

JBSA

LEGACY

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JOINT BASE SAN ANTONIO

APRIL 20, 2018



PHOTO BY ISMAEL ORTEGA

Air Force Vice Chief of Staff Gen. Stephen W. Wilson (center) renders a salute during Pass and Review on April 13 at Joint Base San Antonio-Lackland.

VCSAF visits JBSA, presides over BMT graduation

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WWII WAC celebrates 100th birthday

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JBSA-Randolph firefighters hone their skills

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COMMENTARY

Whatever it takes

By Master Sgt. Tyrone Lawson

502ND AIR BASE WING
PUBLIC AFFAIRS

This morning as I donned my uniform and ran through the day ahead in my mind, I went over tasks that needed to be accomplished, to include writing this article. I took meat out of the refrigerator to cook for dinner tonight and entered reminders in my cell phone to pick up items from the cleaners and stop by the post office to mail a letter.

I sat on my bench to put on my boots, and I wondered if my morning routine was parallel to an Airman we now identify as a hero. I thought about how he must have completed similar task; laced up his boots, put on his crisp uniform top, and placed a well-sculpted beret on his head.

I wondered what the day ahead for the former commander may have looked like. How could he have known that his list of tasks for the day would also include; saving lives and making the ultimate sacrifice?

Two years ago, April 8, 2016, Lt. Col. William "Bill" Schroeder, a special operations

weather officer and former 342nd Training Squadron commander, lost his life during a struggle with a gunman. Sensing the danger to come, Schroeder placed himself between the armed individual and the squadron first sergeant before ordering her and surrounding squadron members to run to safety.

His decision to take such actions saved lives as well as sealed his fate. I can't help but think in those crucial moments, he was aware of this.

Last week, I attended the annual "Monster Mash" fitness competition and remembrance ceremony hosted by the 350th Battlefield Airmen Training Squadron. The event, which boasted participants from throughout JBSA, included a 1-mile log march and the unveiling of a memorial in honor of Lt. Col. Schroeder.

Attending the march was initially a source to gather some quotes from attendees about the day and what it meant to participate in such an event, but as I sat on the bleachers and took in the ambiance of greatness, gratefulness, service, and sacrifice, my mind and writing agenda quickly swerved into a different direction.

ferent direction.

I started to think about what it really took to make the ultimate sacrifice and who you needed to be, to do so.

I have to admit, although I thought this was an easy question to answer, I found myself pondering the concept over the weekend and, to my surprise, a 10 minute deep-thought session wrestling with the idea of: who, when, why and could I?

Even as I am writing now, I am not sure I have the correct answers, but I do have a thought or two.

As military members, we often think of our heroes being birthed from great conflicts or wars; they have acted bravely in the face of adversity, against an enemy from a far. We rarely take into consideration a hero is sitting right next to us in the office, or turning wrenches to fix equipment. How could we ever consider a hero is helping to prepare food at the dining facility or filling a prescription at the pharmacy?

It is not until the moment an unfortunate event happens, and a split second of reaction occurs, we are able to pinpoint heroes; walking, talking, living and serving right amongst us. In that split second, how is the decision made to do whatever it takes, to include sacrificing yourself, for the well-being of another?

It is easy to assume that those

charged to protect and serve, have this "hero gene" inside of them. It is instilled in them. They train day-in and day-out for a time they may have to make a life or death decision. There is no hesitation or second guessing for them.

I don't believe this to be true.

Sacrifice is not something you can train for, no one can prepare you for this feat. I would like to think, sacrifice is instilled through a continued growth of personal characteristics and values; both ethical and spiritual. I also believe it is a continued growth, belief and practice of the core values we have built on from day one of enlistment; integrity first, service before self and excellence in all we do.

It is through all these attributes that a hero and a decision to make the ultimate sacrifice is only a split-second thought. It is adrenaline, laced with a heightened awareness to protect. It is pure heart, the mind plays no role.

I didn't personally know Lt. Col. William "Bill" Schroeder, so I can't speak first hand to what drove him to act in the face of adversity that fateful day, but from the words spoken at the ceremony held last week, I would say it was his unit, his family, his values, his leadership and heart.

Located in his office on a plaque that adorned his wall... Whatever it takes.

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SOLDIER FOR LIFE

Soldiers should plan before making transition

By Bryan Tharpe

SOLDIER FOR LIFE CENTER
FORT RUCKER, ALA.

What strengths do you have as a result of military service? What have you done to improve your work place? What are your greatest achievements in the Army?

These are questions I have posed many times to groups of transitioning Soldiers. Think about it from a civilian employer's perspective. Will your expe-

rience in the Army make you a better civilian employee after you separate? Many civilian employers are counting on it!

Think of what you will have to offer after years of challenging assignments.

You are flexible, adaptable, team oriented, healthy, certified drug free, disciplined, safety-conscious and trainable. You are great leaders, teachers, public speakers, motivators, mentors and quality control inspectors.

You have the ability to work

long hours under adverse conditions, to perform multiple tasks with minimum supervision, to meet deadlines, to give and take directives and communicate effectively in the most culturally diverse organization in the United States. You have a security clearance, a global perspective, and technical training.

But how long do you need to serve in order to make the most of these skills and attributes? Two years? Five? Twenty? Serving even one enlistment is com-

mendable, but there are more benefits to re-enlistment than you might have expected.

Acquiring the transferable skills and experience listed above doesn't happen overnight. It does take years. Extended military service may just double or triple your employment options after you do separate.

So, what should you do after you re-enlist to maximize your strengths of military service? I

SOLDIERS continues on 7

Spring allergy season is certain in South Texas

By Robert Goetz

502ND AIR BASE PUBLIC AFFAIRS

Following a raging winter flu season, the proliferation of pollen from trees, flowers, grasses and weeds signifies that spring has sprung in South Texas.

That also means many people — an estimated 30 percent of adults in the United States, according to the Asthma and Allergy Foundation of America — are suffering from the unwanted effects of all that pollen: sneezing, coughing, nasal congestion, runny nose and itchy, watery eyes.

“We see at least five to 10 patients a day who are suffering from allergy symptoms,” said Capt. Holly Parker, Joint Base San Antonio-Randolph Family Health Clinic physician assistant. “We started seeing patients with allergies when the weather got a little warmer in late February and early March.”

One of the most common chronic diseases, allergies occur when the body’s immune system sees a substance as harmful



SENIOR AIRMAN KRISTIN HIGH

and overreacts to it, making an antibody called immunoglobulin E. The symptoms that result are allergic reactions.

In addition to pollen, other types of allergens are medicines, food, insects that sting, household pests like cockroaches and dust mites, latex, mold and pet dander.

Allergies can be a nuisance or worse, but there are ways to alleviate the symptoms, Parker said.

“We recommend to our patients that they take allergy medications,” she said. “Medications decrease the allergy response.”

Although the San Antonio

area consistently ranks as one of the Asthma and Allergy Foundation’s “most challenging places to live with spring allergens,” Parker said that taking allergy medicine is not just a springtime regimen for many people who live in this area.

“In San Antonio, you have year-round allergens,” she said.

Fortunately, over-the-counter medicines are effective in relieving allergy symptoms such as sneezing, runny nose and watery eyes, Parker said.

Oral medications and steroid nasal sprays prevent the effects of histamine, a substance produced by the body that can cause all those symptoms.

Immunotherapy, or allergy shots, is sometimes recommended, but only as a last resort when people do not respond well to oral medications or nasal therapy or are unable to control their symptoms with conventional treatments.

Parker suggested other ways to combat allergies.

“It’s good to take a shower before you go to bed to wash off all the pollen that’s accumulated during the day; if not, the pollen will get all over your sheets and pillow,” she said.

It’s also good to take a shower after doing yard work, Parker said.

Inside the house, vacuuming

the floor helps get rid of dust and pollen, she said.

Avoidance is another strategy in dealing with allergens, Parker said.

“Be sure to check the pollen counts,” she said. “Limit your time outdoors when the counts are high.”

Although allergies are sometimes mistaken for colds, there is a distinction, Parker said.

Colds also exhibit symptoms such as coughing and sneezing, but they are also accompanied by fever, chills and body aches, she said.

In addition, allergy symptoms last longer than cold symptoms and nasal discharges with allergies tend to be clear rather than thick and colored.

