

JBSA

LEGACY

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JOINT BASE SAN ANTONIO

MARCH 15, 2019



PHOTO BY AIRMAN 1ST CLASS DILLON PARKER

A member of the 37th Training Wing dons Mission Oriented Protective Posture gear during the 37th Training Wing bivouac exercise Feb. 12 at Joint Base San Antonio-Lackland Medina Annex.

37th TW exercise builds readiness, camaraderie

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Alamo defenders honored during ceremony

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San Antonio Spurs player visits METC at JBSA-FSH

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‘Not in My Squad’ initiative expands

By Joe Lacdan
ARMY NEWS SERVICE

The Army has recently expanded its Not in My Squad initiative as part of its ongoing fight against sexual assault, the Army's top enlisted leader told lawmakers Feb. 27.

Introduced in 2015, the program empowers junior leaders at the squad level to reduce sexual assault and violence by building cohesive units through shared and mutual trust.

According to written testimony provided to lawmakers by Sgt. Maj. of the Army Daniel A. Dailey, the service has now spread the program to 27 ready and resilient campuses on Army installations.

In the first quarter of fiscal year 2019, Dailey testified, the service has also conducted 17 workshops that showed positive feedback.

Certified resiliency trainers have been embedded at the company level to train Soldiers on sustaining readiness and optimizing performance.

“The Army strives to provide an environment of dignity and respect for all service members and is fully committed to eliminating sexual assault,” Dailey told lawmakers in Washington, D.C. “We recognize that regardless of the progress that we have made, more work still needs to be done.”

Dailey spoke at a hearing before the Senate Committee on Armed Services' subcommittee on military personnel policies and military family readiness.

In addition to making the service a welcome place for all Soldiers, the Army has also seen progress in retention. Dailey cited a 90 percent retention rate in 2018 and said the service is on track for similar results this year.

To help improve retention, the Army has made quality of life a top priority.

Army senior leaders have worked to hasten civilian hiring times to provide quality child care for Soldiers and their families. The service recently developed and implemented hiring tools to help child care providers transition from one installation to another, such as not requiring them to go through the hiring and background check process again.

Dailey also wrote the service is exploring ways to maximize limited space at child care centers.

At a family forum Feb. 5, Army Secretary Mark T. Esper said he supported having more spouses run child care businesses from home to reduce backlogs.

Army senior leaders also continue to work on improving the quality of military housing.

Leaders recently traveled to installations to speak with families living in military housing. The service is currently analyzing data from housing surveys completed by families last month.

Esper and Army Chief of Staff Gen. Mark A. Milley even ordered an environmental hazard screening to be performed on Army-owned, -leased and -privatized homes.

By 2021, plans call for the Army to eliminate its lowest level of military housing, known as Q4. Only 190 families are currently living in Q4 housing, Dailey testified.

“We will regain the trust of our Soldiers and families through immediate and tangible actions that have already began,” he wrote.

Dailey added there will be no reprisals for Soldiers and families who share their concerns about housing and quality of life.

Researchers analyze military spouse depression

By Danile Malta
FORT SILL PUBLIC AFFAIRS

Research from the Anxiety and Depression Association of America has found a number of factors that increase risk of major depressive disorder, or MDD, in military spouses.

This study used information gathered from the largest longitudinal study ever conducted.

“The goal of the present study was to identify demographic, military-specific, and service member mental health correlates of spousal depression,” according to the authors of “Depression among military spouses: Demographic, military, and service member psychological health risk factors.”

Military spouses, on average, deal with many unique situations, such as geographic separation, unpredictable training cycles, frequent relocation and spouse deployments.

From the many factors related to military spouses, several were found to be strong indicators of increased risk for MDD.

According to the study, “less educational attainment, unemployment, and large family size were all independently

associated with greater risk for MDD among military spouses.”

Other family or individual elements that may increase risk are gender (female), being less than 30 years of age, combat deployments, PTSD, alcoholism and the service member's branch.

