

JBSA

LEGACY

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JOINT BASE SAN ANTONIO

FEBRUARY 15, 2019



PHOTO BY MASTER SGT. KRISTIAN CARTER

A joint Air Force and Army medical team carries a simulated patient to an idling Texas Army National Guard CH-47 Chinook during Operation Dust Storm Feb. 1 at Martindale Army Air Field east of San Antonio. The exercise was a joint, total-force training event with active-duty and Reserve Air Force and Army National Guard personnel.

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COMMENTARY

How to lead with positive energy

By Master Sgt. James Davis
326TH TRAINING SQUADRON

If we step back and look, everything on Earth is run by energy, including us. This energy acts as fuel and variance of our fuel level can change our emotions.

Furthermore, as we walk through life, we emit emotional energy, which – positive or negative – can influence those around us.

Case in point: that highly motivated leader who comes around and gets everyone fired up. When they leave, you feel charged and excited to complete the mission. One example of this kind of leader is former Secretary of Defense James D. Mattis: his emotions and demeanor is calm while speaking, but it is magnified from his vocabulary and positional power. That coupled with his love for the troops inspires high morale and motivation.

Negative energy is quite different from positive. It's

incited by pressure, which can come from many different stresses in life. Personally, when I feel negative and have a poor attitude, the majority of the time, it's due solely to the lack of control or power.

Frustration or aggravation can come from situations at work, in the family, or out in society where there is a lack of control in what is happening or what is being said. This fuels negative emotions, which is when we start to mistreat and disrespect each other.

It is in these times, we should strive to influence those around us with our positive energy rather than be influenced by negativity.

When someone communicating with in an upset or highly emotional manner, the first thing to do is to listen and analyze why it is they are unhappy, then you can react based on the person and relationship. It is also important to stay calm and make effort to not duplicate the negative energy.

Frustration or aggravation can come from situations at work, in the family, or out in society where there is a lack of control in what is happening or what is being said. This fuels negative emotions, which is when we start to mistreat and disrespect each other.

While listening, I will make mental notes and pull the positive things out of the problem, which will help to provide solutions. Generally, this negative energy will die down when you start to focus on the good in a bad situation. This is the most important and powerful someone can do.

We must find the positive in any and all negative things that happen in our lives. There is always something positive, even if it is small when compared to the negative.

People often ask me why am I so positive? It is because I trained myself to look for the positive in anything.

Once I discovered the impact energy can have and how easily it can be swayed, I realized there was more joy in life if you look for it. I understood the impact that I can have on others around me with this joy and have come to appreciate that my cup isn't half empty or even half full, but it is full and overflows for other people to enjoy.

Troops to Teachers program helps veterans become educators

By Airman 1st Class Emily Woodring
88TH AIR BASE WING PUBLIC AFFAIRS

If you've ever considered becoming a teacher after your military career, then the Airman and Family Readiness Center has a program they can get you connected with.

The Troops to Teachers program began in 1993 as a way to assist service members and veterans with the transition from military to beginning a career as a teacher. Troops to Teachers assists its participants by providing counseling and referral services to help them meet education and licensing requirements. This program

helps lower veteran unemployment while also helping American Education by providing dedicated personnel for the nation's classrooms.

The Troops to Teachers vision is that "Every service member interested in a career in teaching will receive assistance to transition his or her leadership, training, and core values to teaching in kindergarten through grade twelve schools."

Current or former members of the Army, Air Force, Navy, Marine Corps or Coast Guard, including Reserve and Guard, that have an interest in teaching are eligible for the Troops to Teachers program.

Depending on certain education, service and application requirements, some may also be eligible for financial assistance to support the transition to the classroom.

Shonte Gonzalez, 88th Air Base Wing Community Readiness Specialist said, "The goal ultimately is for troops to teachers to help that military member easily finish completing the courses they need and get the certification and by

having a coordinator that you can talk to face to face, one on one in Columbus, it makes it easier to transition and smoothly go into that program."

The first step to getting involved in the program is to apply. Once accepted, then begins individual counseling to navigate state requirements. There are 31 state offices that provide this counseling or if your state doesn't have an office, services can also be provided through the Troops to Teachers program office. Once those two steps are accomplished, then begins the process of achieving a teacher certification. For a list of state offices visit <http://www.proudtoserveagain.com/About/Process>.

Since 1993, Troops to teachers has placed more than 20,000 veterans in teaching jobs in public, charter, and Bureau of Indian Affairs schools.

To apply, get more information, or to read about Troops to Teachers success stories visit <http://www.proudtoserveagain.com>.

JBSA LEGACY

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Feedback Fridays

By Brig. Gen. Laura L. Lenderman

502ND AIR BASE WING AND JOINT BASE SAN ANTONIO COMMANDER

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

If you have a question or concern, please send an email to RandolphPublicAffairs@us.af.mil using the subject line "Feedback Fridays." Questions will be further researched and published as information becomes available.

Personnel Issues

Q. AtHoc is a wonderful notification system for our service members, civilians, and contractors allowing them to be notified in time with issues happening on and around the installations. Are there any plans to open this to family members so that they can receive the same notifications as well?

A. Thank you for your question! The Air Force Emergency Mass Notification System (EMNS), known as AtHoc, is a great tool used to alert Department of Defense members of emergency incidents occurring throughout JBSA.

While family members will not have an account in the system, there is one method family members may receive notifications. AtHoc utilizes many methods to notify personnel to include cell/duty/home phone, email and mobile application. Each member with an EMNS account can share the mobile application "Blackberry AtHoc" with up to 10 people. This will allow those family members with the shared mobile application the opportunity to receive the most up to date information across all JBSA locations.

Q. It appears that people are

"temporarily" management reassigned - permanently. Aren't there supposed to be rules about personnel reassignments/promotions? **A.** Thank you for opening discussion on a popular civilian personnel inquiry. The rules regarding the personnel actions referenced above are found in Air Force Instruction 36-203. Per the regulation, reassignment is the movement of an employee from one position to another at the same grade level, or to a different position in the same or comparable pay band. In all cases, the employee must be qualified for the position.

Reassignments can be management directed, for which there is no requirement to announce the position. These actions constitute a permanent move and are initiated by management to laterally move an employee to another position within the organization. This often occurs when an employee's skills can be better utilized in another equivalent position. As for promotion actions, management can temporarily promote an individual for up to 120 days without competing the position. Anything above 120 days requires an announcement, unless the individual has re-promotion eligibility.