Parker said people suffering from allergies should keep taking their medication for four to six weeks.

“If they’re not getting better, they should see an allergy specialist,” she said.

JBSA allergy specialists are available at Brooke Army Medical Center and Wilford Hall Ambulatory Surgical Center.

Whether charcoal or gas, grill safety is paramount

By Richard C. Campos

502ND CIVIL ENGINEER SQUADRON

It can also mean there’s an increased risk of home fires. Numerous home fires are caused by grilling and almost half of all injuries involving grills are due to thermal burns. This accounts for a yearly average of 8,900 injuries.

Grilling by the numbers In recent years, 16,600 patients went to emergency rooms because of injuries involving grills.

July is the peak month for grill fires (17 percent), including both structure, outdoor or unclassified fires, followed by May, June and August.

A failure to clean the grill was the leading factor contrib-

uting to the fire in 19 percent of all structure fires involving grills. In 17 percent of those, something that could catch fire was too close to the grill.

Leaks or breaks were the factor in 11 percent of grill structure fires and 23 percent of outside and unclassified grill fires.

Gas grills contribute to a higher number of home fires overall than their charcoal counterparts.

Safety tips

► Propane and charcoal barbecue grills should only be used outdoors.

► Make sure the grill should be placed well away from the home, deck railings and out from under eaves and overhanging branches.

► Keep children and pets at least three feet away from the grill area.

► Keep your grill clean by removing grease or fat buildup from the grills and in trays below the grill.

► Never leave your grill unattended.

► Always make sure your gas grill lid is open before lighting it.

Charcoal grills

► There are several ways to get the charcoal ready to use.

Charcoal chimney starters allow people to start the charcoal using newspaper as a fuel.

► If using starter fluid, use only charcoal starter fluid. Never add charcoal fluid or any other flammable liquids to the fire.

► Keep charcoal fluid out of the reach of children and away from heat sources.

► There are also electric charcoal starters, which do not use fire. Be sure to use an extension cord for outdoor use.

► When you are finished grilling, let the coals completely cool before disposing in a metal container.

Propane safety

Check the gas tank hose for leaks before using it for the first time each year. Apply a light soap and water solution to the hose. A propane leak will release bubbles.

If your grill has a gas leak, by smell or the soapy bubble test, and there is no flame, turn off both the gas tank and the grill. If the leak stops, get

the grill serviced by a professional before using it again. If the leak does not stop, call the fire department.

If you smell gas while cooking, immediately get away from the grill and call the fire department. Do not move the grill. If the flame goes out, turn the grill and gas off and wait at least five minutes before re-lighting it.

For more information about grilling safety, visit the National Fire Prevention Association website at <http://www.nfpa.org/education> or contact one of the Joint Base San Antonio fire prevention offices at JBSA-Fort Sam Houston, 210-221-2727; JBSA-Lackland at 210-671-2921; or JBSA-Randolph at 210-652-6915.

JCS advisor: NCOs must keep growing, learning, setting example

By Jim Garamone

DOD NEWS, DEFENSE MEDIA
ACTIVITY

Noncommissioned officers have to keep growing, learning and setting the example for the American military to remain the best in the world, the senior enlisted advisor to the chairman of the Joint Chiefs of Staff told a group of Air Force senior enlisted leaders April 4 in Washington.

Army Command Sgt. Maj. John W. Troxell told the Airmen that the United States “has the most empowered noncommissioned officer/petty officer corps in the world.”

The Air Force Element Senior Enlisted Leader Summit, which looks to strengthen the joint forces team, had NCOs from the Pentagon, the combatant commands and combat support elements. They represented

airmen involved in everything from the nuclear enterprise to special operations to cyber ops.

Troxell's discussion hinged on the National Defense Strategy and its central position in what DOD must accomplish. The strategy calls for the military “to build a more lethal force,” the sergeant major said.

“The U.S. military must maintain this advantage,” Troxell said. “Let there be no doubt in every warfighting domain right now that we have competitive advantages. But some of those advantages are eroding because of continuing resolutions, because of unstable budgets.”

The strategy is based on the United States maintaining strong alliances and building on them, he said, adding that NATO and the treaties with Pacific nations are fundamental to the defense of the United States and its allies. Senior

NCOs will be called upon to play a role in this effort, he said, working with counterpart NCOs and helping to train indigenous forces.

The senior NCOs discussed the threats facing the United States. The nation will be in a long-term economic, political, diplomatic and military power competition with Russia and China, so all aspects of national power must be maintained, Troxell told the senior enlisted leaders.

Russia and China are both — in their own areas — trying to dismantle America's network of allies. Russia is seeking to portray the United States as an undependable ally in Europe and is doing itself to fracture NATO — the most successful alliance in history, Troxell said.

China is using the same strategy and is trying to drive wedges between the United States and its treaty allies

South Korea, Japan, the Philippines and Thailand. China is using economic power, propaganda, cyber, foreign aid and military modernization to expand its sphere of influence into the South and East China Seas and globally.

Troxell also addressed the threats from Iran, North Korea and violent extremism. He called Iran the leading state sponsor of terrorism.

Troxell pointed out that the discussions among the senior enlisted leaders mirror those happening at the general and flag officer level. The days of senior enlisted just being concerned with “haircuts and cigarette butts” are long over, he said. Noting that about 70 percent of senior enlisted Air Force airmen are college graduates, he said they extend the reach of their commanders in ways that other militaries only dream about.

Senior NCOs also must set

the example and train their service members to be ready to face “the worst day of their life,” the sergeant major said. That means they must be physically ready if they find themselves in combat. This is not a rare happening, and it has to include all members of the military — a human relations specialist in Afghanistan or Syria may have to respond to an attack, Troxell said.

“It's not enough to just meet the minimum standard,” the sergeant major said. “Every day we have to train people to face the worst day of their life.”

“Physical training should not be an event where everybody feels good about each other,” he said. “People ought to be crawling off the PT field. We have to set the example by validating our credentials and being that leader who inspires the troops and intimidates the enemy.”

Army CID seeks qualified officers to join ranks

By La Toya Graddy

U.S. ARMY CID PUBLIC AFFAIRS

The U.S. Army Criminal Investigation Command is seeking first lieutenants and captains, from all military occupational specialties, interested in becoming CID Special Agents to submit applications to transition to a CID Special Agent warrant officer, which has a Military Occupation Code, or MOS of 31A.

Military Personnel Message Number 18-054, Officer Application Requirements for Appointment to CID Warrant Officer (MOS 31A), outlines the specifics of the program.

“Applications will be accepted through May 18,” said Lisa Dodd, chief of Special Agent Accessions Branch. “Approved applications will be considered by the warrant officer accession board which convenes in July 2018, so qualified applicants are encouraged to visit the closest regular Army CID office to start the process as soon as possible.

Applicant don’t require a police background and it’s not a requirement to qualify and be accepted into this specialized program. A complete list of CID offices can be found <http://www.cid.army.mil/>.

In addition to the CID Agent application, qualified officers must also prepare a warrant officer application. The warrant officer application, and the CID application and packet submission checklist are available at local CID offices.

The warrant officer application requirements, packet submission checklist, and Warrant Officer Recruiting Team points of contact are located on the U.S. Army

Recruiting Command website at <http://www.USA-REC.army.mil/hq/warrant/>. For more information, visit <http://www.gowarrantnow.com> or contact the Warrant



COURTESY GRAPHIC

Officer Recruiting Team at usarmy.knox.usa-rec.mbx.gsbn-wo-team-questions@mail.mil.

CID Special Agent warrant officers are subject matter experts and leaders who manage all aspects of felony criminal investigations in all operational environments. They plan, organize and supervise criminal investigations, protective services and rule-of-law operations.

According to senior CID leadership, the Commissioned Officer to Warrant Officer Program is open to all specialties. It’s a unique model because company grade officers have a great deal of leadership training early in their career versus a great depth of technical training and our warrant officers have an extensive amount of technical proficiency.

This blend between the commissioned and warrant officers is viewed as synergistic because those junior agents can share lessons of both leadership and tech-

nical work with the newly transitioned officers.

This is the third consecutive year this particular recruiting program has been offered. Prior to that, transitions were on a case-by-case basis.

