

He signed up for the delayed entry program the year before he graduated high school.

"My family was in complete support of it," he said. "I was 16 years old when I made the choice to join the military."

During his first tour, which was in Germany, he realized that he wanted to make a career of the Army.

"Originally I only came in for a short period of time, but the Army grew

on me, and I said 'I want to do this thing for the rest of my life,'" he said.

However, a life in the military is not easy with multiple deployments, separation from loved ones, and tough assignments, he said.

He persevered with "hard work, discipline, and dedication," and the various leadership positions throughout his career helped prepare him for his next assignment, he said.

"The great thing about the United States Army is that a young kid from northeastern Pennsylvania in the middle of nowhere can come in here and become the sergeant major of the Army," he said.

Family bonds

"My time with my fam-

ily is sacred," said Dailey, who, like many Soldiers, has been separated from family due to long deployments.

Being away from his wife and son was difficult, but "we took one day at a time."

Holly, his "hometown sweetheart," became active in family readiness groups and the support of those groups helped both Dailey and his wife cope.

"Getting through each one of those deployments, even four of them back-to-back, some as long as 15 months, was working with those families and sharing the challenges that are associated with being deployed, especially multiple deployments for extended periods of time," he said.

WHEELCHAIR from P1

to honor the wounded warriors and their capabilities to raise awareness of the benefits of employing people with disabilities.

“Wounded Soldiers are not handicapped individuals,” said Staff Sgt. Michael Shnaekel, a topographic operations noncommissioned officer in charge with Army South’s 512th Geospatial Engineer Detachment. “They were wounded through com-

bat service. We need to show they are capable of doing anything and everything.”

Justin Lane, who served as a combat engineer for five years in the Army before he was injured during combat and lost his leg, sang the National Anthem during the tournament.

As a wounded warrior and former member of the wounded warriors’ wheelchair basketball team, Lane knows what the game means to a wounded

warrior’s physical and mental strength.

“For the wounded warriors, it’s also part of their therapy,” Lane said. “It gets their mind outside of what happened to them and lets them be involved in sports and have a good time.”

Staff Sgt. Marco Orihuela, a member of Center for the Intrepid/Warrior Transition Unit basketball team, said the basketball game is one way he and his teammates can maintain and strengthen

their mental, physical and emotional states.

“The basketball game helps me out as a wounded warrior, therapy wise,” Orihuela said. “It cures our mind. We focus on playing and trying to score points and get better. It also helps us keep in shape.”

The wheelchair basketball tournament exemplified that people with disabilities are major contributors in the community and should not be denied

the opportunity to work and advance in the workplace.

“Today’s game is not about winning or losing, it’s about the strength and resiliency of playing the game,” Lamb said. “It will teach us to respect the potential in each and every individual.”

According to Lane, coming back from combat injuries and trying to press on with life is difficult and stressful. He said playing sports however, even for a short time,

gives wounded warriors the motivation they need to be successful.

“I encourage people to come and support the wounded warriors,” Lane said, “especially events like the wheelchair basketball tournament, because they are supporting not only their brothers and sisters in arms, but the ones who have been wounded and sacrificed even more who are trying to live on and continue having a great life.”

SCIENTIST from P6

Convertino began his work in physiology long before earning his Ph.D. from the University of California, Davis in 1981. His career in government service began after completing a fellowship at Stanford and an academic appointment to the University of Arizona.

His first job as a physiologist was at the Kennedy Space Center in Florida where he was a senior researcher with NASA. From there he moved to San Antonio to lead the physiology research branch at the U.S. Air Force Armstrong Lab at the former Brooks Air Force Base.

In 1998, Convertino brought his expertise to the USAISR where he led his task area for more than 13 years.

“My career has spanned over four decades and taken me to diverse positions,” Convertino said. “The pathway in federal

government research positioned me well for my current role as a research physiologist at the USAISR.

“With the most challenging job of ‘optimizing combat casualty care,’ our research focused on the ultimate goal of saving lives of our warfighters on the

battlefield through the development of novel technologies designed to enhance the capabilities of our combat medics in the pre-hospital setting,” Convertino said.”

“In this role, he has directed research

efforts to develop advanced therapeutic and triage capabilities in the pre-hospital setting, as well as led human and clinical research designed to provide evidence-based solutions for improved survival of combat ca-

sualties,” Wirt said.

Convertino added that he’s looking forward to his new roles as senior scientist, where he will be able to promote integration of research efforts across USAISR task areas.