Installation & Facilities

Q. I am inquiring to see if there are currently any plans to fix the potholes and poor road conditions on Winans Road leading into JBSA-Fort Sam Houston?

A. We have good news... our civil engineers are presently working on renovating the Winans gate guard shack and upon completion, CE operations will complete repairs on the potholes and other aspects of the road condition within our fenceline.

We are also pursuing agreements with the City of San Antonio for repairs to the road outside of Winans gate and will be sure to keep the entire JBSA community informed when projects get underway!

Q. As a retired military member I use the fitness center at JBSA-Camp Bullis frequently. It is a great facility. The 24 hour access card that I have been issued does not open the door after-hours much of the time. I brought this to the attention to the gym folks, but the problem continues. Can a permanent fix be made so that this is corrected?

A. Thank you for bringing this to our attention as one of the primary goals of 24/7 Fitness Access is to meet the variety of times our customer would like to work out. There was an issue with the "proxy cards" issued to customers; however, we have resolved the problems in the system and 24-hour access has been restored. If your card is not working properly, please see the management staff immediately at Camp Bullis Fitness Center. Sorry for any inconvenience this may have caused you - have a great

workout!

Q. There used to be a four-way stop at the intersection where the PXtra, PX, Commissary, and Class VI parking lot are on JB SA-Fort Sam Houston. Is there any way we can bring it back? Traffic coming from the Class VI store has long waits at times.

A. Thank you for your question and your concern for the wellbeing of the multitude of drivers and pedestrians who utilize those popular on base facilities. Our civil engineers and safety office are looking into solutions for that particular intersection, to include the possible restoration of a four-way stop configuration. We will carefully analyze the traffic patterns of not only that intersection but all the roads that feed into it to determine the most effective way to alleviate traffic congestion and protect our service members, retirees, civilians, and their families.

Miscellaneous

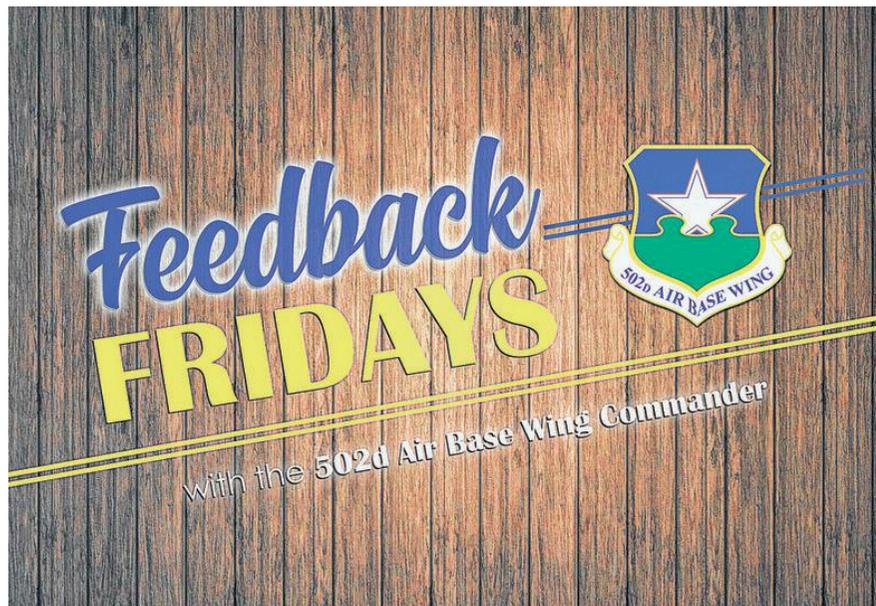
Q. Why does it take so long to post the electronic version of JBSA Legacy newspaper? Seems like it should be rather

simple to perform. Sometimes it takes two or more weeks.

A. Thank you for the question and for your loyalty to the JBSA Legacy! We pride ourselves on the timely delivery of information to the community across the variety of media utilized by our Public Affairs team. Recently, there was a two-week hiatus of the publication of the Legacy newspaper during the holiday season in December causing delays. I'm pleased to say that we are back on track with our publishing in the New Year and look forward to continuing to bring the most up to date information to our readers. Thank you again for your continued support!

Q. Can vegetarian food options be available at the next CC Call?

A. Great suggestion! Thank you so much for attending the CC Call and helping us make the next one even better. We would love to provide vegetarian food options during our next CC Call. If you have any favorite vegetarian food options, please let me know. We'll do our best to ensure everyone's dietary restrictions are taken into account.



VOLUNTEER AWARD NOMINATIONS DUE FEB. 22

The Joint Base San Antonio 2019 Volunteer Awards Ceremony identifies and recognizes outstanding and innovative community service efforts from military members, federal civilians, family members, retirees, and federal retirees. Volunteer agencies or supervisors from any military branch may submit a nomination packet for the Volunteer of the Year Award and the Volunteer Excellence Award. All packets must be submitted no later than Feb. 22 and forms can be found online at <http://www.jbsa.mil/Resources/Military-Family-Readiness/Volunteer-Resources>.

All JBSA tax centers now open for business

From 502nd Air Base Wing Public Affairs

Don't get surprised by the individual income tax return filing deadline. Filing your tax return does not have to be stressful, and there are many services available – many of them free – that make filing quite easy.

Online programs are a popular and inexpensive way to electronically file your tax return. Military OneSource (<http://www.MilitaryOneSource.mil>) provides access to free tax preparation software with on-call assistance from tax professionals. This is available to active duty members, as well as Guard/Reserve members and dependents.

The City of San Antonio also has numerous Volunteer Income Tax Assistance (<http://www.vitasa.org>) locations for anyone with income below \$60k. You may also complete your taxes

yourself or hire someone.

In addition to these options during tax season this year, volunteers at Joint Base San Antonio-Fort Sam Houston, JBSA-Lackland, and JBSA-Randolph will operate tax centers for eligible active duty members and military retirees. The tax centers provide free tax preparation and electronic filing for federal and state tax returns.

When receiving assistance at the JBSA Volunteer Tax Centers, clients must bring their Form W-2, Wage and Tax Statement, and Form 1095, which is required under the Affordable Care Act. These documents are available through myPay.

Clients should also bring their Social Security card and the Social Security card of each individual you intend to claim as a dependent.

