

FORT SAM HOUSTON News Leader

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**JBSA
HOTLINES**



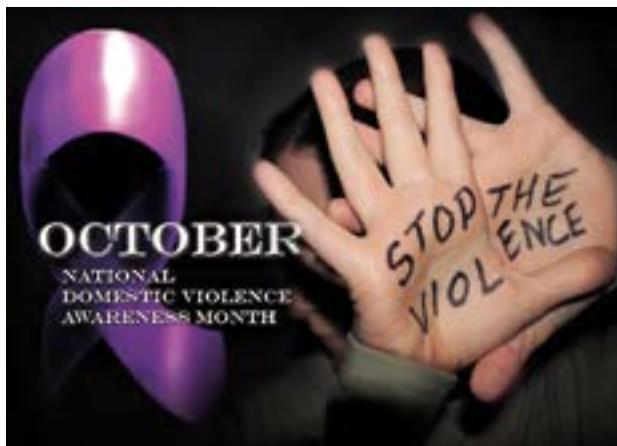
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A PUBLICATION OF THE 502nd AIR BASE WING — JOINT BASE SAN ANTONIO-FORT SAM HOUSTON



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Photo by Lisa Braun

Brig. Gen. Robert I. Miller (right) relieved Rear Adm. William M. Roberts (center) as the third commandant of the Medical Education and Training Campus during a change of commandant ceremony Sept. 24 at Joint Base San Antonio-Fort Sam Houston. Miller is METC's first Air Force commandant, a position that also inherits the dual hat of education and training director for the new Defense Health Agency. Lt. Gen. Douglas Robb (left), Director of the Defense Health Agency, presided over the ceremony.

METC welcomes first Air Force commandant

By Lisa Braun
METC Public Affairs

Brig. Gen. Robert I. Miller took the "stick" from Rear Adm. William M. Roberts and became the third commandant of the Medical Education and Training Campus during a change of commandant ceremony Sept. 24 at the Student Academic Support Building auditorium at Joint Base San Antonio-Fort Sam Houston.

Miller is METC's first Air Force commandant, a position that also inherits the dual hat of education and training director for the new Defense Health Agency.

Lt. Gen. Douglas Robb, director of the Defense Health Agency, presided over the ceremony, while the Dr. Jonathan Woodson, Assistant Secretary of Defense for Health Affairs, served as guest speaker.

The ceremony reflected the tri-service nature of METC, which trains enlisted Army, Navy and Air Force students to become medics, hospital corpsmen, medical technicians or specialists in an array of medical fields.

Elements of different service traditions were evident throughout the ceremony, including a Navy boatswain's mate piping the official party aboard, a multi-service color

guard and the Air Force tradition of passing of the flag.

While introducing Woodsen, Robb spoke about having been assigned as joint surgeon on the staff of the Chairman of the Joint Chiefs prior to his position as director of the Defense Health Agency, explaining that from both vantage points "the concept and the reality of a joint medical education and training center was near and dear to my heart."

"What Bill Roberts did during his tenure was to assure – and reassure, and reassure again – to all

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COMMENTARY

Domestic violence recovery: helping victims move forward

For 10 weeks, clients who are receiving or have received domestic abuse victim advocacy services at Joint Base San Antonio are eligible to partake in a women's support group aimed at empowering them in their journey of healing and moving past their abusive relationships.

The Domestic Violence Recovery Group is designed to help survivors understand how violence truly affects their lives and relationships.

Every woman who participates is in a different phase of the healing pro-

cess. Through the class, women have the opportunity to talk about what violence is; to understand the emotions that happen during and after the violence; to look back at the red flags in their relationships and have the tools to create healthy relationships for themselves in the future.

Not only is this group beneficial to the survivors but also to the work of victim advocates, as it helps us understand where our clients are and what we can continue to do to help and support survivors of domestic violence.

The following is a story from a woman who came through the program:

"As a child I've endured it, as an adult I minimized it. Abuse, regardless of the severity, will always be abuse.

"The Domestic Abuse Victim Advocate program at Joint Base San Antonio-Lackland offers a Domestic Violence Recovery Group for military members, their spouses and/or dependents – more commonly female spouses that are victims of abuse.

"The program offers guidance, coping tech-

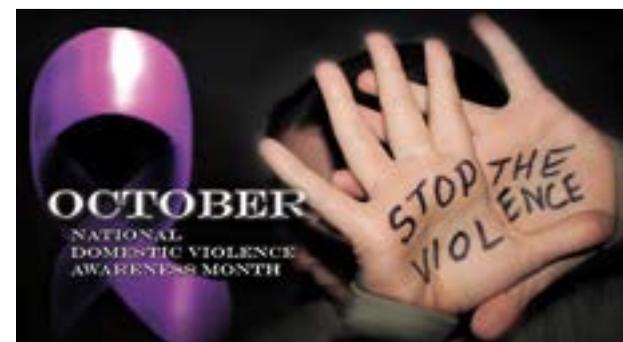


Photo illustration by Senior Airman Luis Loza Gutierrez

Domestic Violence Awareness Month evolved from the "Day of Unity" held in October 1981 and conceived by the National Coalition Against Domestic Violence.

niques, abuse identifiers, effective communication techniques, relief, understanding and camaraderie among domestic violence clients of all ages, ethnicities and ranks.

"Through the program, I learned the simplest of things such as the 'red flags of abuse.' Consensus among the clients during

that particular session was 'If I only knew then what I know now.'

"I think it's a course that should be taught in high schools during health class. If we can learn at an earlier age to identify potential abuse, we can better protect

See VIOLENCE, P17

JBSA committed to reducing energy consumption

By **Andy Hinojosa**
 JBSA-Lackland Energy Manager

October is Energy Awareness Month and Joint Base San Antonio is committed to reducing energy consumption to meet all conservation directives.

The JBSA Energy Program is designed to comply with federally mandated energy goals while maintaining a healthy and productive workplace.

Energy reduction goals are specified by Executive Order 13423 and the Energy Independence and Security Act of 2007 which requires federal installations to reduce energy use by 3 percent every year for 10 years.

The goal is to reduce energy per square foot by a total of 30 percent by

fiscal year 2015, based on a fiscal year 2003 baseline.

JBSA is at 18 percent of its energy reduction goal for FY 2014. Everyone is encouraged to be vigilant and persistent in efforts to reduce energy consumption in fiscal year 2015.

Keep conservation in mind at all times, not only to meet base goals, but to be good stewards of natural resources for generations to come.

JBSA and the city of San Antonio utility providers are promoting energy awareness month by setting up energy conservation display tables at some of the installations throughout the month of October.

CPS Energy, San An-

tonio Water System and the 502nd Civil Engineering Squadron will be passing out pamphlets on energy and water conservation, including useful tips on how to conserve our natural resources.

The Air Force theme for this year's energy awareness campaign is the same as last year, "Power the Force. Fuel the Fight. I AM AIR FORCE ENERGY."