Armed Forces' best golfers take a swing at championship title

By Airman 1st Class
Alexandria Slade
JBSA-Randolph Public Affairs

Battling wet and windy weather, the top 72 golfers from the Air Force, Army, Navy and Marine Corps came together to compete in the 2014 Armed Forces Men's and Women's Golf Trials and Championship Nov. 3 through Sunday at the Randolph Oaks Golf Course at Joint Base San Antonio-Randolph.

This event marked the first time the championship was hosted at Randolph Oaks Golf Course, but it was also a first for the services' trials and championship to be held at the same location.

The purpose of using a single location for the entire event was an effort to be more financially efficient, said Doug Quirie, Air Force Golf team coach.

With two of the usual top Air Force players

missing from this year's competition and the additional five inches of rain within a two-day period approaching the final rounds, a mix of factors opened the floor for new victors.

"This is the first time all four services have had a chance to look at the golf course and not have a home-field advantage," Quirie said. "This really leveled the playing field for this year's competition."

The competition wasn't only unique for its location or weather conditions, but also for where the victors will be headed next.

Navy Lt. Nicole Johnson, Air Force Maj. Linda Jeffery, Army Sgt. Kaleb Nichols, Air Force Senior Master Sgt. Spencer Mims, Army Capt. Joseph Cave, Army Spc. Jordan-Tyler Massey, Air Force Staff Sgt. Kyle Wesolowski, and Navy Lt. Will Boyd, the championship players who make up the 2014 Armed Forces Golf Team, are representing the U.S. in the eighth International Military Sports Council World Military Golf Championship, which began Thursday and continue through Nov. 21 in the Kingdom of Bahrain.



Photos by Melissa Peterson

Brig. Gen. Bob Labrutta, 502nd Air Base Wing and Joint Base San Antonio commander, makes opening remarks at the 2014 Armed Forces Golf Championship opening day ceremony Nov. 3. At the end of this competition, the best six men and two women were chosen to continue on to represent the U.S. at the eighth International Military Sports Council World Military Golf Championship, which began Thursday and continues until Nov. 21 in the Kingdom of Bahrain.

ship, which began Thursday and continue through Nov. 21 in the Kingdom of Bahrain.

Previously, the Air Force has claimed the Armed Forces championship men's event with the last 10 titles, while the Air Force women's team won from 2006-2010, successively.

This year, Massey and Jeffery have earned the Army and Air Force bragging rights in their respective men's and

women's divisions until next year.

"It's been a tough week with the weather and the fast greens, but it's been fun," Massey said. "The world championships are going to be awesome and I'm curious how we are going to cross the language barrier and mix our different cultures throughout the event."

The event concluded in the Sunday with a banquet wherein the victors were announced and

guest speaker Brig. Gen. Bob LaBrutta, 502nd Air Base Wing and Joint Base San Antonio commander, encouraged the players for their next stage of the completion.

"This is about friendships through sports, but also about partnerships," LaBrutta said. "For those of you going on to Bahrain, remember that you represent all of us serving in uniform, along with all Americans and their families."



Sgt. Glen Miller, member of the 2014 Marine Armed Forces golf team, competes at the 2014 Armed Forces Golf Championship Nov. 7 at Randolph Oaks Golf Course. This is the first time the trials and championship rounds have taken place at the one location.

Learn how to prevent getting seasonal influenza

By Lauren A. Shirey
U.S. Army Public Health Command

The leaves are starting to change color and the air is a little cooler. The change in season also brings with it a greater risk of seasonal influenza, more commonly known as the flu.

Although the flu can occur at any time of year, there is usually a large increase in the number of people affected by it during between October and

May. The flu can cause serious problems and has the potential to threaten Army mission and readiness.

More than 30,000 people in the United States die from and over 200,000 people are hospitalized because of seasonal flu each year.

Signs and symptoms of the flu include fever, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches, chills and feeling tired or

having low energy.

Some individuals may experience vomiting and diarrhea. People can be infected with the flu and have symptoms like these without having a fever.

The flu is an illness caused by one or more viruses and it spreads easily between people, either when someone with the flu talks, coughs or sneezes and droplets containing their germs come into contact with your mouth, nose or eyes

or if you touch something that has the flu virus on it and then touch your eyes, mouth, or nose.

Seasonal flu is not the same as the stomach flu, although they can have similar symptoms like vomiting and diarrhea. Seasonal flu is a respiratory disease and not a stomach or intestinal disease.