If applicable to your financial situation, you must also bring the

following:

- ▶▶ Most recent tax return;
- ▶▶ December 2017 Leave and Earnings Statement;
- ▶▶ Form 1099-INT or 1099-DIV to report any interest or dividends you received as income in 2017;
- ▶▶ Form 1098 to report payment of mortgage interest and property taxes, if any;
- ▶▶ Form 1099-B for stock sales in 2017 together with your cost basis for capital gain or loss calculations;
- ▶▶ Form 1099-R to report any distributions from an IRA or 401k you've received in 2017
- ▶▶ Form SSA-1099 to report any Social Security benefits received in 2017;
- ▶▶ If you've already received a state tax refund, you may need to report it as income.
- ▶▶ Form 1099-MISC if you have self-employment or miscellaneous

income, outside of your regular job.

If you do not have the correct documents, the volunteer tax preparer will not be able to help. Finally, bring all documents with you and do not expect to have access to previous tax returns, based on having received assistance through a VITA tax office in previous years.

For More information, contact your local Tax Center to set an appointment.

▶▶ JBSA-Randolph

Location: Building 202, 10711 W. 2nd St.
Phone: 210-652-1040

▶▶ JBSA-Fort Sam Houston

Location: Fort Sam Houston Community Center, Java Café, 1395 Chaffee Road
Phone: 210-295-1040

▶▶ JBSA-Lackland

Location: Building 6629, at Hughes Avenue and Gentile Street
Phone: 210-671-1001

Resources available to deal with substance abuse, addiction

By Lori Newman

BAMC PUBLIC AFFAIRS

The Brooke Army Medical Center Department of Behavioral Medicine has launched a new program to make it easier for service members to get help for substance use disorders.

The new Addictions Medicine Intensive Outpatient Program is an intense five-week outpatient program offered Monday through Friday from 8 a.m. to 3:30 p.m. at the Multi-Disciplinary Behavioral Health Clinic.

The AMIOP employs a multidisciplinary team, staffed by professionals who specialize in healthcare, addictions and behavioral health. AMIOP encompasses a variety of evidence-based interventions including group and individual counseling, classroom instruction, journal writing, homework assignments and participation in self-help programs such as Alcoholics Anonymous or Narcotics Anonymous.

“Chemical dependence is a chronic, progressive, pervasive and potentially life threatening disorder,” said Licensed Clinical Social Worker David Hindman, AMIOP program director. “This new program is an additional avenue for service members to get the



SENIOR AIRMAN KAYLEE DUBOIS

A Soldier holds his Substance Use Disorder Clinical Care commencement coin.

help they need to recover from drug or alcohol addiction.”

This program is in addition to two existing levels of care intended to ensure comprehensive treatment options for service members who experience substance use disorders.

The Residential Treatment Facility at BAMC is a voluntary four-week residential program that offers psychoeducation, individual and group therapy, recreational therapy and occupational therapy to active duty, and active Guard and Reserve personnel on Joint Base San Antonio and throughout the Army. The unit currently has the ability to care for up to 12 patients at a time.

The Substance Use Disorder Clinical Care, formerly known as the Army Substance Abuse Program, was an installation lead program, but

realigned under the BAMC's Department of Behavioral Medicine in 2016. Service members who are enrolled in SUDCC typically attend one group session per week and two individual sessions per month.

Having all the programs aligned within the Army Medical Command allows for a more seamless transition for service members to step up or down from one program to another, as needed, to address their addiction problems, explained Dr. Amber Scott, clinical psychologist, BAMC Department of Behavioral Medicine Residential Treatment Facility.

“We are what you call a dual-diagnosis enhanced program, meaning that we can work with both behavioral health and substance abuse at the same time,” Scott said.

The American Society of Addiction Medicine helped develop a nationally recognized and comprehensive set of guidelines for placement, stay, discharge and transfer of patients with substance use disorders and co-occurring medical and behavioral conditions.

“We follow the ASAM criteria, which is the standardized way of treating the patient as a whole person,” Scott said. “We assess things such as their addiction, their home life, their

coping skills and their motivation to change.”

Scott said the RTF has a 75 percent rate of success for patients who stay sober 90 days after discharge. The national average for other inpatient treatment programs is between 40 to 60 percent.

“We are well above the national average and we are very proud of that,” Scott said. “What we have found is the longer the prescription of care, the better the patient is. When they step down to the AMIOP, that's when we get even better statistics in terms of their sustained sobriety.”

“This is the optimal way of treating someone with a substance abuse disorder,” Hindman said. “We have all three levels of care under one umbrella.”

“Per regulation, any active duty service member presenting with problematic use of alcohol or an alcohol related incident, and all active duty service members with any illicit or non-prescribed substance use must be referred for substance use assessment,” Scott said.

Referrals can be made to the Department of Behavioral Medicine for a substance use evaluation, or by calling the Addiction Medicine team at 210-916-7222 for a consultation.

Total force exercise sharpens combat-ready skills

By Master Sgt. Kristian Carter

433RD AIRLIFT WING

Aerial porters, defenders, and medical personnel from the 433rd Airlift Wing joined the 502nd Air Base Wing defenders, the San Antonio Military Medical Center doctors, and helicopter crews from Texas Army National Guard, 2nd Battalion, 149th Aviation Regiment in a training exercise, Operation Dust Storm, Feb. 1 at Martindale Army Air Field, Texas.

These joint, total-force training events are created and designed to be beneficial for all parties.

“Ground teams train to conduct their aviation-related tasks in a focused manner, and not be distracted by the newness or disorientation of operating with military aircraft,” said Col. Kjäll Gopaul, Air Education and Training Command mission pathfinder.

“For the aircrews, we increase the realism of training by providing train-as-we-fight ground teams for the tactical passenger/casualty movement, patient transfer, sling load hook-ups, pick-up zone command and control with a pathfinder team using tactical radios, signaling smoke, touchdown point markings, and extensive pre-mission planning,” he said.

“For JBSA, it may very well be the most complex airborne mission in recent memory, involving diverse aircraft from two different installations, conducting tactical passenger movement, transport of casualties across two geographically separated landing zones, live-aircraft patient transfer of litter and ambulatory casualties, simultaneous sling loading on a single landing zone with two different aircraft using three different cargo loads, joint, total-force personnel, and incorporation of airborne combat camera documentation,” said Gopaul, who has been conducting these training events his entire career.