Here's a simple checklist with ideas reducing energy consumption in the office and work area:

- Buy Energy Star certified appliances such as refrigerators, microwaves, desk lighting, etc.
- Turn off office equipment such as monitors,



printers, copy machines and fax machines at night and on weekends.

• Report energy waste, including water leaks, building deficiencies and energy abuse.

• Check the age and condition of major appliances, especially the refrigerator. It may need to be replaced with a more energy efficient model.

• Survey incandescent lights for opportunities to replace them with com-

pact fluorescents. These lamps can save three-quarters of the electricity used by incandescents. New CFLs come in many sizes and styles to fit in most standard fixtures.

• Other good targets are the four-foot lamp fixtures with metallic ballast; replace these with 28-watt lamps and electronic ballast.

Remember, do not over cool air-conditioned spaces and report all energy problems in the building to the facility manager or energy monitor.

For more information about energy conservation, call JBSA base energy managers at 671-1537 for JBSA-Fort Sam Houston, 671-4750 for JBSA-Randolph and 671-0252 for JBSA-Lackland.



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<http://www.samhouston.army.mil/pao>

News Briefs

National Disability Employment Awareness Month

The Joint Base San Antonio-Fort Sam Houston community is invited to commemorate National Disability Employment Awareness Month from 2-3:30 p.m. Wednesday at the Military & Family Readiness Center, building 2797. Guest speaker is Jerry Kerr, president and co-founder of Segs-4Vets. Kerr's group provides veterans with a universally designed mobility device to assist veterans with mobility issues. This year's National Disability Employment Awareness Month theme is "Expect. Employ. Empower."

Oktoberfest 2014 Kicks Off Oct. 17-18

The Oktoberfest 2014 celebration takes place from 3-10 p.m. Oct. 17 and 4-11 p.m. Oct. 18 at the parking lot across from the Military & Family Readiness Center, building 2797. The keg at the biergarten is tapped at 6 p.m. Oct. 17 and there will be authentic German food available. There is also live music from Beethoven Maennerchor and Mario Flores and the Soda Creek band Friday, Beethoven Maennencoir and Texas Tide Saturday, as well as other entertainment both nights. Children can enjoy an activities tent just for them. There will also be an inflatable obstacle course, climbing wall, bungee run and a game truck with 20 on-site gaming stations. The event is open to the Joint Base San Antonio community with free admission and parking.

FSHISD Public Meeting

The Fort Sam Houston Independent School District holds a public meeting at 11 a.m. Oct. 23 in the Professional Development Center at 1908 Winans Road. The meeting is for discussion of the FSHISD's Superior Achievement Rating on the state's financial accountability system.

Child and Youth Management System Shutdown

The JBSA-Fort Sam Houston Child and Youth Programs will experience a shutdown of the Child and Youth Management System from Oct. 20-30 for a scheduled update. Patrons will not be able to make online payments to their accounts or register children

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U.S., Uruguayan mission partners conduct medical subject matter expert exchange

By Robert R. Ramon
Army South Public Affairs

At a remote military post just outside of Montevideo, Uruguay, a team of 40 military service members worked to provide urgent medical care to mock casualties strewn throughout an open field.

Though its members hail from two different countries and speak different languages, the team works together as one cohesive and proficient unit. Were it not for their different uniforms, one would barely notice they serve two different nations on two different continents.

This was the scenario as U.S. and Uruguayan military forces conducted a tactical combat lifesaver course subject matter expert exchange Sept. 15-19 at the Uruguayan army's 14th Airborne Infantry Battalion headquarters in Toledo, Uruguay.

Led by U.S. Army South, the course focused on tactical combat casualty care guidance and casualty evacuations under fire.

"The training has gone really well this week," said Staff Sgt. Robert Hogeland, clinical operations NCO in charge at ARSOUTH's medical directorate. "The camaraderie was established early on. We have quite a bit in common with these people and it has been really good."

As the Army service component command for U.S. Southern Command, ARSOUTH conducts subject matter expert ex-

changes and professional development exchanges with partner nation armies throughout its area of responsibility in Central and South America and the Caribbean to strengthen relationships, support theater security cooperation and build partner nation capacity.

This particular course started with classroom instruction on vital skills such as checking a casualty for wounds, treating for shock, applying tourniquets, inserting an oropharyngeal airway and administering IVs, and culminated with a mock scenario filled with realistic-looking "casualties" elaborately made up to appear to have serious wounds and injuries.

"Passing on medical information is crucial," Hogeland said. "If there's a better way of doing things you need to pass that along; it's your duty to do so."

The U.S. team consisted of four non-commissioned officers from ARSOUTH's medical directorate and two senior enlisted Navy personnel from the Navy Medicine Training Support Center at Joint Base San Antonio-Fort Sam Houston. The Uruguayan contingent was comprised of 34 military personnel representing its army, air force and marine corps.

The U.S. medics gained a majority of their real-world experience through multiple combat missions in Afghanistan and Iraq. On the other hand, the Uruguayan military mostly participates in UN



Photo by Robert R. Ramon

Staff Sgt. Robert Hogeland (second from left, kneeling), U.S. Army South's medical directorate clinical operations non-commissioned officer in charge, demonstrates how to stabilize a fractured ankle to members of the Uruguayan military during a tactical combat lifesaver course subject matter expert exchange Sept. 16 in Toledo, Uruguay.

Peacekeeping missions, the larger groups in the Democratic Republic of the Congo and Haiti, as well as responding to emergency situations such as natural disasters and airplane crashes within its own nation.

"Tragedies happen everywhere, especially natural disasters," Hogeland said. "You'll see the exact same things in peace time that you'd see in war such as penetrating trauma, blunt trauma and stuff like that."

"We more commonly use our medical procedures in a peacetime environment," said Uruguayan Air Force Capt. Fabrizio Ruiz, one of 13 members of Uruguay's elite parares-

cue team. "But you can apply the same procedures that you apply in war time in peace time because they are very similar."

Despite the differences in their backgrounds, the transfer of knowledge is vital to their success in saving lives.

"This exchange is very productive because (our U.S. counterparts) applied it every day in combat," Ruiz said. "This training benefits us a lot because we can apply it during our UN deployments. Personally, for the air force and for the pararescue men who are here, in our everyday work we can apply all these things to become more efficient at saving lives."

Sgt. 1st Class Efrain Perez, the plans and operations training NCOIC for ARSOUTH's medical directorate, said he was impressed with the Uruguayan service members and that the U.S. participants gained valuable knowledge throughout the week.

"They were very advanced in what they knew and they were very enthused," Perez said. "We'll share what we've learned from them with our Soldiers back home."

Hogeland reiterated the point and said "it's important that we come here and do these subject matter expert exchanges because train-

See ARSOUTH, P17

AMEDD Center and School hosts Retiree Appreciation Day

By Phillip Reidinger
AMEDDC&S Public Affairs

American flags lined the walkway from the parking lot to Willis Hall at the U.S. Army Medical Department Center and School, welcoming San Antonio-area military retirees to the annual Retiree Appreciation Day activities Sept. 28.