This research provides information with real-world application for spouses to better understand the factors that may play a role in their depression.

Additionally, it provides leaders with important data on several subgroups that may be proactively identified for resourcing.

Below are resources that may help with any one of these factors contributing to depression:

EDUCATION

- ▶ My Career Advancement Account (MyCAA): \$4,000 of financial assistance for spouses pursuing a license, certification or associate degree.
- ▶ Pell Grant: Federal student aid that varies according to several factors.
- ▶ GI Bill: This military benefit can be transferred to eligible spouses or children.
- ▶ Grants and scholarships: Many states and private organizations offer grants,

scholarships or reduced tuition to military spouses.

EMPLOYMENT

- ▶ Priority Placement Program: Spouses receive preference over other job applicants seeking federal service (USAJobs).
- ▶ FMWR resources: Morale, Welfare and Recreation has services, personnel and resources dedicated to helping spouses.
- ▶ Job placement: Check out local staffing agencies, job posting sites and local unemployment offices.

FAMILY SERVICES

- ▶ Military and Family Life Counseling: Counselors can help people who are having trouble coping.
- ▶ Family Advocacy Program: Dedicated to the prevention, education, prompt reporting, investigation, intervention, and treatment of spousal and child abuse and neglect.
- ▶ New Parent Support Program: Prenatal and postnatal education.
- ▶ Army Family Team Building: Helps you to not just cope with but enjoy the military lifestyle. AFTB provides the knowledge and self-confidence to take responsibility for yourself and your family.

JBSA LEGACY

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Feedback Fridays

By Brig. Gen. Laura L. Lenderman
502D 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. When will the reclassification for base level engineers be implemented? The memorandum was sent out Oct. 25, 2018, and it states the previous GS11 Standard Core Personnel Documents, or SCPD, are replaced with the new GS12 SCPDs, and each SCPD Number has a different effective date for the particular discipline. The intention of this reclassification process is to help recruitment and retention efforts across the Air Force.

A. Hiring and retaining a quality workforce is critical to the Wing, particularly for our high demand Civil Engineer Group team members. The 802d Civil Engineer Squadron is working with the 502d Force Support Squadron on this matter and has requested that all RPAs for developmental positions be accomplished by the end of April.

Part of this process involves evaluating each position to ensure all engineering requirements are met and that the employee is performing at the GS-12 level before making the classification change. CE leadership is eager to get this change made along with many other personnel actions in order to bolster up its mission essential workforce.

Installation & Facilities

Q. Has anyone considered the installation of the "red - closed, green - open" signs above the entrance lanes at the Harry Wurzbach East Gate at JBSA-Fort Sam Houston, similar to what is above the entrance lanes at the Walters Street Entrance? It is impossible to see if



one lane or two is open until you get right on top of the entrance at Harry Wurzbach.

A. Terrific suggestion ... great minds think alike! Last month, our Security Forces and Civil Engineer experts started putting together the required details to purchase lane signs for the Harry Wurzbach East and Brooke Army Medical Center/1-35 Gates. As CE and Security Forces continue planning our next round of gate improvement projects, we will certainly take this idea into consideration for Harry Wurzbach East gate.

On a related note, the 502d ABW is currently working with the City of San Antonio on a potential project to provide improved signage and lane open/closed indicators further out on Walters Street to better inform drivers as they enter this busy gate.

Q. Why does it appear that JBSA-Medina base housing is of less concern than main base housing on JBSA-Lackland? It's clear which side gets more attention.

A. Ensuring quality living quarters for service members and their families is of great importance to the Wing.

Although maintenance and improvements of JBSA-Lackland and JBSA-Medina homes is managed by Balfour Beatty Communities, or BBC, our Wing has the critical responsibility to advocate on your behalf.

We've shared your concerns with our Lackland Government Housing Office Team Lead, James Fisher (210-671-1840), to ensure we address any discrepancies between JBSA-Medina and main base JBSA-Lackland housing.