“The officers that choose to go down the warrant officer path are bringing a wealth of knowledge and experience to the criminal investigation table, when coupling specialty performance differences between the commissioned and warrant officer ranks,” said Chief Warrant Officer 5 Edgar Collins, CID command chief warrant officer. “They are already bringing the leadership traits and skills that are learned as an officer, and they will be applying them once they are a warrant officer.”

Dodd added that qualified officers who are interested in becoming CID special agents are encouraged to contact the CID Special Agent Accessions Branch for specific details at USArmy.Join-CID@mail.mil. They can also contact the nearest CID office, where personnel can help answer questions about the special agent program.

At Joint Base San Antonio-Fort Sam Houston, the CID office is located at 2164 Wilson Way, building 268, suite 59. The phone number is 210-221-1050/0050/1514. Their email address is usarmy.jbsa.usacide.mbx.fsh-cid-office@mail.mil.

Those selected for appointment will be scheduled to attend the CID Special Agent Course at Fort Leonard Wood, Mo., and the MOS 31A Warrant Officer Basic Course, also at Fort Leonard Wood.

Acceptance into the CID program is contingent upon successful completion of all training and a favorable Single Scope Background Investigation. Appointment to warrant officer will incur a six year active duty service obligation.

Secure Messaging makes communicating with AF doctors easy

By Peter Holstein

AIR FORCE SURGEON GENERAL
OFFICE OF PUBLIC AFFAIRS

In today’s connected world, we expect most communication to be convenient and instantaneous. Why should communicating with your health provider be any different? That is why the Air Force Medical Service offers a secure messaging platform for patients and families to communicate safely and quickly with their providers.

The TRICARE Online Patient Portal Secure Messaging, or just Secure Messaging, can be especially valuable for patients using a specialty provider. Patients visit their primary care provider for regular visits and preventive care, but specialist visits are rarer and often occur under stressful circumstances. The benefits of Secure Messaging can

make a big difference for these patients.

Lt. Col. (Dr.) Daniel Schulteis, a developmental behavioral pediatrician with the 88th Medical Group at Wright-Patterson Air Force Base, Ohio, is an enthusiastic advocate for secure messaging in his practice.

“I could not function in my clinic and serve my whole patient population without secure messaging,” Schulteis said. “It’s absolutely critical to what I do, and to how my team functions.”

Schulteis’ practice makes full use of Secure Messaging to communicate with patients, share documents, complete reports, and even in-process patients to the clinic. All this is on families’ own schedule, without the need for extra visits or phone calls.

“The first thing my team does for new patients is enroll them in Secure

Messaging,” Schulteis said. “We use it for our intake packet, patient questionnaires, screening information, family history and more. Getting all that up front improves the care when the patient is actually in the clinic. I don’t waste time getting all that background material in person. I feel like I know the patient before I meet them.”

The patients and families in Schulteis’ clinic usually face high stress levels. Developmental and behavioral childhood disorders can take a high toll on resilience. Anything that removes a burden from a family improves their quality of life.

“We don’t have to play phone tag or find a way around work schedules to get information from parents,” Schulteis said. “They can sit down after the kids are in bed and send us a message on their own time.”

Medical care for children with developmental and behavioral disorders involves a lot of paperwork. Schulteis’ clinic receives progress reports and input from many sources, including teachers, guidance counselors, and other medical providers. Receiving all these documents electronically over Secure Messaging makes it much easier for parents and clinic staff to organize and share the information.

“Secure Messaging is fundamental to what I do,” Schulteis said. “There’s no way I could take care of my patients without it. Some families are hesitant to start using it, but once they see what a difference it can make, and how fast we respond, they come around.”

To learn more about Air Force Secure Messaging at Air Force or to sign up, visit www.airforcemedicine.af.mil/TOLPatientPortalSecureMessaging/.

SOLDIERS

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have a few suggestions: skill build, volunteer, make improvements, seek responsibility and go to school.

Look for opportunities to learn new tasks on the job. There are always new things to learn right in front of you that you may have overlooked. Learn how to use a new piece of machinery or equipment. Identify a process or management problem and then use IT to solve it. Practice troubleshooting.

Increase your typing speed. Design a course outline and then teach the class. Spearhead a committee. Look for ways to make your office more efficient or less costly. Devise a new safety or quality control measure.

Be the best supervisor or manager that you can be and make notes documenting times when you successfully used strong leadership ability to overcome a difficult situation.

After hours, take college courses. Re-enlist for several more years then start a specific educational

program. Plan now so that when you separate you'll be bilingual, MSCE certified, halfway through a degree or whatever educational goal is right for you.

Now is the right time to think about your future. Don't wait until your separation to evaluate yourself.

If you had to write your resume today what would it look like? Would it be a list of accomplishments or just a description of your MOS?

Imagine your answers to typical interview questions, such as "What did you do to improve your office?" "What were your three greatest achievements in the Army?" and "What strengths do you have as a result of your military service?"

Let these questions be a guide as you continue to serve your country and make the most of opportunities for self-improvement. As a result, you will find both your Army experience and your transition to civilian employment much more rewarding.

For more information, call the JBSA-Fort Sam Houston Soldier For Life Center at 210-221-1213.

FEDVIP brings vision coverage to TRICARE beneficiaries

From TRICARE Communications

Only half of the 61 million U.S. adults who are at high risk for serious vision loss visited an eye doctor in the past year, according to the Centers for Disease Control and Prevention.

Eye exams can help keep your vision strong, diagnose potential issues early, and prevent diseases that may lead to vision loss or blindness.

Beginning with the 2018 Federal Benefits Open Season (Nov. 12 to Dec. 10, 2018), beneficiaries enrolled in a TRICARE health plan will be eligible to enroll in the Federal Employees Dental and Vision Insurance Program, or FEDVIP. Coverage will start Jan. 1, 2019.

Beneficiaries enrolled in or are eligible for the TRICARE Retiree Dental Program, or TRDP, will also be able to enroll in one of the FEDVIP dental options for 2019 coverage. TRDP will end on Dec. 31, 2018.

FEDVIP offers 10 dental and four vision carrier options. If you are currently enrolled in the TRDP plan, you will not be automati-

cally enrolled in a FEDVIP plan for 2019.

You can begin reviewing the 2018 FEDVIP program options now to better understand your coverage and cost options. Please know that benefits and costs may change each year.

The open season will be your annual opportunity to enroll in, change, or cancel a FEDVIP dental or vision plan. Each year, it runs from the Monday of the second full week in November through the Monday of the second full week in December.

You may only enroll in a FEDVIP plan outside of open season if you experience a FEDVIP Qualifying Life Event (QLE). Any election in a FEDVIP plan remains in effect for the entire calendar year, unless you experience a QLE to cancel or change enrollment.

Almost all TRICARE beneficiaries are eligible to enroll in the FEDVIP vision coverage as the sponsor or primary enrollee. Visit the FEDVIP website at <http://tricare.benefeds.com/> for more information and to sign up for notifications about this change.

Vietnam veteran has holiday bill paid off at FSH Exchange

By Steve Elliott

502ND AIR BASE WING PUBLIC AFFAIRS

A purchase made after relocating to the San Antonio area in the fall of 2017 turned out to be a real holiday surprise for retired Army Col. Edward Lynch. It qualified him for the Army & Air Force Exchange Service's worldwide Military Star "Your Holiday Bill is On Us" contest, of which he won one of the grand prizes, a \$2,500 payoff toward his card balance.

Since the payoff was greater than his balance, Lynch received a credit to his account for the amount of the difference. Lynch said he and his wife of 53 years, Bobbie, had just relocated back to San Antonio from East Texas and used the card to make a purchase for their new home.

"Actually, I had just come in from walking my dogs and the

phone rang. When I picked it up, I didn't catch who it was from the first time, but they said I had won a prize," Lynch recalls. "I hung up. I thought it was a scam call!"

About 20 minutes later, Lynch got another call from AAFES and they begged him not to hang up, that it was on the level and he really had won the grand prize.

"This came at a perfect time and will go toward setting up our house here in San Antonio," said Lynch, a 28-year Army veteran, who began his military career at a medical evacuation pilot flying "dust-off" missions in Vietnam and retired in 1993. He served in healthcare management before he retired and had been a hospital administrator at several assignments.



Retired Army Col. Edward Lynch (right) is congratulated by James Jordan, Exchange chief financial officer, after receiving a \$2,500 check to pay off his Military Star card balance April 4 at the Joint Base San Antonio-Fort Sam Houston Exchange.