The first event of the day, was an Army Guard CH-47 Chinook helicopter transporting simulated patients and an ambulance from JBSA-Kelly Field at JBSA-Lackland to Martindale. Once the aircraft arrived, a medical team went to the helicopter to practice transporting patients on a litter to and from a running aircraft.

“We’re here today training in a joint environment, learning how to load and unload injured patients from Blackhawk and Chinook helicopters, and how to



MASTER SGT. CHRISTOPHER BOITZ

Airmen from the 433rd Medical Group perform a litter carry from a CH-47 Chinook assigned to the Texas Army National Guard, during a training exercise Feb 1 at Martindale Army Airfield east of San Antonio.

triage patients to get them to care in a safe and effective manner,” said Army Maj. Allyson Cochet, San Antonio Military Medical Center gastroenterologist. “This what we do in a deployed environment. We take care of service members and learning how to move them quickly to the level of care they need is critical. That’s how we save them if they need care quickly.”

The Chinook then returned to Kelly Field to pick up additional personnel.

The 26th and 74th Aerial Port Squadron’s air transportation specialists work as the ground crew, practice hooking-up, sling-load packages, while an Army Guard UH-60 Blackhawk crew practiced retrieving and delivering the loads.

“We practice how to build and rig pallets for sling-loading,” said Staff Sgt. Raul Romero, 26th APS air transportation specialist. “We had different members doing different tasks such as hooking onto the helicopter and members re-tying the break-away ties. I’ve learned that teamwork is essential,



MASTER SGT. KRISTIAN CARTER

A Texas Army National Guard CH-47 Chinook approaches a Humvee as the ground crew prepares to hook connect the vehicle for airlifting during Operation Dust Storm Feb. 1 at Martindale Army Air Field east of San Antonio.

especially when it comes to the types of exercises like these, it’s essential for you to execute the mission.”

When the Chinook returned, it

dropped-off a group of Reserve and active-duty defenders. The helicopter crew also practiced picking-up a sling loaded Humvee.

National museum announces student aviation art competition

By Rob Bardua

NATIONAL MUSEUM OF THE U.S. AIR FORCE

The National Museum of the U.S. Air Force's 36th Annual Student Aviation Art Competition opens March 1 to students from around the country.

The theme for this year's competition focuses on the fact that July 2019 marks 50 years since humans first walked upon any surface other than planet Earth. On July 20, 1969, as part of the Apollo 11 mission, Neil Armstrong took that "giant leap" onto the surface of the moon.

Student artists are asked to consider the 50th anniversary of the moon landing and what it would look like if mankind returned to the moon today. Students may use such art mediums as watercolor, tempera paint, ink, crayon, marker, colored pencil, pastel, chalk and mixed.

Student artwork will be judged in seven grade-based categories: Grades K-1, 2-3, 4-6, 7-9, 10-12 and special needs Grades K-6 and 7-12. The competition is open to private, public and homeschool students giving them a chance to



COURTESY GRAPHIC

showcase their artistic talents while competing for award money. Artwork entries must be scanned and submitted via email between March 1-15. The first 50 submissions in each category will be accepted.

The artwork will be on display in the museum's Missile Gallery from April 1 to May 10 and may be viewed from 9 a.m. to 5 p.m. daily.

Museum professionals and local

college art teachers will determine the three winners in each grade category, as well as the Best in Show. Winners will be announced April 1. Participants do not need to be present to win. The winning artwork will be displayed on the museum's website.

Award money is provided through the generosity of the Air Force Museum Foundation, Inc. The first-place winner in each category will

receive \$300, the second place winner in each category will receive \$200, and the third place winner in each category will receive \$100. The Best in Show winner will receive \$500. (Federal endorsement is not implied.)

A complete list of competition guidelines is available on the museum's website at <http://www.nationalmuseum.af.mil/Education/Student-Aviation-Art>.

The National Museum of the U.S. Air Force, located at Wright-Patterson Air Force Base near Dayton, Ohio, is the world's largest military aviation museum. With free admission and parking, the museum features more than 350 aerospace vehicles and missiles and thousands of artifacts amid more than 19 acres of indoor exhibit space. Each year more than 800,000 visitors from around the world come to the museum. For more information, visit <http://www.nationalmuseum.af.mil>.

Note to the public: For more information, contact the National Museum of the U.S. Air Force at (937) 255-3286.

FORT SAM HOUSTON

San Antonio Wardroom Association hosts mock Navy promotion board

From Navy Medicine Training Support Center Public Affairs

The San Antonio Wardroom Association hosted a professional development mock officer promotion board at the Medical Education and Training Campus Jan. 18 at Joint Base San Antonio-Fort Sam Houston

The SAWA Professional Development Committee organized the annual event for the third consecutive year. All naval officers in the region were invited to attend.

Rear Adm. Tina Davidson, director, Navy Nurse Corps, served as the mock promotion board president. The remaining board members

consisted of other senior, naval officers from the Navy's Nurse, Dental and Medical Service Corps.

The selection board served as a training opportunity, aiming to provide insight to the 35 officers in attendance, especially those nearing their "promotion zone." The mock scenario demonstrated the basic aspects of the selection board, highlighting and emphasizing the significance of officer service record reviews.

At the conclusion of the selection board, attendees had the opportunity to ask

questions and receive firsthand knowledge from the experience of the board members.

"As a leader, to be successful in the professional development of others, we must first be effective mentors," said Cmdr. Betty Sowell, Navy Medicine Training Support Center's acting director for academics. "Mentorship allows us the opportunity to share our knowledge and experiences to help others excel in their career."

SAWA serves as a consortium for approximately 140 naval officers in the San Antonio and southcentral Texas region. SAWA's

5	43
9	82
6	87
2	59
3	72
6	77
6	38
4	97
2	98
1	100



MC2 SHAYLA D. HAMILTON

Senior naval officers sit as board members of a mock officer promotion board at the Medical Education and Training Campus Jan. 18 at Joint Base San Antonio-Fort Sam Houston.

membership is principally officers assigned to Navy Medicine Training Support Center, or NMTSC, and the Defense Health Agency, or DHA.

The SAWA Professional Development Committee's

primary mission is to provide professional development, mentorship and promote comradery among naval officers of all corps. SAWA has a mission to promote fellowship and unity within the officer community.

Army North geospatial engineers paint a picture for border mission

By Sgt. Andrew Valles

U.S. ARMY NORTH PUBLIC AFFAIRS

For geospatial engineers with the 543rd Engineer Detachment, U.S. Army North, the busiest part of any new mission comes at the beginning stages.