Staff from 28 Brooke Army Medical Center clinics exhibitors and more than 60 lined the atrium on the first floor of Willis Hall and the food court atrium. Flu shots also were available for retirees.

Retiree Appreciation

Day activities kicked off with a welcome by retired Brig. Gen. Daniel Perugini, co-chair of the Fort Sam Houston Retiree Council. That was followed by presentations by Air Force Brig. Gen. Bob Labrutta, 502nd Air Base Wing and Joint Base San Antonio commander, about joint basing and Col. Kyle Campbell, Brooke Army Medical Center commander, about services provided by BAMC and the San Antonio Military Medical Center.

BAMC participants included bariatric surgery, cardiology, endocrinology, hematology, infectious disease nutrition, orthopedic otolaryngology, pharmacy,

sleep disorder, urology and trauma services. The U.S. Army Institute Of Surgical Research was a popular exhibit, along with the optometry service, which offered retirees eye examination demonstrations.

In addition, Soldiers assigned to the AMEDDC&S Preventive Dentistry Program training to be dental hygienists, provided dental care kits.

Exhibitors included volunteer services and professional organizations and post assistance programs such as BAMC Retiree Group, Memorial Services Detachment and Soldier for Life Transition Program.



Photo by Phil Reidinger

The Army Medical Department Center and School hosted the 2014 Retiree Appreciation day Sept. 28 in Willis Hall. More than 1,000 retirees attended the day's activities. Staff from 28 Brooke Army Medical Center clinics, and more than 60 vendors lined the atrium on the first floor of Willis Hall and the food court atrium.

News Briefs

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for activities. It is advised that parents allow sufficient time to check in children, as you will not be able to scan your cards. Additionally, patrons scheduled for biweekly payments are asked to make their payment no later than close of business Oct. 17. For more information, call Parent Central at 221-4871.

JBSA NCO Professional Development Seminar

A Joint Base San Antonio NCO professional development seminar is offered from 7:30 a.m. to 4:30 p.m. Oct. 23 and 24 at Forbes Hall, building 147, on the JBSA-Lackland Medina Annex. The course is designed to build a joint interoperability mindset for all JBSA NCOs by introducing them to joint-service performance reporting, award writing, leadership and physical fitness standards. Register by Wednesday by calling 977-2073 or 977-6228.

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. 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. Call 221-0347.

Army In/Out Processing

All Soldiers and their families arriving and departing Joint Base San Antonio-Fort Sam Houston must report to building 2263, room 100A at 2484 Stanley Road. The office recently relocated from building 367. Call 221-2076/0146.

Air Force Comptroller Office Relocation

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

Air Force ensures command visibility on substantiated sex-related offenses

Air Force officials announced a new policy requiring the inclusion and command review of information on sex-related offenses in personnel service records Sept. 30.

The change was directed in the fiscal year 2014 National Defense Authorization Act, requiring the services to document this information in service member personnel records.

"Sexual harassment and sexual assault are not consistent with our core values, cause great harm to our Airmen who experience it and seriously degrade our mission readiness," said Maj. Gen. Gina Grosso, Air Force Sexual Assault and Prevention Re-

sponse director.

The new policy requires commanders to review all records to ensure substantiated complaints of sex-related offenses against Airmen, regardless of grade, assigned to, and transferred into their command, are annotated in the Airman's performance report or permanent training report.

Annotation of those complaints resulting in conviction by court-martial, non-judicial punishment or punitive administrative action will be filed in an Airman's permanent personnel service record.

"Actively engaged leadership and trans-

parency are key to eliminating sex-related offenses," said Brig. Gen. Brian Kelly, the director of force management policy. "This policy assists with that goal and helps leaders foster a climate of mutual respect, dignity and inclusion of all Airmen at every level.

"This level of awareness should ensure commanders have knowledge of and familiarization with their assigned Airmen's histories of sex-related offenses," Kelly said. "This also reduces the likelihood repeat offenses will escape the notice of subsequent or higher level commanders."

The effective date for

the notation is Dec. 26, 2013. Commanders will ensure substantiated offenses not previously documented on the Airman's performance or training report that occurred on or after the effective date will be documented in the Airman's next evaluation.

The policy does not limit or prohibit the Airman from challenging or appealing such action using the existing appeal process in line with Air Force Instruction 36-2406, Officer and Enlisted Evaluation Systems, or through the Air Force Board of Correction for Military Records, Kelly said.

For this policy, the

Air Force considers sex-related offenses as those defined in Articles 120, 125, 120a, 120b, and 120c of the Uniform Code of Military Justice, which range from rape to stalking.

Air Force officials recognize the significant administrative burden associated with initially implementing this policy on the directed timeline, Kelly said.

To alleviate this in the future, data codes are being developed to allow commanders to quickly identify Airmen who are assigned to or transferred into their unit.

(Information courtesy of the Secretary of the Air Force Public Affairs)

TOP CONSUMER FINANCIAL PROTECTION OFFICIAL VISITS JBSA

Hollister Petraeus (left), assistant director for service member affairs with the Consumer Financial Protection Bureau, talks with Lt. Gen. Perry Wiggins (right), U.S. Army North (Fifth Army) commander and senior Army commander for Joint Base San Antonio-Fort Sam Houston and JBSA-Camp Bullis, as well as Felipe Jimenez, 502nd Air Base Wing technical director,

Oct. 1 on their way to a round table discussion in the Quadrangle. Petraeus was visiting JBSA to conduct listening and learning sessions to share information on consumer financial protection efforts underway on behalf of personnel serving in the Armed Forces in addition to hearing challenges service members face in maintaining financial readiness.

Photo by Olivia Mendoza



Signing event renews USAEC adopt-a-school partnership



Photo by Barry Napp

Dr. Gail Siller (right), Fort Sam Houston Independent School District superintendent, signs the partnership document between the U.S. Army Environmental Command and Fort Sam Houston Elementary School Sept. 30 as Randy Cerar, USAEC technical director, looks on.

By Barry Napp
USAEC Public Affairs

The U.S. Army Environmental Command at Joint Base San Antonio-Fort Sam Houston renewed its commitment to sharing knowledge of the environmental sciences, professional career paths and a genuine love of lifelong discovery with the students and faculty of Fort Sam Houston Elementary School Sept. 30 during a signing ceremony at the school.

The ceremony marked the continuation of USAEC's adopt-a-school partnership for this school year under new commander Col. Robert C. Wittig.

The event was presided over by Fort Sam Houston Elementary School Principal Dr. Tonya Hyde, Fort

Sam Houston Independent School District superintendent Dr. Gail Siller and USAEC technical advisor Randy Cerar.

Siller added her signature to a special poster-sized agreement featuring photos of adopt-a-school activities. Wittig, who was unexpectedly called away on command business, already had signed the formal agreement to continue the partnership between the school and USAEC volunteers that began when USAEC completed its relocation to JBSA-Fort Sam Houston in 2011.