FORT SAM HOUSTON

Humanitarian visits Warrior, Family Support Center

By Elaine Sanchez

BROOKE ARMY MEDICAL CENTER
PUBLIC AFFAIRS

An Iraqi humanitarian lauded as a national hero visited the Warrior and Family Support Center at Joint Base San Antonio-Fort Sam Houston March 26 to learn how the U.S. military cares for its warriors and their families.

Aliyah Khalaf Saleh, known as Umm Qusay in Iraq, toured the Warrior and Family Support Center as part of a visit to San Antonio. As she walked through the center, which offers coordinated services to military families recovering at Brooke Army Medical Center, she expressed her admiration for the recreational rooms, playgrounds and lush gardens.

"I don't have enough words to say about this place," Umm Qusay said through an interpreter as she settled in her chair, gathering her black robes trimmed in gold around her. "I've never seen this in Iraq before. I would love to help injured, sick, children who are sleeping in streets, widows who have nothing.

"I see such great courage here helping injured Soldiers and taking care of



ELAINE SANCHEZ

Paula Johnson (right) welcomes Aliyah Khalaf Saleh, known as Umm Qusay in Iraq, to the Warrior and Family Support Center as part of the Iraqi humanitarian's visit March 26 to Joint Base San Antonio-Fort Sam Houston.

them, providing services," she added. "I want to learn from you because of everything being offered here."

Umm Qusay's devotion to others came at great cost. The 62-year-old humanitarian was born in the Iraqi province of Salah al-Din, near Tikrit. She was not afforded the opportunity to attend school and was married at the age of 13.

In 2014, tragedy struck. "ISIS killed

my husband, son and my nephew in front of my eyes," she said. "They killed children, older people, women."

On June 12, a group of Iraqi military cadets fleeing ISIS arrived. Umm Qusay and her family watched as young Iraqi military cadets jumped into the river to escape. Although still grief-stricken over the loss of her family, she set her emotions aside and took action.

Umm Qusay rescued 58 recruits over a period of five months. She hid them, provided them with ID cards from the local university to hide their identities and helped prepare their escape routes, according to her biography. She also taught the Shi'a how to pray as Sunnis to prevent exposure to the ISIS. "Umm Qusay, a Sunni, believed strongly that each young boy deserved her care whether Christian, Kurd, Turkmen, Yezidi, Sunni or Shi'a," her bio said.

For her actions. Umm Qusay was one of 10 women from around the world honored with the 2018 Secretary of State's International Women of Courage award. Established in 2007, the IWOC award honors women "who have exemplified exceptional courage and leadership in advocating for human rights, women's equality and social progress,

often at great personal risk," according to the State Department's website.

"It was difficult," she said. "I sacrificed everything I had, but I was able to save lives and that was the reason I was given this honor by God's grace."

Four years later, Umm Qusay's life is still devoted to others; she cooks for Iraqi soldiers and visits with wounded service members.

When asked why she put her life on the line four years ago, Umm Qusay said it all came down to family. "I saved 58 young men in order to return them to their wives, their mothers, their homes," she said.

"A human being no matter nationality or background — American, Saudi, Iraqi, Afghanistan — in all of these religions and human beings, God created them; God put the breath of life in them," she said. "Any person who wants courage should trust God and go forward. If it's to do good and serve others ... go forward without fear."

For Umm Qusay, courage is a simple concept. "When asked for a robe for cover, give your robe. Courage is generosity and generosity is courage."

"We are all created by God," she said. "We are all the same."

FIESTA ROYALTY JOIN SOLDIERS AT 32ND MEDICAL BRIGADE ENLISTED RUN

El Rey Feo LXX Ken Flores (right in the white shirt) runs with Soldiers from the 32nd Medical Brigade during the Enlisted Run April 13 at Joint Base San Antonio-Fort Sam Houston. Covering three miles, Flores, along with other members of Fiesta San Antonio, had the opportunity to run with Soldiers from the 232nd Medical Battalion and 264th Medical Battalion during their morning physical training session. The El Rey Feo's scholarship program has raised more than \$7 million for scholarships given to over 3,000 students with 100 students presently receiving \$1,500 for books and tuition. During his reign, Rey Feo and his court visit nursing homes, hospitals, orphanages and more than 60 elementary schools to encourage thousands of young people to stay in school, respect their teachers and parents, be good citizens and challenge them to pursue a higher education. Rey Feo is considered as a good will ambassador for the city throughout the year.



JONATHAN ALONZO

World War II WAC veteran celebrates 100th birthday

By Steve Elliott

502ND AIR BASE WING

PUBLIC AFFAIRS

Betty Beard, a member of the Joint Base San Antonio-Fort Sam Houston Protestant Women of the Chapel, celebrated her 100th birthday at the Dodd Field Chapel April 11, and was honored for her service as a member of the Women's Army Corp during World War II.

Born in 1918 in Pigeon Forge, Tenn., she grew up in Oklahoma City and entered the WAC to serve her country, achieving the rank of technical sergeant. Beard also met and married her husband while serving in the WAC.

More than 150,000 American women served in the Women's Army Corps, or WAC, during World War II. Members of the WAC were the first women other than nurses to serve within the ranks of the United States Army.



Betty Beard (right) speaks to Mitzi Roberts about her time in the Women's Army Corp during her 100th birthday celebration April 11 at the Dodd Field Chapel at Joint Base San Antonio-Fort Sam Houston.

STEVE ELLIOTT

Schertz Medical Home to move

By Rachel Cooper

BROOKE ARMY MEDICAL CENTER PUBLIC AFFAIRS

The Schertz Medical Home is scheduled to move into a larger facility to meet the growing needs of its patient population April 30.

The new location will provide the same services to include an expanded physical therapy clinic and a drive-through pharmacy option for phoned-in non-controlled substance refills.

A ribbon-cutting ceremony will be held at 11 a.m. May 2 at the new location, 17115 Interstate 35 North, Suite 123.

"The goal of moving to the new location is to grow, expand and be able to see a larger population of TRICARE Plus patients," said Lt. Col. Lori Tapley, family nurse practitioner and chief of the Schertz Medical Home.

TRICARE Plus and TRICARE Prime beneficiaries are eligible for enrollment at the Schertz Medical Home. All currently enrolled patients will automatically transfer to the new location.

"At this time, we currently have just over 10,000 patients enrolled," Tapley said. "Moving to the new location, we will have the capacity to serve more than 15,000 patients with a new third team which includes a pediatrician."

In addition, the new physical therapy space will offer a large open gym with state-of-the-art equipment.

"Our pharmacy, just like at the Westover Hills location, will have a drive-through component and additional pharmacy windows," Tapley said.

Another benefit is a much larger waiting room with specific waiting areas for the patient-centered medical home clinic, as well as pharmacy and lab. Patients will no longer have to share a room when waiting for their medications or appointments.

In preparation for the move, there will be minimal laboratory services and no immunization services April 24-27, pharmacy services will be unavailable April 26 and there will be no appointments April 27. Patients will be referred to supporting JBSA clinics, urgent care or the emergency room if needed.

Schertz Medical Home hours are 7:30 a.m. to 7:30 p.m. Monday through Thursday and 7:30 a.m. to 4:30 p.m. Friday. Lab hours are 7:30 a.m. to 4:30 p.m. Monday-Friday. Pharmacy hours are 7:30 a.m. to 7:15 p.m. Monday-Thursday and 7:30 a.m. to 4:30 p.m. Friday.

JBSA LEADERS SIGN MONTH OF THE MILITARY CHILD PROCLAMATION



STEVE ELLIOTT

From left: Rear Adm. Rebecca McCormick-Boyle, commander, Navy Medicine Education, Training and Logistics Command; Lt. Gen. Jeffrey Buchanan, U.S. Army North (Fifth Army) commanding general; and Brig. Gen. Heather Pringle, 502nd Air Base Wing and Joint Base San Antonio commander, gather April 12 to recognize contributions and sacrifices children and youth make for the nation by signing the JBSA Proclamation for the Month of the Military Child. "Strong military children make for strong military families, and strong military families contribute to readiness and the success of our mission," Buchanan said. "Being a child in the military family is tough," McCormick-Boyle added. "Stand tall, learn new ideas and patterns of thinking." "You guys rock," Pringle told the members of the Griffin family present at the ceremony. Five children from the family were there, with all of them in different FSHISD schools. "We can't do enough to tell your story and talk about all the awesome things that you do."