When the Department of Homeland Security requested the Department of Defense provide a range of assistance to secure the border, from Texas to California, the 543rd Engineer Detachment began its part of the Border Support mission by analyzing maps and refining data to paint a picture of the operating areas for commanders and decision-makers to better visualize their areas of operations.

"A lot of the work-up before this mission was to gather information, making connections with Border Patrol and units that are going forward and what their plans and orders are and what they needed to see," said Sgt. Andrew S. Henn, geospatial engineer, 543rd Engineer Detachment. "Then, we take digital data points, lines, polygons, pictures and elevation data, and we make a map out of it or decision aid so that people can understand what's going on within the operating area."

With a vast amount of space to be covered it was important for leaders to understand what type of terrain they would be working in.

"We get questions about what's the terrain like in this area and is the slope going to be an issue," Henn



SGT. ANDREW S. VALLES

Spc. Austin T. Israel, Geospatial Engineer with the 543rd Engineer Detachment, identifies a specific point along the border from Texas to California. The 543rd EN Det. began their part of the Border Support mission by analyzing maps and refining data to paint a picture of the operating areas for commanders and decision-makers to better visualize their areas of operations.

said. "We get elevation data, run our tools on it, and we can determine if this area is going to be severely restricted just based on the slope alone and on this other area you got a river running through it but then right here, this is a spot where that should be fairly easy going and help show where things happen. It

helps commanders, decision-makers, visualize their space without having to go there."

With efforts to harden points of entries along the border and reinforcing the fence line from Texas to California the information the geospatial engineers have provided has had a direct impact to the mission.

"The products provided from the geospatial team greatly increased our ability to integrate with our partners and begin making assessments upon arrival," said Lt. Col. Brad Morgan, 19th Engineer Battalion. "We were able to understand the terrain coming in, what our challenges would be and then work with our federal partners to plan out where the barriers would be emplaced to better fortify the port of entry locations."

1st Lt. Christopher R. Esposito, Executive Officer for the 543rd Engineer Detachment, explained the impact his Soldiers have had on the mission.

"It helped the Engineer directorate better compile their assessment say 'Here's where we need to put the wall,' because our guys did the leg work," Esposito said. "It provided the most up to date image without having to be on the ground yourself."

As the Border Support mission goes on, the geospatial engineers continue to diligently provide the most up to date picture for service members working to secure the border and support the Department of Homeland Security and U.S. Customs and Border Protection as needed.

BAMC celebrates 118th Army Nurse Corps birthday

By Lori Newman

BROOKE ARMY MEDICAL CENTER
PUBLIC AFFAIRS

Brooke Army Medical Center held the 118th Army Nurse Corps birthday celebration Feb. 2 in the auditorium.

This year's theme was, "Leading readiness and professional practice: Getting it done since 1901."

"That's what we embody," said Col. Traci Crawford, BAMC deputy commanding officer. "What an awesome opportunity to focus on that and to give us something to strive for as we continue to sharpen our saw and continue to provide the best care we can to our service members."

Maj. Gen. Barbara Holcomb, chief of the U.S. Army Nurse Corps, was the guest speaker



LORI NEWMAN

From left: Army 2nd Lt. Stephanie Fox, Army Col. Michael Ludwig, Brooke Army Medical Center chief nursing officer, and Pfc. Adriann Gifford cut the cake during the 118th Army Nurse Corps birthday celebration Feb. 1 at BAMC.

for the event, which included a presentation of the Army Nurse Corps history featuring nurses dressed in period uniforms and a cake cutting. Holcomb also presented coins

five BAMC staff members.

"Truly leading readiness and professional practice is what Army nursing has been doing for the last 116 years," Holcomb said. "Nurses display

leadership traits and skills every day."

Holcomb highlighted the fact that readiness is the Army's number one priority.

"We are in a live fire exercise every single day," she said. "We practice every single day when we are taking care of our patients, so every encounter is a readiness encounter."

Holcomb also talked about the Army Patient Caring Touch practice model and virtual health care.

"It's a bright future," she said. "Lots of opportunities are still out there and Army nurses can be and are heavily engaged in it, but it's a team sport. We aren't doing it by ourselves; we need to be working together."

"This facility truly stands as a premiere health care facility and it's because of the work

that you all do and the teamwork and innovation that you provide," Holcomb concluded. "Thank you very much for the work that you do for our service members and their families."

BAMC Commander Brig. Gen. Jeffrey Johnson could not attend the ceremony so he recorded a video message to be played at the event.

In part, Johnson said, "Our nurses are the most prepared of any nurses in the military health system ... We couldn't do [our mission] without them."

Army Col. Margaret Nava, BAMC chief nursing officer and Command Sgt. Maj. Albert Crews closed the ceremony by thanking everyone for coming and thanking the individuals who helped put the event together.

'Renaissance' underway to boost modernization

By Devon L. Suits

ARMY NEWS SERVICE

In anticipation of a future "high-intensity conflict" against a strategic competitor like Russia or China, the Army plans "big changes" in its fiscal year 2020 budget, said Secretary of the Army Mark T. Esper.

In the coming months, Esper said, he will outline how the Army will consolidate and eliminate some legacy programs, reinvesting more than \$25 billion toward modernization over the next five years.

"A renaissance is underway in the United States Army," Esper said, adding change "requires bold, decisive action if we're going to be victorious in 2028 and beyond."

He said the National Defense Strategy is affecting everything the Army is doing — from manning and training, to equipping and organizing the force.

The secretary shared his thoughts on the Army's budget

and other changes during a media roundtable in the Pentagon last week.

The Army recently completed a comprehensive review of its entire budget, planning to conduct similar reviews in the future. Notably, the Army reviewed more than 500 "equipping programs" and plans to make some fundamental changes, according to Esper.

"We found things that we were probably buying more than we needed. We were probably buying upgrades that we didn't necessarily need," the secretary said.

Moving forward, a bulk of the proposed reinvestment will support the Army's six modernization priorities under the purview of Army Futures Command, Esper said. The reinvested money will be "back loaded" over the next five years to support future acquisition efforts.

Additionally, the proposed request is "not just funding equipment upgrades; it's also

funding extended basic training. It is funding the Army combat fitness test ... and the standup of the irregular warfare office," Esper added.

However, requesting or changing appropriations from Congress can, at times, be difficult, he said. Especially when it means cutting back or eliminating legacy systems.