By taking just a few steps, you can prevent the flu. The U.S. Centers for Disease Control and

Prevention recommends taking the following three actions to fight the flu:

Get the flu vaccine each year

This is the best way to prevent the flu, and it is required each year for active duty, National Guard, Army Reserve members and any healthcare personnel who provide direct patient care in military Medical Treatment Facilities. It is also recommended for all other beneficia-

ries aged six months and older. Caregivers to young children should receive the vaccine, especially those who care for infants younger than 6 months old. Adults aged 65 years and older, pregnant women, children, and those with chronic health conditions like asthma or diabetes are at higher risk of serious problems from the flu and should get the vaccine as soon as it be-



Turkey Trot 5K Fun Run

The Fitness Center on the Medical Education and Training Campus is holding a pre-Thanksgiving Turkey Trot 5K Fun Run at 9 a.m. Saturday, starting at the JBSA-Fort Sam Houston Aquatic Center parking lot. This fun run is free and open to all DOD ID cardholders. No registration required. Call 808-5713 or 808-5709.

Tell Me a Story

The Family Life Program in partnership with Parent to Parent will host Tell Me a Story 5:30-8:30 p.m. Thursday at the JBSA-Fort Sam Houston Military & Family Readiness Center, building 2797. Tell Me a Story is an initiative created to empower our military children by using literature and their own stories through a fun learning experience. There will be a special guest to read the book to the children, as well hands-on activities and snack. Each family will also leave with a free copy of the event book. Space is limited, to reserve a seat, email

PtoPJBSA@MilitaryChild.org.

Retirement, Pre-Separation Counseling

Service members separating or retiring must take a mandatory retirement and pre-separation counseling briefing, preferably before attending the Transition GPD Workshop. The briefing can be scheduled up to 24 month prior to retirement and 12 months prior to separation. The next briefing is from 9 a.m. to noon Nov. 18 at the Joint Base San Antonio-Fort Sam Houston Military & Family Readiness Center, building 2797. Call 671-3722.

Sponsorship Training

Nov. 20, 2-3 p.m., Joint Base San Antonio-Fort Sam Houston Military & Family Readiness Center, building 2797. According to Air Force Instruction 36-2103, all sponsors must complete sponsor training via Electronic Sponsorship Application and Training. This training is available at <http://apps.militaryonesource.mil/ESAT>. The online application provides registration for sponsors and a training certificate for personnel files; a sponsorship duty checklist, a newcomer/family needs assessment; a welcome packet template and links to important Department

of Defense and service relocation websites. A copy of the eSAT training certificate must be brought to the MFRC to pick up a sponsor package. Call 221-2418/2705 for more information.

Basketball Leagues

All students on the Medical Education and Training Campus are invited to play in the leagues that are now forming. League play begins Dec. 9 and all letters of intent are due no later than Dec. 1. Letters of intent must be signed by the sports representative or unit commander. Units may have more than one team and females are encouraged to play. A coaches and rules meeting is scheduled for noon Dec. 4 in the training room at the Fitness Center on the METC. All games will be played at the Fitness Center on the METC. Call 808-5707 or 808-5709.

Take Aim at Sportsman's Range

Hours for the Sportsman's Range at JBSA-Camp Bullis are now 10 a.m. to 2 p.m., weather permitting. Cost to shoot is \$10 per DOD ID cardholder and \$15 per non-DOD ID cardholder. A DOD ID cardholder can purchase an annual pass for \$60. DOD cardholders may sponsor two guests. Call 295-7577.



Military Comptrollers Social

The Alamo City Chapter of Military Comptrollers hosts a holiday social from 4:30-7 p.m. Dec. 3 at the Old San Francisco Steakhouse's Crystal Room, 10223 Sahara Drive. Open to all chapter members at no cost. Respond by Tuesday to 295-0914.



FOR SALE: Docker soft-sided two-piece luggage set, 28 inch and 24 inch sizes, light maroon color, with expandable zippers, both for \$65; Spode holiday china set, four cups and matching plates, \$60; set of four hand-painted wine glasses with blue flowers and green leaf pattern, \$15; adjustable height brass-colored piano lamp, \$20. Call 495-2296.

PROMOTIONS from P14

The event helped to increase suicide awareness throughout the City of San Antonio and provide support for those touched by suicide by bringing together community and family support services to benefit the health of our warriors and families.