"Thank you for welcoming USAEC team members into your school family," Cerar said. "This partnership allows us to get a sense of community and interact with students. Thanks to Dr. Hyde for

helping military kids learn and letting us be full partners."

Siller expressed her appreciation to USAEC for re-adopting Fort Sam Houston Elementary School and for continued actions that enrich the lives of students, saying "we all look forward to the coming year."

"This is a recommitment to a very strong and effective partnership," Siller said. "This partnership will help students to become more effective and involved, with the end result being better informed and more involved American citizens."

USAEC, which officially adopted Fort Sam Houston Elementary School in September 2011, has participated in the school's activities such as the fifth-grade Science in Action

Day and the Science Experience science club, Read Across America honoring Dr. Seuss' birthday, creating a rain garden and installing solar power for the school conservation cabin, Earth and Arbor Day activities, field trips, holiday events, mentoring activities and graduation ceremonies.

The JBSA-Fort Sam Houston Adopt-a-School pilot program was initiated in 2010 by U.S. Army North and contributes military resources and services to elementary, middle, and high schools to nurture the intellectual, emotional, social and physical growth of children in the greater Fort Sam Houston area, while increasing public awareness of the Army's mission and fostering good relations.

Local Army, Indonesian medical personnel assist more than 350 patients

By Sgt. Brooks Fletcher
16th Mobile Public Affairs
Detachment, Fort Bliss, Texas

Medical personnel from Joint Base San Antonio-Fort Sam Houston and Indonesia provided free medical attention to more than 350 patients in mid-September during a cooperative health engagement held in Sumber

Waru Village, Situbundo, Indonesia.

The cooperative health engagement, or CHE, brought soldiers, nurses and doctors together from the Indonesian armed forces' 2nd Medical Battalion, local health centers, and two members from the U.S. Army Reserve's 628th Forward Surgical Team

to assist residents from the Situbundo district of Indonesia.

This kind of community outreach event has consistently been held in conjunction with Garuda Shield, an annual bilateral exercise with U.S. Army Pacific and Indonesian Army units across the country performing community projects throughout the year.

Lt. Col. Tjoeng Armand Tobias Lazar, the 2nd Medical Battalion commander, said the CHE is not only an event "for the people," but one that shows another side of soldiers.

"These types of events give soldiers an opportunity to play an active role in the society," Lazar said. "These people will look back and reflect on the services provided to them. Whenever there are opportunities like this in the future, the soldiers will be loved by the people."

"This event helps foster good will and build faith among the soldiers, the community and the nation," said Col. (Dr.) Sandra Wanek, a general surgeon with the 628th FST.

While Garuda Shield 2014 is a training exercise to help enhance cooperative capabilities that will be used during real world applications in the future, Wanek explained that the CHE is a "real world" application.

"What we are doing here is just as important to us, as it is to them,"



Medical personnel from the Indonesian Armed Forces' 2nd Medical Battalion, U.S. Army Reserves' 628th Forward Surgical Team and district health centers assist locals during the cooperative health engagement held Sept. 15 in Sumber Waru Village, Situbundo, Indonesia.

Wanek said. "I spend a lot of my time in an intensive care unit. It is a very high tech world. Being here allows you to get back to the fundamentals and rely on the training and experiences that you have had in the past. This is fun."

Maj. Anisa Garcia, a physician assistant and the 628th FST commander, explained the importance of being in Indonesia and demonstrating not only the U.S. Army's medical capabilities, but being able to work with their Indonesian counterparts.

"People know we are strong from a tactical standpoint, but they may not understand or see that we have a soft side," Garcia said. "This is the perfect situation where we can showcase that to these patients."

Ismiati, a patient who came to get a check up, expressed her sentiment of the U.S.-Indonesian event.

"I was happy and fortunate to see the doctors," said the 50-year-old local. "Their collaborative effort

was impressive. I hope that this is something that continues in the future."

While U.S. and Indonesians worked to strengthen their relationship during Garuda Shield, now in its eighth iteration, the 350 patients are a testament to the importance of taking advantage of opportunities like this

in the future.

"Being here and having the opportunity to build and strengthen relationships outside of the training environment is what it's all about," said Garcia, who participated in a similar Shield 2012 in Japan. "It is nice to do something for the people."



Photos by Army Sgt. Brooks Fletcher

U.S. Army Reserve Col. Sandra Wanek (left), with the 628th Forward Surgical Team from Joint Base San Antonio-Fort Sam Houston, works on a prescription with a nurse from the Indonesian Army's 2nd Medical Battalion Sept. 15 during the cooperative health engagement held in Sumber Waru Village, Situbundo, Indonesia.



U.S. Army Reserve Maj. Anisa Garcia, 628th Forward Surgical Team commander and a physician assistant from Joint Base San Antonio-Fort Sam Houston, checks the breathing of a child during the cooperative health engagement held in Sumber Waru Village, Situbundo, Indonesia, Sept. 15. The 628th Forward Surgical Team's participation in the CHE is in support of Garuda Shield 2014, a bilateral tactical military exercise sponsored by U.S. Army Pacific Command and hosted by Indonesia. Approximately 1,200 personnel from U.S. Army and Indonesian armed forces conducted a series of training events focused on peace support operations.

Army vice chief, surgeon general address future of Army Medicine

By J.D. Leipold
Army News Service

The Army has made leaps and bounds in medical care during the last 13 years of war, said Gen. Daniel B. Allyn, in his first official speaking engagement since becoming Army vice chief of staff.

Allyn addressed a standing-room-only audience at an Association of the United States Army professional development forum in Washington, D.C., sponsored by the Association of the U.S. Army's Institute of Land Warfare Sept. 10. The theme was, "Strengthening the health of our nation by improving the health of our Army."

He talked about advances in prosthetics, tourniquets that cause immediate blood clotting, promotion of a healthy lifestyle and the role of resiliency in dealing with the stresses of life and the military profession in particular.

Even though these innovations in combat casualty care have increased survival rates on the battlefield and improved life after injury, Army Medicine intends to reset and transform as operations wind down in Afghanistan, according to the Army surgeon general.

Lt. Gen. Patricia D. Horoho kicked off the day-long, multi-panel forum, zeroing in on patient harm and patient safety.

"Let's have a health care culture that embraces safety practices and removes for good any chance of preventable harm," she said. "Let's abolish unsafe practices – no more incorrect medications, no more wrong-site surgeries, no

more infections and communication issues with our patients, just to name a few."

She spoke about an American culture that promotes unhealthy food over healthier options, and a sedentary lifestyle over activity, and working longer instead of sleeping longer.

Horoho told the audience the Army needed to continue promoting healthy Soldier behaviors and lifestyles and that would have a positive, long-term impact on the nation's health while promoting national security.

She spoke of the country's obesity problem and how it was getting worse.