"Many of the programs that we had to either cancel or reduce had merit, but I have to get to the next-generation combat vehicle. I have to build long-range precision fires — and something has to give," Esper said. "We can take that approach where I can go ask Congress for an additional \$4 to 5 billion a year. I don't think I'm going to get that."

The Army's six modernization priorities haven't changed in 18 months and won't change in the foreseeable future, Esper emphasized. Additionally, changes to legacy systems will create "billions of dollars a year in opportunity," for companies willing to support.



DANIEL TOROK

Secretary of the Army Dr. Mark T. Esper inspects parts at Watervliet Arsenal, N.Y., year.

"We're trying to give industry clear indication of where we're going," Esper said. "I've spoken to industry, and I've been very clear to them: 'We are leaving legacy behind. Don't fight the past. Go with us into the future,'" Esper said.

In line with the changes to the budget, the Army is moving forward with changes to infantry one-station unit training, officially extending the course from 14 to 22 weeks, Esper announced.

Infantry soldiers who participated in the pilot back in November 2018 showed improved physical fitness scores

when compared to the traditional program. Moreover, attrition rates were cut in half, while the trainees "overall technical performance" improved, Esper said.

This fall, the Army is slated to pilot an extended OSUT program for armor and cavalry units, leveraging upon the success seen during the extended infantry training.

If the new pilot program is successful, it could be implemented Army-wide and could spur changes to basic training for other branches, he added.

In addition to readiness and modernization, Esper intends to make the Army's talent management a top priority in 2019.

Not long ago, Esper engaged with the Army's talent management task force to express his views on the program. The task force was created to support the Army's ability to man, train, employ, and retain high-quality personnel.

LACKLAND

502nd OSS hub for flying at JBSA-Lackland

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

The 502nd Operations Support Squadron provides every aircraft that comes through Joint Base San Antonio-Kelly Field with world class support services. These services include airfield management services, air traffic control, weather forecasting and warning services, operations scheduling and flight records management.

“The 502nd OSS handles all of the logistical movement in and out this field,” said Master Sgt. Adam White, 502nd OSS superintendent. “It’s a massive task here because this airfield is a major hub for a lot of different economic, contingency, and training operations.”

As a joint-use airfield, JBSA-Kelly Field supports a broad spectrum of both military and civilian operations. This includes the 149th Fighter Wing, which trains F-16 Fighting Falcon pilots, and the 433rd Airlift Wing, which trains C-5 Galaxy pilots and provides logistical support. The civilian operations include flight schools, delivery services, medical transport services and maintenance



The 502nd Operations Support Squadron air traffic controllers manage operations Jan. 31 at Joint Base San Antonio-Kelly Field. Air traffic controllers are responsible for managing aircraft movement within a 5-mile radius of the airfield.

centers.

“One of the most important missions here is pilot training,” White said. “The Air Force really needs pilots, so the military operations here are essential to the force right now. We also support contingency operations like the hurricane relief efforts last year, as well as multiple civilian sector operations.”

Without the 502nd OSS, none of these missions would be possible.

“We have our hands in everything from scheduling to clearing the airfield of debris to forecasting the weather,” White said.

The different flights of the OSS can be broken down into base operations, air traffic control, weather and host aviation resource management, or HARM.

“Base ops is the centralized hub for all the flight plans,” said White. “They have information on all the flights coming in

and out, and are essential for planning operations. They’re also responsible for notifications. For example, if a (distinguished visitor) is coming in, they have to let the appropriate commanders know if they need to come greet them or if any other accommodations are necessary.”

Base operations also keeps the airfield clear of potentially harmful debris and ensures the lighting equipment on the runway is functioning properly.

In addition to base operations, the weather office is also instrumental in operational planning, White said.

“It doesn’t take much to figure out what the weather office does,” White said. “They provide important weather forecasts for operational planning. If there’s a storm coming in or pilot visibility is going to be affected in some way, the weather shop will ensure we’re prepared.”

Equally important to the previous to units is air traffic control, White said.

“Our air traffic controllers are responsible for coordinating the

502ND OSS continues on 16

Weapons safety team ensures proper handling of JBSA munitions

By Mary Nell Sanchez
502ND AIR BASE WING
PUBLIC AFFAIRS

In 1963, a munitions storage at JBSA-Lackland Medina Annex caught on fire and exploded. The resulting impact could be felt miles away. Luckily, no one was seriously hurt.

The 502nd Air Base Wing weapons safety team wants the military munitions explosion that happened about 55 years ago to never happen again.

While there’s still a whole lot of firepower to watch over, the possibility of another incident has dropped because of safety measures now in place.

“We have the largest munitions storage area in the Department of Defense,” said Terry Todd, 502 ABW occupational safety manager.

There are storage facilities at JBSA-Lackland, JBSA-Randolph and JBSA-Camp Bullis, which support various training missions across JBSA.

About 400,000 rounds of ammunition is housed at the JBSA-Lackland Medina Annex, said Michael Horstman, 502nd ABW weapons safety manager.

Other items stored are smoke grenades, flashbangs, M-16’s, 9-millimeter weapons and other small munitions. The storage

supports not just the 502nd ABW, but it also stores munitions for JBSA’s mission partners.

The safety team makes sure these items are stored securely in accordance with federal regulations.

“Any procedures that have been developed and standardized across the DOD are being followed,” Todd added.

The weapons safety team conducts an annual investigation and sometimes spot inspections to insure everything and everyone is secure.

“Our weapons safety

manager goes out to the units and makes sure that the munitions are accounted for and they’re properly functioning,” Todd said.

Some of the basic safety checks include insuring that all munitions are housed at a safe distance from the general population and that the grass in the storage area doesn’t get too high, creating a fire hazard.

They also check that transport vehicles have the proper placards indicating ammonitions are on board along with two fire extinguishers.

“Generally everything’s going really well and then you find



AIRMAN 1ST CLASS DILLON PARKER

Explosive ammunition housed safely inside a bunker Jan. 11 at Joint Base San Antonio-Lackland Medina Annex.

something that is not quite right and fix it,” Horstman said.

The goal of the safety team is, at the end of the day, to send everyone home the same way they came in, Todd said.

502ND OSS

From page 13

movement of every aircraft within a five-mile radius of the airfield,” said White said. “(They) are responsible for maintaining a certain amount of space between individual aircraft in the air and on the ground. They’re in constant contact with the aircraft in our airspace to make sure everyone knows where to go and how to get there safely.”