Thousands attend Cowboys For Heroes at JBSA-Fort Sam Houston

By Steve Elliott

502ND AIR BASE WING PUBLIC AFFAIRS

On a picture-perfect San Antonio day, thousands of aficionados of chuck wagon cooking and general cowboy-style fun turned out for the annual Cowboys For Heroes event April 14 at the MacArthur Parade Field at Joint Base San Antonio-Fort Sam Houston.

Kids got to enjoy a petting zoo with everything from tortoisés to prairies, dogs to porcupines and alpacas. Spectators were thrilled by the expert horsemanship displayed by Jerry Diaz and family, while children enjoyed pony rides, arts and crafts, and a hayride, among many activities.

And, of course, there was food. Oh my, was there ever food! If you and your posse were in the mood for meat, this was the place to meet in San Antonio.

Around a dozen and a half authentic chuck wagon teams from all over Texas were there serving up tons of grilled meats and all the fixings. Whether you en-

joyed your vittles barbecued or chick-fried, in a stew or in a tortilla, there were few people in the hungry and appreciative crowd that went away with empty bellies.

"It was a great event this year at JBSA-Fort Sam Houston," said Charles Norris from Cowboys4Heroes. "We had 17 chuck wagon teams and more than 200 volunteers who fed more than 8,000 military members and their families authentic chuck wagon-style meals to say, 'thank you' for everything our military does and sacrifices for us."



An alpaca gives a lopsided smile to visitors at the petting zoo during the annual Cowboys For Heroes event at JBSA-Fort Sam Houston.



PHOTOS BY STEVE ELLIOTT

It doesn't get any more Texas than fresh brisket right off the fire during the annual Cowboys For Heroes event April 14 at Joint Base San Antonio-Fort Sam Houston.

Spanish horses and their riders entertained with precision maneuvers at the annual Cowboys and Heroes event April 14 at Joint Base San Antonio-Fort Sam Houston.



Attendees at the annual Cowboys and Heroes event line up for cowboy-style grub.



A leisurely hayride was one way to get around at the annual Cowboys For Heroes event.

Sinise brings Invincible Spirit Festival back to BAMC

By Lori Newman

BAMC PUBLIC AFFAIRS

Actor, director and musician Gary Sinise, along with celebrity chef Robert Irvine, brought the Invincible Spirit Festival back to Brooke Army Medical Center for the sixth time entertaining a record crowd April 5.

The Invincible Spirit Festival was created to celebrate to courage of wounded service members, their families and caregivers. The festival brings a fair-like atmosphere to military medical hospitals to provide a respite from the rigors of medical treatment and offer a reminder of hope and positivity during recovery.

This year, thousands of BAMC patients, family members and staff enjoyed food, family-friendly activities and music by Stolen Silver and Sinise and the Lt. Dan Band.

"You and your fellow service members deserve all of our support," Sinise said. "We can't say it enough. We can't acknowledge what you do for us enough."

Sinise said he has Vietnam veterans in his family and remembers how they were treated after they returned home and how people turned their backs on them.

"Thankfully I think we learned some lessons and we are more focused today on making sure that you know that we care," he said.

Prior to the event, Irvine visited the teaching kitchen at the new Vogel Resiliency Center on Joint Base San Antonio-Fort Sam Houston to provide a cooking demonstration for service members and their families.

Irvine demonstrated how to prepare healthy food options such as homemade granola and a frittata, and answered cooking questions from the audience and through a live feed on the BAMC Facebook site.

Sinise and Irvine also visited one-on-one with several wounded service members and



ROBERT SHIELDS

Gary Sinise (center) and the Lt. Dan Band perform during the Invincible Spirit Festival April 5 at Joint Base San Antonio-Fort Sam Houston.

inpatients before taking the stage at the festival.

"It can be easy to wonder if the American people recognize what you are doing for our country," Sinise told the warriors. "But we do."

Not everyone is cut out to be in the military, he said. "You folks have stepped up and you should be proud of yourselves for what you do."

Newlyweds Steven and Miriam Cromwell were excited for the opportunity to meet Sinise and Irvine.

"I saw Chef Irvine downstairs and I asked him to come up to the 7th floor to meet my wife," Cromwell said. "I was surprised when they actually walked in."

As Sinise and Irvine walked the halls of the hospital, several service members and staff stopped to shake their hands and thank them for their continued support of the military and BAMC.

"God bless you for serving," Sinise said. "We don't take your service for granted."



LORI NEWMAN

Actor, director and musician Gary Sinise (right) talks with Tony Drees at Brooke Army Medical Center at Joint Base San Antonio-Fort Sam Houston April 5. Sinise visited with several wounded service members and inpatients before taking the stage for the 6th Invincible Spirit Festival at BAMC.

"It can be easy to wonder if the American people recognize what you are doing for our country. But we do."

Gary Sinise, actor, director and musician

502nd CES builds new ShareRide location at Binz-Engleman

By Steve Elliott

502ND AIR BASE WING PUBLIC AFFAIRS

Students attending Joint Base San Antonio-Fort Sam Houston training schools will now find it safer to get a ride, thanks to a new ShareRide location that opened April 13 outside the Binz-Engleman Entry Control Point.

"We had a dangerous situation at JBASA-Fort Sam Houston," said Col. David Rough, 502nd Force Support Group commander. "We had Soldiers, Sailors, Airmen and Marines taking a dangerous route in order to utilize various rideshare services, taxis and getting picked up by friends. That concerned us."

Previously, people had to walk along a narrow sidewalk on a bridge across Salado Creek on Binz-Engleman Road to get to and from the area designated for pickups. This could prove difficult for those carrying suitcases and backpacks, as it was a lengthy walk. In addition, the area was not lit at night.

"We finally came up with a concept called the Fort Sam Houston ShareRide



MICHAEL WATKINS

Col. Lee Flemming, 502nd Air Base Wing and Joint Base San Antonio vice commander, and Col. David Rough, 502nd Force Support Group commander, are joined by security forces, civil engineers and others to officially open the JBASA-Fort Sam Houston ShareRide location April 13.

location," Rough continued. "We got input from our mission partners and

security forces, and then the 502nd Civil Engineer Squadron stepped up and put

the concept into action. They built a very professional-looking location, complete with a turnaround road just outside the entrance to the Binz-Engleman ECP.

"The 502nd CES was able to use recycled supplies and material on hand to put this together incredibly fast," Rough said. "This is something that would typically take 18 months to plan and construct and they put it up in a couple of weeks. My hat is off to Kelly Kane and the CE people that came up with this great idea to keep our people safe. They really knocked it out of the park."

The new area is on a concrete slab with translucent coverings, benches and a trash receptacle. A new blacktop road was constructed where drivers can safely and easily pull off the main road, go down an incline to a turnaround and then back up to the pickup area. The new area is also well lit and within sight of security forces at the ECP.

"It's a lot less for them to walk and in a much better location," Rough added. "This is going to be much more convenient for our people and keep them safer."

LACKLAND

VCSAF visits JBSA, presides over BMT graduation

By Master Sgt. Tyrona Lawson
502ND AIR BASE WING PUBLIC AFFAIRS

Air Force Vice Chief of Staff Gen. Stephen W. Wilson visited with members of the Battlefield Airmen Training Group, the 343rd Training Squadron, and served as the reviewing official for the Air Force Basic Military Training graduation at Joint Base San Antonio-Lackland April 12-13.

The vice chief of staff received a first-hand look at structural improvements and upgrades on the base to include the training facilities directly impacting the Airmen assigned to the BA TG as well as the security forces training dormitories.

During his tour of the dormitories, Wilson made a presentation to Airman Basic Nathan Cecil, a security forces student assigned to the 343rd TS. The general presented Cecil with the Airman of the Month award as well as a challenge coin, for his continued excellence and dedication. Wilson also took this time to address the training students on possible threats to the security of our nation.

"We have to be aware of those trying to threaten our national security," Wilson said. "When we talk about combating, we're talking about defenders, we are talking about how important you all are to what we do and our resources."

"Our instructors are absolutely incredible. ... They take ordinary citizens and make them into extraordinary Airmen."