"Obesity is even a problem for our active-duty Soldiers and our veterans," she said. "Many of you already know this, but over 70 percent of our veterans are obese or overweight – think about that – that's almost three out of four veterans."

Horoho also said the Army was working to affect long-lasting behavioral changes by optimiz-

ing health and readiness of Soldiers through the performance triad.

"It improves health literacy and promotes life-style changes related to the three main behaviors tied to health – sleep, activity and nutrition," she said.

The surgeon general concluded her remarks by asking for a renewed commitment to improve the health of the nation and lead culture change by spreading innovations and lessons learned across all health domains, across the Army and across the nation.

Allyn then offered force leadership perspective on how Army medicine has dramatically changed, from World War II to the present.

"I was blessed to be a Ranger battalion commander back in 1998, when we were implementing lessons learned from Somalia, and taking the early steps in tactical combat trauma care at the point of injury," he recalled. "And, I'm not



Army Vice Chief of Staff Gen. Daniel B. Allyn addresses the Association of the United States Army Medical Hot Topic Forum about advances in the medical field Sept. 10 in Arlington, Va.



Photos by J.D. Leipold

Army Surgeon General Lt. Gen. Patricia D. Horoho speaks before an audience of about 300 at the Association of the United States Army Medical Hot Topic Forum Sept. 10 in Arlington, Va.

talking just about expanding the skills of our combat medics; I'm talking about training every Soldier to be as skilled as our combat medics used to be, to provide point-of-injury care that keeps our Soldiers alive until we can get them into the hands of the experts."

The vice added that during Somalia and Vietnam, seven of 10 battlefield deaths were caused by bleeding in the arms and legs, and going back

to World War II, survival rates for an American with a combat wound were around 70 percent – today, they're more than 97 percent.

The modern tourniquet and haemostatic dressings that cause immediate blood clotting are part of the reasons for such a high survival rate today. At the same time, surgeons have been moved forward on the battlefield, and Web collaboration through the joint trauma system has enabled physicians worldwide to discuss and access the best medical care and advice possible, he said.

"Accounting for lessons from past transitions, we are building a holistic modernization strategy to change the Army and deliver global land power capabilities to the Joint Force," Allyn said. "Force 2025 is not an end state, it is a waypoint toward our Army's future."

Allyn presented a three-fold context for Force 2025 and Army medicine.

"First, it is important to remember we are still a nation at war, and this morning 27,000 Soldiers are in Afghanistan, and our presence in Iraq is

increasing," he said. "We depend upon the world-class trauma care and medical support for our deployed Soldiers and their families at home. It remains a top priority."

Secondly, the general voiced his concerns over the budget declining, saying it will get worse should sequestration return in 2016, as is currently planned. While he praised AUSA leadership for educating and influencing the public and Congress on the negative consequences of sequestration, he said he was "personally not optimistic" that sequestration would go away.

Lastly, Allyn expressed real concern for the state of the potential Soldier pool of the future.

"We are challenged by an unhealthy American population plagued by addiction and obesity," he said, adding that, "The Center for Disease Control and Prevention says that this could be the first generation of children in the United States that has a shorter life expectancy than their parents do."

"Approximately, 75 percent of our population of 17-to-24-year olds are not eligible to serve in the United States Army; three-quarters of these because of health-related issues," he said. "Some of our best and brightest are disqualified because they simply are not healthy enough to serve in our nation's armed forces – a preventable outcome, and we must lead the effort to change our lifestyle culture."

Allyn concluded his remarks by challenging the Army Medicine team to be innovative, to allow ideas to flourish and to set a clear focus for the future.

Air Force updates voluntary education programs for fiscal year 2015

Active-duty Airmen who want to take advantage of military assistance programs for voluntary education in the coming academic year have started to experience several changes as of Oct. 1.

Air Force Credentialing Opportunities Online, or AF COOL, is taking the place of the military tuition assistance, or MilTA, certification program for enlisted and total-force Airmen seeking certifications. Military tuition assistance guidance will be updated.

“Education is what keeps our Airmen and our Air Force at the leading edge of change,” said Chief Master Sgt. of the Air Force James A. Cody. “This is a valuable benefit that Airmen have a responsibility to manage, whether it’s keeping their GPA up or meeting all the deadlines for applications.”

Airmen who are currently enrolled in a certification program funded through MilTA will have one year to complete their program. Enlisted Airmen submitting new applications through AF COOL will be able to apply for certifications based on their duty Air Force specialty code, with a lifetime cap of \$4,500.

Senior NCOs are also eligible for leadership and management credentialing programs within the lifetime cap. Funding for the program is currently scheduled to begin in January 2015.

“We created AF COOL in part to meet fiscal year 14 National Defense Authorization Act requirements but also to separate credentialing from other military tuition assistance and ensure we had a cohesive, user-friendly system for our

enlisted Airmen who are interested in obtaining duty-related certifications,” said Russell Frasz, the Air Force director of force development.

MilTA will also see some changes in fiscal year 2015, Frasz said.

In line with the updated Defense Department instruction on voluntary education released in May 2014, Airmen who receive grades of a C or below in graduate courses and D or below in undergraduate courses will be required to reimburse MilTA funds.

This is effective with all term start dates which began Oct. 1. If, after six semester hours at the graduate level or 15 semester hours at the undergraduate level, students cannot maintain the requisite GPA, they will no longer be eligible to receive MilTA until

they have raised their GPA. In addition, the DOD instruction no longer allows for MilTA to pay for fees.

Eligibility requirements for MilTA will remain the same, except for students with active suspenses such as incompletes or other pending reimbursement actions, who will be ineligible until those suspenses are closed.

Airmen who are approved to receive MilTA may still receive up to \$4,500 per fiscal year and a maximum of \$250 per semester hour, but will now have a cap of up to 124 semester hours allowed for undergraduate program and 42 semester hours for graduate level courses (some restrictions apply for the undergraduate and graduate caps). This change affects all current and future MilTA users.

The window for MilTA requests will be limited to no earlier than 45 and no later than seven days prior to the start of the academic term. Additionally, Airmen must obtain approval for their educational goals from their academic institution.

All new MilTA users and those who haven’t taken any classes in the past year are required to have face-to-face counseling with an education advisor prior to receiving MilTA, but all students are encouraged to meet with education advisors and review the updated Air Force instruction to ensure they are familiar with all the changes to the program, Frasz said.

(Information courtesy of the Secretary of the Air Force Public Affairs Office)

Army physical therapy: 90 years of care for military, beneficiaries

By Col. Scott Shaffer

Director, Physical Therapy Graduate Program, Army Medical Department Center and School

October is National Physical Therapy Month and the Army is celebrating more than 90 years of formal military physical therapy education and rehabilitative care for Department of Defense beneficiaries.

Physical therapy was created to meet the needs of American service members injured during World War I. The Army Medical Department recognized the need for a formalized physical therapy course of instruction in the early 1920s.

Army physical therapists were commissioned in 1942 and have served in every theater of operation since World War II and their roles and assignments have greatly expanded in the past 70 years.