The Risk Reduction and Preventative Joint Base Installation Action Council Fitness Working Group partnered with the Mayor's Fitness Council, Behavioral Health Work Group, the Suicide Awareness Work Group, San Antonio's city-wide fitness and wellness adventure – an initiative of the Mayor's Fitness Council – and the City of San Antonio's FitPass program that gives activity points to participants of city-sponsored activities or events.

Army Health Promotion Operations are delivered at the community level through Community Health Promotion

Councils who are charged with full integration and execution of the Army Health Promotion program and the Ready and Resilient Campaign. The mission of Health Promotion Operations is to identify redundancies and voids of programs and services by evaluating population needs; assessing existing programs; coordinating targeted interventions to enhance the quality of life for all Soldiers, family members, retirees, and civilians.

For more information, visit U.S. Army Public Health Command Health Promotion Operations at <http://phc.amedd.army.mil/organization/institute/dhpw/Pages/HealthPromotionOperation.aspx>; Ready and Resilient Campaign at <http://phc.amedd.army.mil/topics/healthyliving/hpr/Pages/ReadyandResilientCampaign.aspx>; Performance Triad at <http://phc.amedd.army.mil/topics/healthyliving/perftriad/Pages/default.aspx> and suicide awareness at <http://ht.ly/BqrSE>.

FLU from P16

comes available. TRICARE beneficiaries can get the flu vaccine at no cost from any of the following places: Military hospitals and clinics, any TRICARE-authorized provider and participating network pharmacies. Be sure to call your clinic, pharmacy or provider to see when vaccine is available. Active duty, National Guard, Army Reserve, and those who provide direct patient care within MTFs and must get the flu vaccine are urged to follow the direction of their unit and/or supervisor.

Stop the spread of germs in everyday activities

In addition to getting the vaccine, other steps

that you can take to reduce your likelihood of getting the flu include:

1. Wash your hands often with soap and water. When you do not have access to soap and water use an alcohol-based hand rub. When washing your hands, do so for at least 20 seconds, which is as long as it takes you to hum the song "Happy Birthday" twice.
2. Cover your mouth and nose with a tissue when you sneeze or cough, and throw the used tissue away.
3. Cough or sneeze in your upper sleeve or elbow when you don't have any tissue.
4. Avoid touching your mouth, nose or eyes.
5. Disinfect commonly used surfaces and objects,

such as doorknobs and toys.

6. Keep away from people that may be sick.
7. Stay home from school, work or other group settings if you are sick, except to get medical care or to get items that you need.
8. Maintain good health habits by living the Performance Triad, a top priority of the Army surgeon general, which includes getting at least 7-8 hours of sleep every 24 hours, being active and eating healthy.

Take antiviral medicine if your healthcare provider gives them to you

This medicine cannot cure the flu. However, it can make the illness shorter and can also

prevent more serious problems. Antiviral medicine must be prescribed by a healthcare provider. The medicine works best when started within two days of getting sick. Follow your healthcare provider's instructions for taking the medicine.

By taking these three steps for yourself and your family, you can have a healthier flu season and help keep the Army family healthy. Health information products (brochures, posters, etc.) on influenza are available online in the U.S. Army Public Health Command Health Information Products eCatalog at <https://usaphcapps.amedd.army.mil/hioshoppingcart/>.

FORT SAM HOUSTON INDEPENDENT SCHOOL DISTRICT CALENDAR

FRIDAY

All day – Book Fair, Cole High School, 1900 Winans Road.
6:30 p.m. – Fall musical, Cole High School, 1900 Winans Road.

SATURDAY

All day – Book Fair, Cole High School, 1900 Winans Road.
6:30 p.m. – Fall musical, Cole High School, 1900 Winans Road.

SUNDAY

All day – Book Fair, Cole High School, 1900 Winans Road.

MONDAY

All day – Book Fair, Cole High School, 1900 Winans Road.
3-4:30 p.m. – Fifth-grade Science Club, Fort Sam Houston Elementary School, room 32, 4531 Nursery Road.

TUESDAY

All day – Book Fair, Cole High School, 1900 Winans Road.
8:30-9:30 a.m. – MCEC Parent to Parent Time Management for Kids, Fort Sam Houston Elementary School cafeteria, 4531 Nursery Road.

WEDNESDAY

All day – Book Fair, Cole High School, 1900 Winans Road.

THURSDAY

Fort Sam Houston Elementary School picture retakes, gymnasium
Fort Sam Houston Elementary School Pumpkin Chunkin'
5 p.m. – Middle School boys basketball vs. Mountain Valley Middle School, 1165 Sattler Road, Canyon Lake, Texas.