Air Force Vice Chief of Staff
Gen. Stephen W. Wilson



ISMAEL ORTEGA

Air Force Vice Chief of Staff Gen. Stephen W. Wilson addresses Basic Military Training graduates April 13 at Joint Base San Antonio-Lackland.

On the second day of his visit, Wilson had the opportunity to participate in a BMT graduation. While addressing the attendees, Wilson took the time to thank veterans, family and friends and military training instructors.

"Our instructors are absolutely incredible," Wilson said. "Every week, they do what you see here today. They take ordinary citizens and make them into extraordinary Airmen."

Serving as the reviewing official for the graduation, the general led the oath of enlistment and provided words of encouragement to the graduates.

"You are now entering the long blue line of all those who have gone before you, Wilson said. "It's about family and you are now part of this great Air Force family. Every one of you are unbelievable, you have amazing abilities. Individually you're awesome, but together as a team of Airmen, you are absolutely unstoppable."



AIRMAN 1ST CLASS DILLON PARKER

Air Force Vice Chief of Staff, Gen. Stephen W. Wilson (left) presents Airman Basic Nathan Cecil with the Airman of the Month award during Basic Military Trainee graduation April 12 at Joint Base San Antonio-Lackland.

First JBSA Gold Star Family receives base access

By Airman 1st Class Dillon Parker

502ND AIR BASE WING PUBLIC AFFAIRS

For the first time in history, Joint Base San Antonio-Lackland Gold Star parents, Marcy and Wayne Voss, received gold star base access ID cards March 14. As part of an Air Force initiative, Gold Star families are granted unescorted access to Air Force installations to attend base events and continue to receive services from the Military and Family Readiness Center for immediate and long-term emotional support.

"The Air Force reached out to us with this wonderful initiative," said Marcy Voss. "There are plenty of opportunities for Gold Star families at JBSA."

Although this access will not authorize holders to use recreational facilities, commissaries or base exchanges, it does permit them to receive care through the Air Force Families Forever program. This platform provides military survivor seminars, grief camps for young survivors, peer mentors and casualty care assistance to anyone suffering the death of a loved one who served in the military.

The Voss family suffered this loss when a KC-135 Stratotanker piloted by their son, Capt. Mark "Tyler" Voss, crashed over Kyrgyzstan May 3, 2013.

"When Tyler was a young child he knew he wanted to fly," said Marcy Voss. "When he was in middle school he set his goal to join the Air Force and go to the Academy so he could fly and that's just what he did."

Tyler graduated from the Air Force Academy in 2008 with a degree in aeronautical engineering. His mother said he loved to fly and his favorite part of serving was the camaraderie within his unit.

While Tyler was flying in Kyrgyzstan, his family became aware of a KC-135 Stratotanker crash in the same area.

"We thought it wasn't him because we saw on the internet the plane wasn't from his base," said Marcy Voss. "But one day when I came home there was a Chaplain and an officer here that told us it was him; sometimes they fly whichever plane is ready to go, not necessarily one from their base."

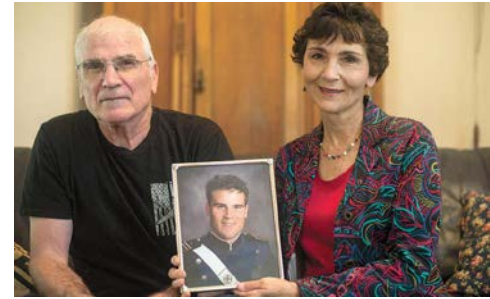
The Vosses immediately notified the rest of their family and their pastor came to stay with them said Marcy Voss.

"Our family and the community really supported us," said the Gold Star mother. "They walked alongside me and listened to my story. The presence of people was very important to me, people conveying their love just by showing up."

While the love and support started the healing process, the most important part of moving on is continuing Tyler's service by serving others said Marcy Voss.

"We've had a lot of opportunities for service missions with other Gold Star families," said Marcy Voss. "We've built houses in Guatemala and have been to Alaska to do some repair jobs on veterans homes."

For their part, Tyler's two siblings both continue their



AIRMAN 1ST CLASS DILLON PARKER

Gold Star parents Marcy and Wayne Voss hold a photograph of their son, Capt. Mark "Tyler" Voss, a 93rd Air Refueling Squadron KC-135 Stratotanker pilot, April 6 at their home in Boerne.

brother's service by serving in the Air Force. His brother, Forrest, enlisted in the Air Force after graduating from Texas A&M University while his sister Morgan became a commissioned officer after participating in the Reserve Officers' Training Corps at Massachusetts Institute of Technology.

"We're very blessed and proud that our other children are continuing Tyler's service in the Air Force," said Marcy Voss. "Not only is it a Gold Star families mission, it's also an important part of the healing process."

"Things never go back to normal after you lose a child, but we're finding a new normal through service."

COMMENTARY:

It takes 21 days to change a behavior

By Lori A. Bultman
25TH AIR FORCE

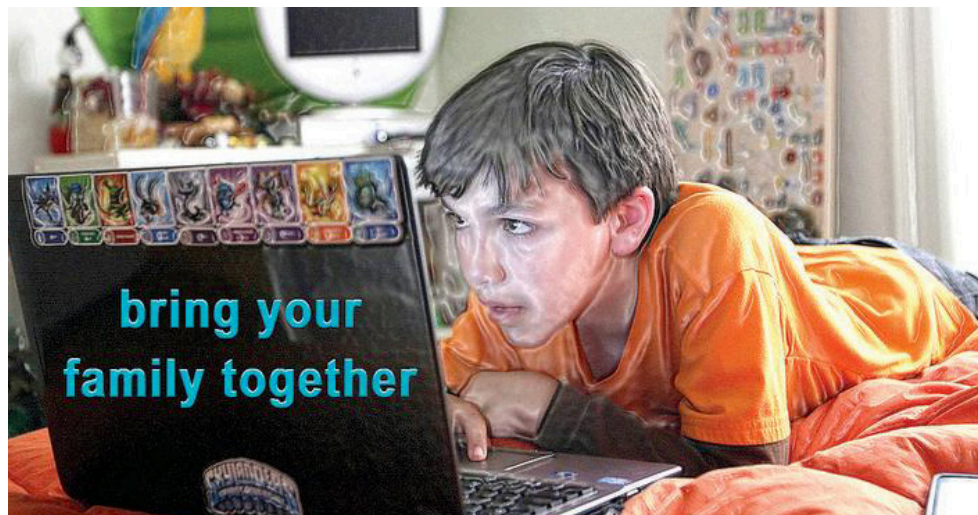
In the last year, our family has become distant. We don't talk to each other, and we don't spend time together. We argue, we complain and we go from one day to the next, just getting by, making due.

My son, 17, is totally obsessed with computer games and, being a teenager, his friend time is at the very top of his happiness hierarchy. We have moved often, and his friends live all over the country. He is not interested in chores or school work, just the newest computer game and getting a driver's license.

My daughter, who is 12 and autistic, is all about being social. She cannot do anything without having someone to do it with or watch her do it. Video games and trading cards are what it's all about for my tween.

I really began to notice about a month ago that we never spend time together, and when we do, everyone seems to be on edge, arguing about every little thing. Arguing turns to yelling, yelling turns to everyone going their own way, doing their own thing, alone or with friends.

Last week was a rough week with my daughter. She was out of control, missed school Monday because she didn't "feel



COURTESY GRAPHIC

like going." It turned into a true spectacle on Tuesday, taking a small army to convince her she needed to go to school, the resource officer, vice principal, teacher, and all. She did finally come around and enter the school, after

bolting across the school yard and walking nearly half a mile toward home.

After a dramatic couple of days, I realized our family was falling apart. A little crying and a lot of thinking brought me to the 21-day approach. I heard somewhere it takes 21 days to change a behavior. I thought, I can do this, we can do this. With some work, we can change the rut we are in, and we can do it in 21 days.

So, when I got home last Tuesday evening, I had a plan, and they were going to participate, like it or not.

I talked to both kids separately and explained what was going to happen. I got moans and groans, but I was very thorough in my explanation. I want us to be a better family, and any behavior can be changed in 21 days because someone, somewhere said so.

It began with rule number one, when I get home

in the evening, with daughter in tow, the kids will sit at the dining room table and talk while I make dinner. They can talk about their day, their friends, the latest game or movie, whatever they want.