In Vietnam, physical therapists served in a physician-extender role to assist with the evaluation and treatment of neuromusculoskel-

etal conditions.

Army physical therapists were first assigned to Army Ranger battalions in 2000, special operations groups in 2003 and with brigade combat teams in 2006. Physical therapists serving in these roles have made significant contributions to operational readiness by providing an integrative approach of direct access, early intervention, injury prevention and human performance optimization.

Army civilians, officers and enlisted members provide physical therapy care to more than 5,000 beneficiaries across the globe and in diverse settings on a daily basis.

This care includes evidence-based neuromusculoskeletal evaluation and treatment of acute and chronic injuries, functional and readiness assessment, injury prevention screenings, health promotion activities, and state of the art rehabilitative care for wounded warriors.

Physical therapy is essential

to our current transformation to a system for health. As we call upon our beneficiaries to increase activity, physical therapy will serve a vital role in maintaining, restoring and improving the health of service members and their families.

For anyone interested in a career as a military physical therapist, the U.S. Army-Baylor University Doctoral Program in Physical Therapy is one of the oldest and most recognized programs in the nation.

The program, created in 1971 and located at Joint Base San Antonio-Fort Sam Houston, is ranked fifth in the nation from more than 215 nationally accredited programs.

Following initial entry training, those in the program engage in 30 months of rigorous academic coursework and clinical internships. Upon graduation, the graduates are prepared to serve in two professions – as an active duty officer and as a military physical therapist.

For additional information

regarding a career in physical therapy and for information on

the program, visit <http://www.baylor.edu/graduate/pt>.



Photo by Michael J. Carden

Wounded warriors build their strength and agility during a physical therapy session at the Center for the Intrepid on Joint Base San Antonio-Fort Sam Houston.

METC from P1

of us that becoming more joint and integrated was not a threat,” Robb continued. “It was additive, it was complimentary, it is a force multiplier. We still have our uniforms, we still have our unique missions, we still have our reporting chains ... but we have even more in common than we have differences.

“Our strength is in our diversity, but more importantly our strength is in our unity of effort,” Robb emphasized.

Woodson got right to the point in his remarks, stating that METC is one of the most important institutions anywhere in the Military Health System.

“It is at institutions like METC, like West Point, or the Naval War College, or Air Command and Staff College, where we study and learn from our experiences and we share our wisdom with the next generation of military leaders,” said Woodson. “The next generation of medical leaders in our system starts their journey right here.”

Woodson continued, “It’s our job to ensure our medical teams understand each other at each of those critical hand-offs; that we use common processes and common equipment and know how to interact with each other.

“That’s what METC is here for. That is why this institution was established. It’s working and all of you have made that happen,” he stated.

Woodson concluded, “Thank you Admiral Roberts for both a career of exceptional service, and an historic role in leading this organization. And congratulations General Miller on accepting such an important leadership opportunity. I wish

you both great success.”

Roberts began serving as commandant of the largest tri-service integrated medical enlisted training campus in Department of Defense history in September 2012. He also served concurrently as the inaugural director of the Defense Health Agency Education and Training Directorate since June.

As METC commandant, Roberts led the 49-program campus, 1,200 dedicated faculty and staff and 20,000 annual graduates through numerous achievements. Under his watch, METC students continually exceeded the national average on board certification pass rates and his steadfast efforts working with national and state accreditation agencies have ensured continued academic recognition for all METC graduates, which is in concert with the White House veterans’ initiative.

He was instrumental in METC receiving a full six-year accreditation by the Council on Occupational Education and he also played a significant role in METC affiliation initiatives with the Community College of the Air Force and the Uniformed Services University of the Health Sciences.

“Whether creating a tri-service instructor training program ... seeking new academic affiliations, certifications, and degree opportunities for our students and instructors ... seizing service best practices and looking for novel course consolidation opportunities ... developing the finest, innovative, multifaceted and relevant strategic plan I have seen in my over 35 years in uniform ... taking care of our Soldiers, Sailors and Airmen in and out of the classroom ... the service members,

civilians and contractors who are the heart of this high-performing organization continue to excel at every turn,” Roberts said.

“You should be intensely proud of who you are and what you do, as I am proud of you,” he added.

Prior to arriving at METC, Miller served as command surgeon and director for medical services and training at the Air Education & Training Command on Joint Base San Antonio-Randolph. In addition to clinical positions, Miller’s assignments also include command surgeon at a major command, chief of the medical staff at the facility and MAJCOM level, and command surgeon at the squadron, group, and a combatant commander levels.

Miller holds a Master of Business Administration degree from the University of Massachusetts and a Master of Strategic

Studies from the Air War College. He is a certified physician executive and a Fellow of the American College of Physician Executives, American College of Healthcare Executives, and American Academy of Pediatrics.

“My military medical training began at Uniformed Services University and is something I am very proud of,” Miller asserted. “I am a product of joint training that focused on what was best in support of the patient to complete the mission irrespective of what color of uniform a medic was wearing.”

Miller explained that since he was not an Air Force Academy graduate or a Reserve Officer Training Corps cadet, upon entering USU, his focus was on clinical medicine as he had no service-specific experience to fall back on. But

at USU, he also had the unique opportunity to learn about some of the traditions, customs and courtesies that make each service special.

“The camaraderie between students, the esprit de corps was engrained within the USU culture,” Miller said. “That continued when I completed fellowship training at another tri-service program in developmental pediatrics at Madigan Army Medical Center in Tacoma, Wash.

“After a variety of jobs within the Air Force, things came full circle when I was sent to Stuttgart, Germany as the combatant command surgeon general for U.S. Africa Command in 2010. Once again, I found myself living and working in a joint environment – this time with key players from the whole of government. The

take-home message was the same: together we are better. That is why I am so excited about the opportunity to be part of the new Defense Health Agency and METC.”

Miller addressed the men and women of METC, telling them it is important that he earn their trust as the new commandant. “I appreciate the importance of trust in this joint environment, where our present and future goals need to be focused on our people, irrespective of the color of uniform they proudly wear,” he told them.

“The mission and vision is clear. METC is recognized as a leader in allied health education and training because of our staff and faculty, the quality of our training and most importantly the end product – the finest medics, corpsmen and technicians in the world.”

MICC assists in first-ever deployment of contracting team

By Daniel P. Elkins
MICC Public Affairs

The arrival of the 614th Contingency Contracting Team in the U.S. Central Command area of responsibility in August signaled the first deployment of a contracting team in support of combat operations for the Army Contracting Command since integrating uniformed members at contracting offices across the country.

Mission and Installation Contracting Command officials received a short-notice deployment order for a five-member team in July.

Operations officials at the MICC headquarters at Joint Base San Antonio-Fort Sam Houston worked closely with the MICC Field Directorate Office at Joint Base Langley-Eustis, Va., to assess teams, consider augmentation needs and identify the team from MICC-Fort Benning, Ga. Previously, individual Soldiers were selected to deploy forward and fall into a team once in country.