In addition, this past week, Wing

Leadership, myself included, performed numerous home inspections with residents who have concerns with their living accommodations. We are using that feedback to work with the Air Force Civil Engineer Center and the privatized housing companies to better meet the needs of our service members and their families.

We encourage residents to continue to raise their concerns with BBC as well as our Wing's Government Housing Office. **Q.** Thank you for extending the traffic hours for the JBSA-Randolph East Gate to 5:30 a.m. It has helped tremendously, but there seems to be another time of concern. At 6 p.m. all the gates are closed with the exception of the West Gate and traffic extends all the way from the gate back to the commissary. In fact, traffic is coming from all roads leading back to the West Gate making traffic backed up into the BX. Is it possible to relook at keeping the East Gate open for exiting traffic only till 6:30 pm to depart either left or right? This would also eliminate a lot of illegal U-turns on Highway 78 (going back west) and would be a great effort to reduce the elimination of traffic for individuals that work until 6 p.m. Thank you for looking into this and your consideration.

A. Thank you for bringing this issue to our attention. We will definitely consider this suggestion for the future, but I have good news that we just learned yesterday ... construction at the Lindsey Gate has been completed ... ahead of schedule. The gate reopened at 3 a.m. March 11, with all other gates at JBSA-Randolph returning to their normal hours and days of operation. This should reduce the back-up at the West Gate. But, our

Security Forces will monitor the traffic next week and be prepared to revisit the issue.

In the meantime, it's been a little while since we have had normal gate operations at JBSA-Randolph, so I'm including the regular gate hours.

As a quick reminder for next week:

▶ Lindsey Gate: 24/7 (starting 3 a.m. March 11)

▶ West Gate: 6 a.m. to 6 p.m.

Monday-Friday; closed weekends and holidays

▶ East Gate: 6-8:30 a.m. inbound only, 3-5:30 p.m. outbound only, Monday-Friday; closed weekends and holidays

▶ South Gate: 6-8:30 a.m. inbound only, 8:30 a.m. to 6 p.m. inbound and outbound; closed weekends and holidays

Q. The JBSA-Randolph BX Pharmacy system is broken ... it needs immediate attention, so there is not an everyday occurrence of three-hour waits for prescription pickup, or lost en route which require 1/2 day revisits.

A. We apologize for any inconvenience you may have experienced at the JBSA-Randolph BX pharmacy. As a direct result of ongoing process improvement efforts regarding patient-centered health care, the 59th Medical Wing began installing an upgraded pharmacy robotic-refill modernization system in January to support all 59 MDW pharmacy locations.

Unfortunately, during this effort, some locations have intermittently experienced an increase in wait times. However, as the system is refined, the 59th MDW

Army CID warns members of internet ‘sextortion’ scams

From U.S. Army Criminal Investigation Command Public Affairs

As part of a continuing campaign to help prevent Soldiers and other members of the Army community from becoming victims of crime, Special Agents from the U.S. Army Criminal Investigation Command, commonly known as Army CID, are once again cautioning the Army community about ongoing Internet based “sextortion” scams.

Sexual extortion, or “sextortion,” is a cybercrime perpetrated against unwitting victims who are often approached in casual conversation via social media platforms and then seduced into engaging in online sexual activities.

After participating in the sexual request, which are most often recorded without the victim’s knowledge or consent, the victim is then threatened by the criminals with public exposure and embarrassment if the victim does not pay money to the extortionist.

According to military officials, more than 450 known military members from all services have fallen victim to the scam and have been blackmailed for more than \$560,000 dollars, and those numbers do not include the number of victims who have not come forward.

With the criminals threatening to send compromising video or photographs to the victim’s commanders or families, victimized military members often pay out of fear that their careers will be jeopardized by the false claims.

In another concerning version of the scam, the criminals will contact the victim and pose as police or parents of who they claim is an “underage victim” and threaten to ruin the service member’s career or have them arrested if they do not pay the ransom.