That seemed to go over well and everyone seemed calmer. I was impressed. Then, dinner was ready and I joined them. They ate, and all was quiet. I asked some questions, and got short answers, but at least we were all in one place and the arguing was minimal; "He bumped the table," and "She is acting stupid."

After dinner came rule number two, clean up your own spot. To my surprise, the tween jumped up right away and took care of her dishes. The "nearly a man" took some dishes to the sink, but left utensils and a glass on the table. When I pointed that out, nicely, the groaning began. It continued when I told

everyone to sit back down, we were not finished.

"What now? We sat and ate. I want to go get on the computer."

Now, I said, rule number three is, I want everyone to say something nice about everyone else.

You could have cut the silence with a knife. They looked like I had just asked them to do something evil or embarrassing. I was told it was not going to happen... ever.

So, we continued to sit, and after a few minutes my sweetie decided she would go first. She told her brother she was sorry that she got on his nerves so much, and he just stared at her. After some prodding, he responded, "Thank you." Then, I said something nice about them both. Then, it was "The Man's" turn. He sat, and sat, and sat. He thought, then thought some more. I asked if he

21 DAYS

From page 18

was done thinking, and he said he not yet. After about five minutes, when he realized we were going to sit there until he came up with something, he told his sister “thank you” for the Pokémon cards she gave him the week before.

We all hugged and everyone went on their way, playing and gaming, separated once again.

As I sat at the table alone, in a quiet house, I thought about how well my plan had gone, and was amazed that it had actually worked.

Wednesday night went the same. I only had to tell them twice to sit at the table. Thursday went just as well, but then, low and behold, Friday came along. My son decided he

would make dinner. He did a great job, but because his sister was in a bad mood, and grandma had joined us, I let her stay in her room and play while we ate. Her brother was not pleased with that decision. He wanted to follow the new rules, but I didn’t want to deal with the grumpy one on a Friday night.

Saturday everyone was out and about, and dinner was a free for all. Sunday came, and it was pretty much the same thing, a typical weekend, one was hungry when the other wasn’t. It was a snack fest and everyone kind of grazed throughout the evening.

It was around 9 p.m. on Sunday when my sweetie sleepily asked, “What happened to our 21 days? I want our 21 days.”

What a revelation! It was not that we couldn’t

change, but we had to learn how to stick with it, continue what we started and not get distracted by all the little things that get in the way. We have to stand fast, overcome the obstacles and succeed. We have to find the will-power and determination to bring our family back together, no matter what.

So, tomorrow night we will start our 21 days all over again, and hopefully, this time, we will make it to day 21... and beyond.

Since 1986, April has been declared the Month of the Military Child to recognize the commitment, contributions and sacrifices of military children. In Texas, Apr. 13 was chosen as this year’s Purple Up! Day to honor our youngest heroes, military children, and thank them for their courage, character, resilience and patriotism.

688th Cyberspace Wing hosts mentorship program

By Tech. Sgt. R.J. Biermann

AIR FORCES CYBER PUBLIC AFFAIRS

The 688th Cyberspace Wing wrapped up its inaugural mentorship program April 12.

Airpower Leadership Academy provided 11 staff and technical sergeants the opportunity to learn from several senior noncommissioned officer facilitators during 10 weekly, two-hour sessions, all with one goal in mind.

“The purpose of ALA is to develop junior NCOs into strong leaders by helping them find and solidify their leadership philosophy,” said Master Sgt. Rudy Chavez, 92nd Cyberspace Operations Squadron operations superintendent and ALA director.

ALA is unrelated to professional military education, such as Airman Leadership School or Noncommissioned Officer Academy; and supplemental education, such as the NCO Professional Enhancement Seminar.

“This program builds on the PME foundation through deliberate mentorship,” said Chief Master Sgt. Emilio Avila, 688th Cyberspace Wing command chief master sergeant. “We connect senior NCOs — who are able to provide perspective — with junior NCOs, so these junior NCOs can find and feel comfortable with their leadership style.”

Each session was focused on an individual leadership quality, such as empowerment, resilience and effective influence. Although facilitators guided



themed discussion, students were encouraged to share their feedback and experiences with the group.

The students voiced their opinions about leadership, and agreed and disagreed with one another. This cross-talk helped each of them see where they were right or wrong, or maybe just needed better direction, according to Chavez.

One student said he benefited greatly from his attendance.

“ALA took the best part of PME and gave it a dedicated venue, the free discussion of topics impacting the force amongst peers,” said Tech. Sgt. Kendall Priest, 836th Cyberspace Operations Squadron Maintenance and Support NCO in charge. “It has given me better insight into the thought processes of those around me. I think getting the diverse perspective of others will help immensely in leadership and everyday situations.”

The program was originally created at Osan Air Base, South Korea, by Chief Master Sgt. Randy Kwiatkowski, now 56th Fighter Wing command chief at Luke Air Force Base, Arizona. Avila directed the program at Osan AB and, after arriving here, introduced it to Chavez. It has also spread to a handful of other bases, including Beale Air Force Base, California, and Luke AFB.

“Master Sgt. Chavez took this program and ran with it,” Avila said. “He made it his own and got a great group of senior NCOs behind it. This is a great program for any wing; and if you get a great junior NCO out of it, it’s something you should invest in.”

The next course iteration is scheduled for this fall and will also be opened up to the 688th CW’s sister wing, the 67th Cyberspace Wing. Students must be nominated by their squadron leaders or current graduates.

RANDOLPH

JBSA-Randolph shows appreciation for volunteers

By Airman Shelby Pruitt
502ND AIR BASE WING
PUBLIC AFFAIRS

April 15 to April 21 is recognized as National Volunteer Appreciation Week every year, honoring the value of volunteers and their efforts in everything they do. Joint Base San Antonio-Randolph not only recognizes volunteers daily, but also participates in the observance every year.

Volunteer opportunities within the Thrift Shop, Education Center, Sexual Assault Prevention and Response office, plus many more are available throughout the base. The JBSA-Randolph Military Family and Readiness Center provides resources for anyone interested in these opportunities.

At JBSA-Randolph, there are volunteers at different agencies who aid in the Air Force mission every day, and the selflessness of those volunteers is appreciated just as much as the service members here.

Ora Blake, a 30-year resident in the neighboring community of Converse, has been faithfully volunteering every chance she gets at Chapel 1 since 2009.

"When I retired, I was finding too much work at home to do and I thought I should be at a place in my life where I can give my service somewhere it was needed," Blake said. "I couldn't think of a place better than to work here at the chapel."

When her husband, a retired U.S. Air Force Captain, was stationed at the base, she attended the chapel and sang in the choir. At the time, the chapel needed a receptionist, so she manned the front desk as the receptionist, and it stuck from there.

Blake said she does "anything and everything they ask me to



COURTESY PHOTO

Scott Lee Denson (back row, center), a volunteer youth coach for Joint Base San Antonio, stands with Team Awesome after a soccer game Nov. 4, 2017.

do." She helps with keeping the chapel clean, directs people where to go, takes calls and messages, gardens around the chapel and is even a responsive reader for the congregation.

"We would shut our doors if we didn't have volunteers," said Captain Michael Hayhurst, Chaplain at JBSA-Randolph.

Along with the chapel services, youth sports at JBSA-Randolph would cease without the help of volunteer coaches.

Scott Lee Denson, retired Army sergeant major, has been a volunteer coach most of the time he has been a father, and continued volunteering upon arrival at JBSA-Randolph eight months ago.

"My time in the military taught me to care about my community, so it's kind of ingrained in me," said Denson, "and when I retired I thought, I don't have any soldiers to lead, but I have all these kids on base that I can pour into."

Denson is not only a volunteer coach, but also a mentor at Clemens High School in Shertz. He is also a member of the Randolph Field Education Foundation.

Volunteering not only benefits the program and community, it also benefits the volunteers themselves.

"You definitely get a sense of self-gratification," Denson said.

Denson said building a strong

bond with his daughter when he coached her team was a huge benefit.

He has seized this opportunity to use his military background to teach his daughter, and other children, about resiliency and the importance of volunteer work.

"I've kind of taken that role in the military and applied it to stuff that I'm doing with the kids, because if you're a good coach the kids really respond to you," Denson said. "I want her to know to volunteer whenever you have the time, because it's always great to give back."