Last, but not least, is the HARM office, which tracks records for all flight personnel on JBSA-Lackland and JBSA-Camp Bullis.

“Without accurate records of each aircrew member’s current qualifications and physical restrictions, it would be impossible to determine which crew member is able to reliably carry out the mission,” White said.

While the 502nd OSS has a lot on its collective plate, the Airmen are prepared for anything they might face, said Lt. Col. Benjamin Mather, 502nd OSS commander.

“Kelly airfield is a unique challenge,” Mather said. “There’s so much that goes into maintaining a joint-use airfield, but our service members rise to the challenge every day. Their individual brilliance and exceptional teamwork makes this all possible.”

433rd AW migrating to new AF Connect app

By Master Sgt. Kristian Carter

433RD AIRLIFT WING PUBLIC AFFAIRS

The 433rd Airlift Wing app is migrating to the new AF Connect app.

The app, which is available on both iOS and Android platforms, has a main Air Force page and can be customized by adding additional organizations in the favorites area. Many major commands, numbered Air Forces and wings have already added their pages, with more joining soon.

The new app has many new features and expanded functionality over the old wing app, including providing a channel that isn’t reliant on government computer systems.

“Any opportunity we can have at our disposal to connect and communicate with our Reserve Citizen Airmen, is a great opportunity,” said Col. Thomas K. Smith, 433rd AW commander. “This app keeps us advancing with the

communication technology and allows more capability for our Airmen to stay connected.”

The 433rd AW is one of two beta-test sites for some new features of the app. One of these features allows members to file travel vouchers in the app. The feature uses a common access card reader that plugs into the mobile device, which when used with the service member’s Common Access Card, will allow the user to authenticate their identity.

“The ability to process a travel voucher from one’s phone is optimal,” said Master Sgt. Jeanett Vielman, 433rd AW process improvement practitioner. “This allows the voucher to be processed and money delivered to the Airman more expeditiously than before. It executes a task that can sometimes distract our member from the mission.”

This added functionality will also allow members to access the Air Force Portal, ARCNet, military email

and many other applications.

The CAC access feature is going to be a tremendous benefit,” said Chief Master Sgt. Shana C. Cullum, 433rd AW command chief master sergeant. “No more waiting for a computer. Our folks will be able to work on the administrative tasks from home, so when they come in they can concentrate on their hands on training. It has all the features our tech savvy Airman want, but is easy enough to use for the rest of us.”

Once the testing phase is over, Air Force leadership anticipates distributing CAC readers to all active wing members to enable full-functionality on the app.

After installing the app, a user will be prompted to also install a companion app, Sub Rosa. Users should install the free version of Sub Rosa. This app is required to use the CAC reader.

The 433rd AW legacy wing app will no longer be supported as of March 1.

RANDOLPH

Controlling high blood pressure plays important role in improving heart health

By Robert Goetz

502ND AIR BASE WING PUBLIC AFFAIRS

High blood pressure, also known as hypertension, affects one in three American adults, or about 75 million people, according to the Centers for Disease Control and Prevention.

Often called the “silent killer,” it is a condition that shows no early symptoms but can lead to catastrophic outcomes such as heart attack, stroke and death.

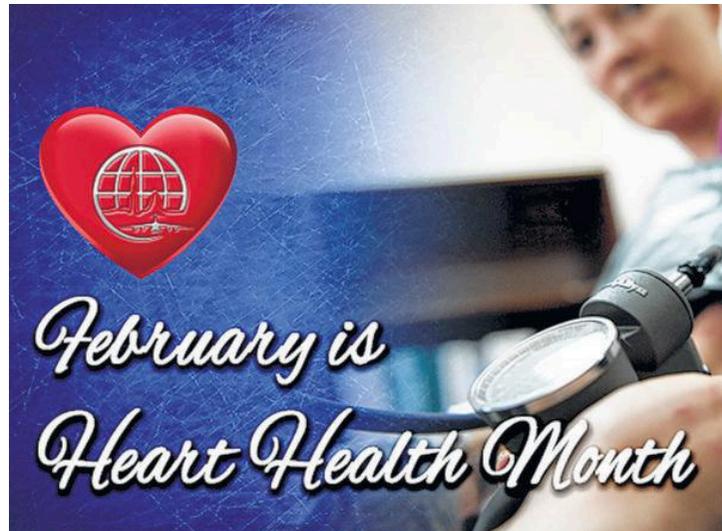
It is also a common diagnosis at the Joint Base San Antonio-Randolph Medical Clinic, which is highlighting the need for its patients to control their blood pressure and take other heart-healthy measures during American Heart Month in February with a display in the waiting area of the family health clinic.

In addition, the 359th Medical Group’s health promotions team will set up tables at the JBSA-Randolph Exchange and Commissary with information and outreach to patients.

“Hypertension is a very prevalent diagnosis at the clinic, second only to high cholesterol,” said Maj. (Dr.) Jessica-Renee Gamboa, 359th Medical Operations Squadron staff physician. “It is more common in our age 40-and-above patients, especially retirees, but we also have younger active-duty members who are affected by it.”

Blood pressure is the force of blood against the walls of arteries; it is measured in millimeters of mercury. The first number in a blood pressure reading is the systolic pressure, the pressure in the arteries when the heart beats, and the second number is the diastolic pressure, the pressure in the arteries between heart beats.

The American Heart Association and the American College of Cardiology changed their guidelines in 2017, defining normal blood pressure as less than 120/80, prehypertension as



COURTESY GRAPHIC

120-129/80 and hypertension as anything above 129/80, Gamboa said, but there is a difference of opinion in the medical community.

“Not all medical societies agree with those guidelines, especially for hypertension,” she said. “Others set hypertension readings at 140/90 and above.”

High blood pressure is often not reported, but there is a reason for that, Gamboa said.

“Because there are often no symptoms associated with it, people just don’t know they have it,” she said. “The CDC reports that one in five adults with hypertension do not know they have it.”

That is why it is so important for people to have their blood pressure checked – or check it themselves – on a regular basis, Gamboa said.

“Starting at age 18, you should have your blood pressure checked during

your annual visit with a primary care provider,” she said. “If your reading is above normal, it should be checked every six months.”

High blood pressure puts people at risk for a number of diseases and other adverse outcomes, Gamboa said.