Another method the criminals use to attempt to extort money is to claim that they are a lawyer working on behalf of the alleged victim. The scammer will request payments for things such as counseling for the alleged victim or to replace electronic devices that now contain alleged “child pornography.” If these demands are not met, the person claiming to be the lawyer threatens to report the incident to law enforcement.

“Legitimate organizations will not contact you and ask for money in lieu of reporting you to law enforcement,” said Special Agent Edward LaBarge, the head of Army CID’s highly specialized

Computer Crime Investigative Unit.

“Typically, law enforcement will not attempt to make contact with you over the phone. If you are contacted via telephone, always request validating information such as an agency email address and offer to meet in person at a law enforcement facility before proceeding with giving out your personal information.”

Army CID officials stress that if an individual is being blackmailed and comes forward, they want to help that individual.

“It is important to also keep in mind that law enforcement, to include Army CID, will never agree not take legal action against you if you have agreed to pay [ransom] money to the alleged victim or to the alleged victim’s family,” LaBarge said.

“We encourage victims to contact us so we can help. If law enforcement gets involved early on, there are investigative steps that may help identify the perpetrators responsible for victimizing Army personnel.”

Additionally, CID officials warn that if you do not seek help, victims are often at risk for further exploitation. Once the blackmail begins, the criminals can continue to demand additional payments, more sexual images, sensitive military information, or access to U.S. Army systems and facilities, so early notification to law enforcement is very important according to CID Special Agents.

“To avoid falling prey to a sextortion scam, never send compromising photos or videos of yourself to anyone, whether you know them or think you know them,” said LaBarge. “You are also advised to turn off your electronic devices and physically block web cameras when you are not using them.”

For more information on how these scams unfold and how to identify sextortion red flags, see the Joint Service Sextortion brochure at <http://www.cid.army.mil/assets/docs/2can/JointServiceSextortionBrochure.pdf>.

IF YOU HAVE BEEN THE VICTIM OF SEXTORTION, ADHERE TO THE FOLLOWING:

FEEDBACK

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expects those wait times to improve.

In the meantime, the new processes are being monitored and adjusted and are improving on a daily basis. To reduce your wait time, we recommend calling in all refills in advance.

Additionally, if using another location is an option, the Gateway Bulverde Clinic, located at 25615 US-281 #215, San Antonio, TX 78258, currently has the shortest wait time. We appreciate your patience as we continue to improve our healthcare delivery processes at JBSA-Randolph and across the greater San Antonio area.

Q. There are various dining facilities and fast food restaurants which are not maintaining proper fire codes. Why are they not corrected?

A. Thank you for asking this question as safety of our customers and workforce is of high importance. The JBSA Fire

Department has an active Fire Prevention force that seeks out vulnerabilities in all government owned facilities, to include dining facilities and fast food restaurants.

Without knowing your specific concerns, we can share that when Fire Prevention inspects kitchen fire suppression systems, if hazards are identified, they then employ mitigation strategies as possible. Often this includes "red tagging" equipment that cannot be used until the condition is corrected. The Civil Engineer Group then works to correct the issues either through in house efforts, service contracts, or larger projects.

Of note, there are currently several projects in the works to improve dining facilities including Lackland's Mesquite Dining Facility which is scheduled for a \$4 million full facility renovation in Fiscal Year 2020. In the case of AAFEES owned facilities, they take fire deficiencies into consideration for facility repairs and

investments. If you have further concerns on potential unidentified fire risks please reach out to the Fire Protection Team POC, the Assistant Chief Fire Prevention, Darrin Tannert at 210-671-0227.

Miscellaneous

Q. Why are children (no minimum age) permitted to operate motorcycles (that sometimes exceed the 15 MPH housing speed limit) without any road knowledge/training, when the base requires motorcyclists to take a motorcycle safety course?

A. Thank you for taking the time to bring this issue to our attention. The safety of our children is a top priority, and I have consulted with my leaders in Security Forces to address these concerns.