"I couldn't see my life without coaching or volunteering, and the work I'm doing with educa-

"My time in the military taught me to care about my community, so it's kind of ingrained in me. And when I retired I thought, I don't have any soldiers to lead, but I have all these kids on base that I can pour into."

Scott Lee Denson, retired Army sergeant major

tion," he said.

Volunteers like Blake and Denson are shown appreciation every day at JBSA-Randolph, but to highlight just how much the JBSA-Randolph Military and Family Readiness Center has scheduled a Volunteer Appreciation Picnic from 11 am to 1 pm, April 13 at the M&FRC.

"I think that the whole thing that they take time out every year to recognize volunteers is a great thing," said Denson. "You have a lot of volunteers who just do it because it's in their heart to do, they're not really looking for anything, but at the end of the day it's always great when someone gives you a pat on the back."

For more information on the Volunteer Appreciation Picnic, call 210-652-5321.

Randolph firefighters sharpen skills

By Senior Airman
Gwendalyn Smith
502ND AIR BASE WING
PUBLIC AFFAIRS

Joint Base San Antonio-Randolph Fire Emergency Services hosted a quarterly live fire training April 11 at the Camp Talon fire training grounds.

The main focal point of the training takes place at night on a large aircraft mock-up, and increases firefighters' readiness for possible real-life scenarios. The training simulates fire in all parts of the aircraft, including engines, auxiliary power units, batteries, cargo areas and flight decks.

"This training is different because we're using live fire," said Tech. Sgt. George Dowling, A Flight chief of operations at JBSA-Randolph FES. "This is important to do because not a lot of these guys get to train with live fire. Any other time they have to work with live fire it's in a real-world situation. This is the closest we can get to real-world application while in a training environment.

The first time somebody goes up and starts putting water to a fire, a lot of times they'll want to stay back a little bit, but this trains them to get up and per-



Firefighters from Joint Base San Antonio-Randolph extinguish a blaze during training April 11 at the Camp Talon fire training grounds on JBSA-Randolph.

SENIOR AIRMAN GWENDALYN SMITH

sonal with the fire. This helps give them the understanding of how close they really have to get to put out the fire."

Not only is this training an opportunity for new firefighters to become more confident while fighting fires, but it also gives seasoned Airmen a chance to sharpen their skills and get a head start to the next step in their careers.

"This is education on building these guys up to the next level,"

said Dowling. "Our drivers will move up to crew chief, our hand linemen will move up to drivers and so on. It gets them to the next stepping stone so they are prepared when they get promoted."

For Airman 1st Class Aaron Leal, this was his first time participating in a live fire training like this.

"In tech. school it was similar, but a lot more controlled," said Leal. "Here the fire gets closer to

you and it's more realistic. In tech school, if there was the slightest discomfort of the flames getting too close, the instructors would cut the fire, versus here, it's like a real fire and you have to extinguish it fully."

Although the training is realistic, safety is very important.

"Safety is the biggest priority," said Dowling. "We're playing with fire, so everyone has to have their gear on, make sure

we do safety checks and buddy checks. We also have safety operators controlling the tower."

The mock-up uses cleaner-burning and safer propane opposed to diesel or jet fuel, allowing a realistic, but safer training environment.

To keep the environment as safe as possible, communication is also set to a high standard.

"Communication is always a big part," said Dowling. "Whenever you have something like a fire inside or on an aircraft, everyone is trying to get on the radio, so it helps us practice good communication techniques."

Along with communication comes teamwork.

"We're all very close," said Leal. "It helps to know whoever is next to you, in front, behind you or working on the pump panel is always going to have your back."

Overall, this training gives firefighters the training and confidence boost they need to face real-life situations and to trust their gear.

"It was a lot hotter than I was anticipating," said Leal. "It does get really hot in there. We did fires when I was in tech school so I'm used to not being afraid of the flames, but this is much more realistic. Ultimately this helps me trust my gear and equipment so I know I'm not going to get burned."

DOD helps military combat sexual harassment

By Robert Goetz
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A select task force that studied harassment in the workplace in 2015 estimated that 60 percent of women experience sexual harassment — in ways ranging from unwanted sexual attention and sexual coercion to sexually crude conduct and sexist comments.

The task force chosen by the U.S. Equal Employment Opportunity Commission, representing academia, employers

and employees, concluded that workplace harassment remains a persistent problem and too often goes unreported, but it can be prevented through leadership and accountability.

Guided by Department of Defense Instruction 1020.03, "Harassment Prevention and Response in the Armed Forces," the military branches are addressing the problem of sexual harassment through prevention measures and response procedures for their members to submit harassment complaints. It is a particular

emphasis during April, Sexual Assault Awareness and Prevention Month.

"We have sexual harassment issues in the Air Force, and progress is being made because we have more training and awareness on the subject," said Maria Preda, Joint Base San Antonio-Randolph Equal Opportunity and Alternative Dispute Resolution manager. "In addition, commanders and other supervisors are taking a stand that it cannot be tolerated."

DODI 1020.03 defines sexual

harassment as conduct that "involves unwelcome sexual advances, requests for sexual favors and deliberate or repeated offensive comments or gestures of a sexual nature" and "is so severe or pervasive that a reasonable person would perceive, and the victim does perceive, the environment as hostile or offensive."

Sexual harassment is often misunderstood, Preda said.

"It's not always of a sexual nature," she said, referring to harassment based on gender. "It also doesn't have to be

physical.

"Emails in the workplace can have sexual innuendoes, and social media is a new element that has the potential for boundary issues based on content that may be inappropriately used or shared," Preda said. "This can lead to harassment."

Sexual harassment can also be nonverbal.

"An example is when someone stares at you and you feel you're being undressed by that person," she said.

Men can also be the victims of sexual harassment, Preda said.

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“More men are being harassed — by other men or women — and more men have stepped out of the shadows,” she said.

When an incident perceived as sexual harassment occurs, it is important for the victim to report it quickly, Preda said. If not, it can lead to sexual assault.

“If you do not act, it keeps building and building until it leads to a full-blown situation,” she said. “As the saying goes, ‘Where there’s smoke, there’s fire.’”

One of the roadblocks in eliminating sexual harassment is a victim’s reluctance to report

it, Preda said.

“Our office doesn’t process many allegations of sexual harassment, but that may be because incidents aren’t often reported,” she said.

“There are a number of reasons victims don’t come forward.”

Some victims blame themselves, while others fear their careers will suffer in some way — such as losing out on a temporary duty assignment or training that will advance their career, or even losing their job.

Fear of reprisal is often the case when the offending party is a supervisor, Preda said.

“Sexual harassment is about power,” she said. “It usually manifests itself through a supervisor, but it could be a co-worker, too.”

The victim is not the only party that needs to report sexual harassment, Preda said. A witness or anyone who is aware of the harassment should speak up.

“Everybody has to step up,” she said. “Until that happens, we won’t completely eliminate sexual harassment.”

Service members and civilians should report incidents to the commander, supervisor or equal opportunity office; service members can also confide in their first sergeants.

“Supervisors have a huge responsibility,” Preda said. “They have to act swiftly on complaints.”

The Sexual Assault Prevention and Response office at each JBSA location is yet another avenue for sexual harassment

complaints.

“Our office doors are always open to anyone ever feeling as if they have been violated in any sexual nature,” said Bernadette Villa-Morris, JBSA-Randolph victim advocate. “When in doubt, anyone can come to our office for assistance.”

Villa-Morris said her office assesses the situation based on the information the complainant provides and determines which agency should pursue the complaint.

“Once that is determined, our office would do a warm hand-off to the appropriate agency,” she said. “For sexual harassment it would be the EO office.”

Victims can also call the 24/7 Sexual Assault Crisis Hot Line at 210-808-7272 or the EO sexual harassment and discrim-

ination hotline number at 1-888-231-4058.

The culture regarding sexual harassment is slowly changing, Preda said.

“There are generals who have been demoted or have resigned because they sexually harassed someone,” she said. “When general officers are held accountable, it sends a good message that no one is above the law.”

To change the culture, it is incumbent on everyone to speak up, Preda said. Sexual harassment can cause lasting psychological harm to a victim.

“If nobody speaks up, harassment will continue, and zero tolerance will continue to evade us,” she said. “It takes everybody to stop it. It begins with us.”