"The objective was to deploy a complete team through the entire process, which includes training, deploying forward and operating as a team," said Art Jackson, chief of the MICC Current Operations Division at JBSA-Fort Sam Houston. "We went to a specific unit at Fort Benning; that's the first time the Army Contracting Command has deployed a contingency contracting team from within the continental United States."

According to ACC operations officials, the command has previously sent individual contracting officers into a combat

theater but not teams.

The Expeditionary Contracting Command's 408th Contracting Support Brigade at Camp Arifjan, Kuwait, maintains a forward presence in the CENTCOM AOR. After accomplishing all necessary requirements, members from the 614th CCT deployed and stood up an operation in the CENTCOM AOR that reports to the 408th CSB.

"They were able to go from notification to being in theater in less than 45 days," said Mike Kuppers, MICC deployment operations officer.

ACC officials announced in January 2013 its plans for integrating Soldiers in the 51C contracting military occupational specialty across its centers and for MICC contracting offices to streamline the span of control of Soldiers assigned state-side and enhance professional development.

The MICC's role was to broaden contracting skills and proficiency by pairing the Soldiers alongside seasoned civilian contracting professionals.

Soldiers attached to the MICC are part of the more than 38,000 members of the Army acquisition workforce which keeps Soldiers well equipped, protected and prepared for mission success.

MICC officials said the deployment of a team marks a significant milestone for the command as an organization. Previously, the ECC provided contracting support to



deployed locations on an individual replacement basis. The MICC now joins ECC in providing the ACC with the capability of additional contingency contracting personnel and units to support combatant commanders worldwide, Kuppers said.

Kuppers added that supporting a combat capability as an organization validates architecture in place to meet the Army's intent of aligning units to supported units. He explained that a contracting support brigade deploys in support of an Army corps, a contingency contracting battalion in support of a division and contingency contracting teams in support of a brigade combat teams.

"The accomplishment of this mission illustrates to the Army why it is important to maintain the contingency contracting infrastructure," Jackson said. "Even though we've always supported the mission down range, this opportunity validates our ability to deploy our numbered units from within the United States."

The deployment is also the first since the

integration of uniformed members at contracting offices across the command.

Contracting offices across the MICC provide on-the-job training for approximately 450 Soldiers in the 51C MOS. Their attachment in 2013 came at a time when contracting offices were unable to add civilian employees for two years due to a hiring freeze.

MICC-Fort Benning director Steve Sullivan said the short-notice nature of the deployment shifted the contracting office's primary attention to making sure Soldiers were ready to deploy and had their personal affairs, to include powers of attorney, family care plans, weapons, etc., in order.

MICC-Fort Benning deputy director Brenda Clark said that groundwork included preparing the team to arrive in austere conditions with limited support.

"To facilitate any training gaps, the contracting office developed toolkits and training packages for the Soldiers," Clark said. "We had guides, checklists and a construction training presentation that Soldiers and units took with them for reference. We learned these documents came in handy when they arrived at their base with no computer support."

Although the intent of attaching Soldiers to contracting offices was to train for deployment, they were quickly immersed in a variety of acquisitions from simple to more complex buys that helped alleviate workload challenges for many offices.

To mitigate the impact of losing the team of Soldiers, operations officials at the MICC headquarters coordinated the deployment tasking with the command's field directorate office at Joint Base Langley-Eustis, which oversees MICC-Fort Benning. MICC FDO-Fort Eustis leaders were able to coordinate additional resources from other subordinate contracting offices to support Fort Benning requirements.

The MICC was established as a Tables of Distribution and Allowances unit. TDA organizations are usually considered to be non-deployable.

Jackson said the attachment of Soldiers began a shift in that mindset. Soldiers are assigned to ECC but attached to the MICC for professional development. Once called upon to deploy, the unit would then return as an ECC asset.

"This is a significant accomplishment from a year ago when we first attached Soldiers into our contracting offices. The initial intent was to improve their training, and when they were given a mission, we would detach them back to ECC to work specific deployment issues," Jackson explained. "What happens now is that we work closely with our counterparts at the ACC and our offices in taking the units until they are 'wheels-up' en route to their deployed location."

He added that providing combat-ready contingency contracting Soldiers and units to our warfighting units is the result of a collaborative effort between ACC, ECC, MICC headquarters, MICC offices and Soldiers.

As officials manage the transition to align contingency contracting units with warfighters, Kuppers believes the alignment will give MICC Soldiers and the office to which they are attached greater predictability.

The MICC operations directorate is already coordinating efforts for the deployment of a second team, the 735th CCT, from MICC-Fort Leonard Wood, Mo.

"Our team is made up of Soldiers who have different operational backgrounds to include Field Artillery, Infantry, Finance and Logistics," said team leader Maj. Chris Thomas. "This will be the first contracting team from Fort Leonard Wood to deploy, which is a huge honor for our organization."

The team will also support the 408th CSB once in place at its forward location.

MICC officials are also in the process of coordinating a number of additional deployments in 2015.

"Soldiers are going to deploy at some point, that's understood," Kuppers said. "Aligning contingency contracting units to warfighting units allows the contracting office greater predictability to shift workload since the organization will know six months to a year out that they have a unit projected to go."

As planning for the deployment of other MICC units continues, Sullivan advised that organizations should take full advantage of pre-deployment time.

"Contracting success down range will result when preparation meets opportunity," he said.

INSIDE THE GATE

Tuition Assistance Changes

Military tuition assistance is no longer paying fees. Tuition assistance requests must be approved before the start date of the class. Soldiers should request tuition assistance at least 10 days prior to course start date in order to allow approval. Requests submitted less than 10 days prior to course start date may not be funded by GoArmyEd. For more information, call 221-1738.

Party in Pink Zumba Fest

October is Breast Cancer Awareness Month and the Jimmy Brought Fitness Center is holding a Party in Pink Zumba Fest from 9:30-11:30 a.m. Saturday. Entry fee is \$12 and includes a T-shirt. There is no pre-registration, just show up. Call 221-1234.

Take Aim At Sportsman's Range

Through May 31, hours at the Sportsman's Range at JBSA-Camp Bullis are 10 a.m. to 2 p.m., weather permitting. The cost to shoot is \$10 per Department of Defense ID cardholder and \$15 per non-DOD ID cardholder. DOD ID cardholders can purchase an annual pass for \$60. All DOD ID cardholders are allowed to spon-

sor two non-DOD ID cardholder guests. For more information, call 295-7577.

Positive Parenting

Oct. 20 and 27, 1:30-3 p.m., JBSA-Fort Sam Houston Military & Family Readiness Center, building 2797. Three-part class will discuss what to expect from an infant and toddler and will help parents learn about the stages of child development. Call 221-0349 or 221-2418.

Couple's Enrichment

Oct. 20 and 27, 4-6 p.m., JBSA-Fort Sam Houston Military & Family Readiness Center, building 2797. Three-part class centers on reconnecting with partners. Part one is about gender differences and communicating effectively, part two focuses on commitment and part three strives to enhance intimacy. Call 221-0349 or 221-2418.