The current JBSA traffic supplement authorizes the operation of a motorized (gas or electric/battery) bike on the roads as long as the child is wearing a helmet. While riding on the road, the operator is

required to ride as far right as possible and obey posted street signs (e.g. stop signs), no different than riding a bicycle. Additionally, these "toy-like" bikes/mopeds/ scooters operate at less than 2250 watts.

Because of the lower capacity, the Air Force motorcycle safety course is not required. Our School Resource Officer (SRO) and routine patrols (when available) are present in specific areas around the community during the times kids are traveling to and from school. This effort helps with the overall safety of both our children and motorists. Additionally, at the end of every school year, our SROs host bike rodeos, focused on teaching children proper bike and a road safety.

As we continue to develop and grow the SRO program, we will look for other opportunities to address bike safety. My desired end state is the safety of our children and all personnel who live, work, and play on JBSA and I can't

thank you enough for being an active contributor of our community in achieving that goal.

Q. What does the 502 ABW CC think of the Management Internal Control Toolset?

A. Thank you very much for your question! I know MICT is a useful tool that if we use it properly can enable transparency of unit compliance. However, MICT has become strictly a communication tool in recent years versus a compliance tool. Nevertheless, we have the ability to alter MICT to increase its usefulness for the assessor and the unit.

When we all do our part, MICT will help us stay compliant and find areas where we might be able to waive requirements that are no longer required or necessary for the unit to function effectively.

Lastly, MICT is only one tool in our toolbox for staying mission ready, we all must still follow the requirements we find in governing directives.

FORT SAM HOUSTON

Courage of Alamo defenders honored at ceremony

By David DeKunder
502ND AIR BASE WING
PUBLIC AFFAIRS

The defenders who fought at the Alamo left a legacy of courage and sacrificed their lives so that others could be free, said Brig. Gen. Laura Lenderman, Joint Base San Antonio and 502nd Air Base Wing commander, at a memorial service March 6 honoring those who died in the 1836 battle for Texas independence.

Lenderman spoke before local dignitaries, members of the Daughters of the Republic of Texas organization, JBSA servicemembers and the public during the memorial service held at Alamo Plaza marking 183 years ago to the day that approximately 200 Texan defenders, led by Lt. Col. William Barrett Travis, died while defending the Alamo from an attack led by Mexican Gen. Antonio Lopez de Santa Anna, whose force of 2,000 troops started attacking the mission at dawn that day.

Against incredible odds and knowing that no reinforcements were coming, the Texans at the Alamo lasted thirteen days and provided General Sam Houston the strategic opportunity to withdraw and obtain better positioning and gather additional forces. Eight weeks after the Battle of the Alamo, Houston defeated Santa Anna at the Battle of San Jacinto on April 21, 1836, helping Texas to gain its independence from Mexico.

Lenderman said, "The siege here ended nearly two centuries ago, but we are still close to those events. We are connected to them. Their



PHOTOS BY TRISTIN ENGLISH

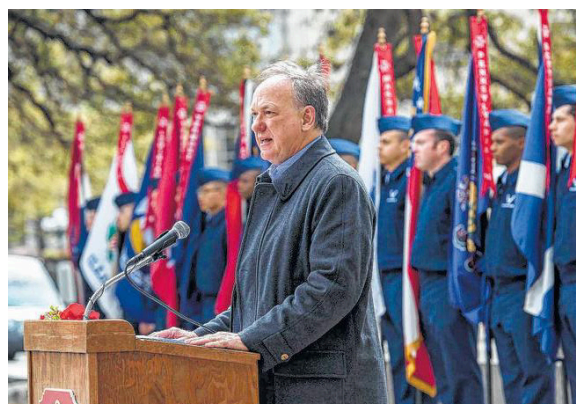
Brig. Gen. Laura L. Lenderman, Commander, 502nd Air Base Wing and Joint Base San Antonio, delivers remarks as the keynote speaker for the annual memorial service for the Heroes of the Alamo at the Cenotaph at Alamo Plaza in San Antonio March 6. The event was sponsored by the Alamo Mission Chapter of the Daughters of the Republic of Texas.

stories are part of who we are." Lenderman noted that the defenders at the Alamo came from different backgrounds and places, but they came together for one cause: to uphold the ideal of a government by the people and for the people.