“High blood pressure can lead to enlargement of the heart, which is not healthy,” she said. “It can also lead to heart failure, heart attack, stroke, kidney disease, changes in the eye and bleeding in the brain.”

There are two types of hypertension – primary and secondary, Gamboa said.

“Primary hypertension is caused by risk factors such as smoking, obesity, age, physical condition, race, alcohol use and dietary choices, especially a diet high in sodium,” she said. “Secondary is caused by something else, such as sleep apnea, thyroid disease and medications.”

“High blood pressure can lead to enlargement of the heart, which is not healthy. It can also lead to heart failure, heart attack, stroke, kidney disease, changes in the eye and bleeding in the brain.”

Maj. (Dr.) Jessica-Renee Gamboa, 359th Medical Operations Squadron staff physician

Medication is often prescribed when a patient’s blood pressure reaches 140/90 and above, but lifestyle changes can also control and prevent hypertension.

“People can increase their activity level by engaging in moderate-intensity exercise three or four times a week, 30 to 40 minutes at a time,” Gamboa said. “Other ways to control blood pressure are cutting down on alcohol use, giving up smoking and making dietary changes, such as decreasing the amount of fat, red meat, salt and sugar in your diet.”

A primary care provider may recommend lifestyle changes for a few months prior to prescribing medication if a person is diagnosed with prehypertension, especially if that person is sufficiently motivated, she said.

Air Force ends promotion testing for E-7 and above

Promotion boards will continue to score records using the current scoring process

From Secretary of the Air Force
Public Affairs

The Air Force announced today it is removing the Weighted Airman Promotion System testing requirement for active-duty promotions to the grades of E-7 through E-9, beginning this fall with the 2019 E-9/chief master sergeant promotion cycle.

The memo, signed Jan. 31, removes the phase one requirement for senior noncommissioned officers to test for promotion, allowing promotion boards to identify the best qualified Airmen to promote into the senior noncommissioned officer corps.

Prior to the policy change, promotions were conducted through a two-phase process. Phase one consisted of a Promotion Fitness Exam and



COURTESY GRAPHIC

Specialty Knowledge Test, while phase two consisted of a central evaluation board.

“We continue to transform talent management across the force,” said Lt. Gen. Brian Kelly, Air Force deputy chief of staff for manpower, personnel and services. “This adjustment focuses on

performance being the driving factor we consider when selecting our senior noncommissioned officers. It also continues our work toward increasing transparency and making our processes simple.”

The Air Force will use a promotion board process similar to the board

process used by officers.

“We trust this board process will continue to give senior leaders and commanders the greatest level of confidence that the right individuals are being selected for promotion to the top enlisted ranks,” said Chief Master Sgt. of the Air Force Kaleth O. Wright. “We found that removing the testing portion will eliminate any possibility that Airmen without the strongest leadership potential might test into promotion, while also ensuring that our strongest performers continue to earn the promotion they deserve.”

Promotion boards will continue to score records using the current scoring process, as well as reviewing the last five years of evaluations and all awards and decorations. Decoration points will no longer be utilized because the board will consider all decorations during its review and score records accordingly.

Additional guidance will be published in an upcoming Air Force guidance memorandum or revised Air Force instruction after the last evaluation board is completed.

Pilot instructor training ‘embraces change’ through virtual reality

By 1st Lt. Geneva Giaimo

AIR EDUCATION AND TRAINING COMMAND
PUBLIC AFFAIRS

Lt. Gen. Steve Kwast, commander of Air Education and Training Command, has empowered Airmen across the recruiting, training and education enterprise to “be bold, take risks and embrace change” as they make changes to their training curriculums and processes to find the best way to inspire and develop Mach-21 Airmen.

With that charge in mind, the “Pilot Instructor Training Next” program was forged, as two 12th Flying Training Wing squadrons have integrated virtual-reality simulators and 360-degree video headsets into the training syllabus. The genesis for this technology-based learning approach began with Pilot Training Next, an undergraduate pilot training program based in Austin, Texas, that leveraged virtual and augmented reality to reimagine what the future of Air Force pilot training could look like.

Lt. Col. Matthew Strohmeyer, 560th Flying Training Squadron commander, and Lt. Col. Justin Chandler, 99th Flying Training Squadron commander, added the new technology to their squadrons here in May and June of this year, respectively.

“Students that get into the seat and start flying in the virtual environment are reacting like they would in the actual aircraft within minutes,” Chandler said. “This ability to recognize and drive change at the operational level is a monumental step for the Air Force.”

Since VR use in PIT Next was implemented, there have been measurable benefits from the addition of the technology and ten instructor pilots are slated to graduate from the PIT Next program each month.

“In line with the National Defense Strategy, the Air Force is focused on maintaining its competitive advantage,” Strohmeyer said. “We’re making sure our pilots are capable of providing air superiority and air power for America in future conflicts. Our leaders are enabling us to find the advantage we need to ensure we can deter a peer-level adversary from fighting us, and if we have to fight, we can dominate.”

One of the biggest training advantage to PIT Next that has been noted is the ability to place students in complex or dangerous situations that would



COURTESY PHOTO

At Joint Base San Antonio-Randolph, pilot instructor trainees assigned to the 12th Flying Training Wing are using a variety of emerging technologies to aid in their learning and development.

otherwise be impossible to do in an actual aircraft.

“In real-life, an instructor cannot put a student in an intentionally dangerous situation and compromise flight safety, but that is not the case virtually,” Strohmeyer said. “Virtually, instructors can put students in any situation to determine if they would recognize the danger and whether or not they take the right course of action.”

Students also have the opportunity to take home mobile-video headsets which connect to the pilot’s smart phone, allowing for on-command and on-demand training.

“Incorporating this level of technology and deep-repetition learning allows these students to see the flight environment so many more times than they would have in the past,” Strohmeyer said. “In the end, this allows students to gain a much higher level of mastery of the skills they need to be competent on at the end of the program.”

The changes in the 99th FTS include the incorporation of the VR and 360-degree video headsets, as well as a new perspective in the unit approaches traditional classroom academics.

“We need to acknowledge there are new insights into how the human brain learns and processes information. There needs to be an evolution in how we tackle these tasks,” Chandler said. “We refuse to accept the status quo and that refusal has driven us to a higher-level of training.”

Chandler believes the Air Force is just now scratching the surface on what is possible with advancements in training.

“We began with our specialty, aviation, but I think this is just the beginning for the Air Force,” Chandler said. “I think this will have impact on every career field.”