Bring Baby Home

Oct. 22, 9 a.m. to 1 p.m., JBSA-Fort Sam Houston Military & Family Readiness Center, building 2797. Two-part class teaches new parents how to care for their newborn baby. Dads are welcome and encouraged to attend. Call 221-0349 or 221-2705.

HOOptoberfest 3-On-3 Basketball Classic

The Joint Base San Antonio-Fort Sam Houston Jimmy Brought Fitness Center hosts a HOOptoberfest 3-on-3 Basketball Classic at 9 a.m. Oct. 18. The tournament entry

requires a registration form that must be received by Oct. 14. Teams may turn in their registration form at the Jimmy Brought Fitness Center or the Fitness Center on the Medical Education and Training Campus. This is a free event and open to all Department of Defense ID cardholders 18 and over. A player roster is required and players may not play on more than one team. Rules will be emailed to the team captains. For more information, call 808-5709 or 221-1234.

Oktoberfest/Domestic Violence Awareness Month 5K Fun Run

The JBSA-Fort Sam Houston Jimmy Brought Fitness Center is partnering with the Family Advocacy Outreach Program to host a fun run at 8 a.m. Oct. 25. All participants can show their awareness of domestic violence by wearing purple. If possible, everyone is asked to bring some gently used linen (sheets, pillow cases, towels, blankets) as a donation for the Battered Women and Children's Shelter. This event is open to all Joint Base San Antonio Department of Defense ID cardholders. For more information, call 221-1234.

Helping Us Grow Securely Playgroup

This interactive playgroup for parents and children up to age 5 meets 9-11 a.m. each Tuesday at the JBSA-Fort Sam Houston Middle School Teen Center. No registration is required. Call 221-0349 or 221-2418.

Military And Family Life Counselors

Military and Family Life Counselors address a variety of issues such as stress, anxiety and deployment. MFLCs are licensed mental health professionals who provide situational, problem-solving counseling anonymously and confidentially. No written records are kept, and it is free to military and family members. To contact a MFLC at JBSA-Fort Sam Houston, call 517-6666 general number, 243-4143 for Army students, and 488-6804 for Air Force and Navy students; at JBSA-Lackland, call 540-5025 or 540-5030 for adults, 627-0054 or 540-5033 for children and youths; and at JBSA-Randolph, call 627-1223 or 426-1412 for adults, 627-0338 or 627-0525 for children and youths.

SKIES Tennis Program

Through November, SKIES is offering beginner tennis clinics on a monthly basis for youth ages 6-8 and 9-18. Each clinic consists of four sessions, with the session for 6-8 year olds being one hour each and session for 9-18 year olds being 3 hours each. The sessions for the 6-8 year olds are held every Wednesday, from 4:30-5:30 p.m. and cost \$40. Sessions for the 9-18 year olds are held every Saturday from 2-5 p.m. and cost \$80. All clinics will take place on the courts on the corner of Scott and Hardee Roads. Call 221-3381.

INFLUENZA VACCINATIONS

Army Public Health Nursing Satellite Influenza Clinic:
Military & Family Readiness Center
Building 2797, 3060 Stanley Road,
Joint Base San Antonio-Fort Sam Houston
Monday, Tuesday and Thursday: 7:30 a.m. to 4 p.m.;
Wednesday: 7:30 a.m. to 6 p.m. For ages 6 months and older

Satellite Influenza Vaccination Station:
San Antonio Military Medical Center
Consolidated Tower near entrance C
Monday thru Friday: 6 a.m. to 3:30 p.m. For ages 12 years and older

SAMMC Pediatric Clinic
Consolidated Tower, first floor
Monday through Thursday: 8-11 a.m. and 1-2 p.m.;
Friday: 9-11 a.m. and 1-2 p.m. For ages 6 months to 12 years

Adolescent Clinic
JBSA-Fort Sam Houston Primary Care Clinic
Building 1179, 3100 Schofield Road
Monday, Wednesday, Thursday and Friday: 7:30 a.m. to 4:30 p.m.;
Tuesday: 7:30 a.m. to 5:30 p.m. For ages 12 years and older

Special Events
Oct. 18 family immunization event
SAMMC Medical Mall
9 a.m. to 1 p.m. For ages 6 months and older

VIOLENCE from P2

ourselves. Nearly every 'red flag' jotted down spoke volumes of the things I should've known but didn't. Love and faith can blind you, and at least in my scenario, that was the case.

"Being abused, we tend to follow down the same narrow and twisted path, slowly losing our own identities. We've grown accustomed to being told how to feel, how to act, how to think, when to cry, what to wear and whom we may speak with, amongst other things.

"Though we are all fully capable of thinking for ourselves; endless self-doubt and misdirection of self-talk is what we have grown to know. Another group session helped us identify the need to change the negative jabbering of self-talk we've integrated into ourselves.

We all learned, 'It's not who you are that holds you back; it's who you think you're not.' At this point, my journey of learning, healing and growing from the abuse continues.

"It is my greatest hope to flourish as an individual and allow my wounds to heal. I'm learning how to have a healthy relationship with others and learning not to fall prey to the same cycle I once lived for more than 16 years.

"Thus far, the Domestic Abuse Victim Advocate's program, facilitators' support and the other clients have been instrumental towards my journey."

Victims in danger of domestic violence should call 911 for help or the National Domestic Violence Hotline at 800-799-7233.

(Source: Domestic Abuse Victim Advocate Program)

ARSOUTH from P3

ing with partner nations makes me more diverse and makes me a better medic. It helps us think outside the box for new ideas."

The medics appeared to become more comfortable with their newly-acquired skills as they made their way through the course and assessed the mock casualties.

"This training builds confidence," Hogeland said. "We showed them a few things, like how to improvise tourniquets, hemorrhage control,

splinting and applying traction on a litter. They grabbed that stuff because they know they're going to have to use that in the future."

Ultimately, strengthening relationships with partner nation armies through these types of exchanges will have lasting effects on the peace and stability of the region.

"The friendship is important for us because we can stay in contact in the future," Ruiz said. "If I ever have any doubts about any new procedures that come out we can communicate with

each other and share information. Because of this friendship we can stay in contact in the future."

Working side-by-side on a personal level is effective in building relationships and strengthening bonds, said Hogeland.

"When you're interacting with them we build a bond," Hogeland said. "For example, we were practicing movements of carrying casualties and the physical interaction with them went really well. I carried someone and accidentally fell over and we were all laughing about it. We conducted

a competition with those movements later and it was just like training with my Soldiers back home. It's motivating when camaraderie is built."

U.S. Army South will continue ongoing execution of SMEEs and PDEs with partner nation armies throughout the AOR. This will ensure the U.S. Army continues to strengthen its relationship with partner nation armies, allowing the opportunity for all attendees to develop knowledge, capabilities and support for lasting security and stability.