"It is a privilege to take this moment with all of you to remember those who fought and died in the defense of the Alamo, in the defense of Texas and of the ideals that make the United States a truly exceptional nation," Lenderman said.

"The brave defenders of the Alamo left a legacy – a legacy of commitment, a legacy of courage and a legacy of idealism that is a gift to each and every American," Lenderman said.

Mary Wieser, president of the Daughters of the Republic of Texas-Alamo Mission Chapter, said the military has always been a part of the annual Alamo memorial



Doug McDonald, CEO of Alamo Trust, Inc., welcomes guests to the annual memorial service for the Heroes of the Alamo at the Cenotaph at Alamo Plaza in San Antonio March 6.

service since its inception in 1912.

"We are honoring not only the fallen heroes but also our military past and present who have served our country over the many, many, many years," Wieser said. "They did it so

we could be out here on Alamo Plaza today."

George Harcourt, former president of the Sons of the Republic of Texas-Alamo Chapter, conducted a roll call of nations and states the Alamo defenders were from.

"It is a privilege to take this moment with all of you to remember those who fought and died in the defense of the Alamo, in the defense of Texas and of the ideals that make the United States a truly exceptional nation."

Brig. Gen. Laura Lenderman, Joint Base San Antonio and 502nd Air Base Wing commander

During the roll call, 29 Airmen from the 37th Training Wing at JBSA-Lackland held the flags representing the 22 states and seven countries the defenders came from. Harcourt called the name of each state and nation and the number of defenders that came from that place. Each time he did this, an Airman holding the flag of the state or country being called stepped up, raised the flag and stepped back into formation after Harcourt had finished with the state or country they were representing.

"The Alamo heroes who fought and died on this hallowed ground remind us how very precious the cost of freedom can be," Lenderman said. "We must never forget their courage, we must never forget their commitment and we must never forget their sacrifice."



JOSE E. RODRIGUEZ

Soldiers and Sailors from Brooke Army Medical Center and the Medical Education and Training Campus at Joint Base San Antonio-Fort Sam Houston join Colonial Hills Elementary School students for their Heroes for Health Day at the school's campus Feb. 28.

Soldiers, Sailors join students for Heroes for Health Day

By Jose E. Rodriguez

ARMY MEDICAL DEPARTMENT CENTER
AND SCHOOL PUBLIC AFFAIRS

A group of Soldiers and Sailors joined Colonial Hills Elementary School students at their Heroes for Health Day on Feb. 28.

Service members from Brooke Army Medical Center and the Medical Education and Training Campus from Joint Base San Antonio-Fort Sam Houston were organized by 1st Sgt. Julie Morris, Army Medical Department Center and School, Headquarters Support Company, to participate at the school's health event.

Colonial Hill physical education coach Terri Pitts organized the event and invited members of the San Antonio military community to speak with the students.

"This is the second year the military has been involved in our school," Pitts said. "The military is enthusiastic, they are great role models for our kids, plus our kids are more active when they are here. We want to invite the military to future events."

Pitts also has a personal connection

to the military. Her son is an aerospace medic in the U.S. Air Force stationed in Germany.

"I appreciate what the military does for the community, and I'm happy the Soldiers and Sailors came out today," she added.

During the event, Soldiers and Sailors talked with second- and third-grade students about proper nutrition and a healthy lifestyle, then led the students in a variety of physical activities.

When asked what she enjoyed most about the event, Morris said the best part was talking with the kids and hearing their stories, not just the physical challenges and exercises.

"Today was awesome and so much fun. There was so much energy from the kids and cadre," Morris said. "I think the students learned something about the military and the importance of staying physically fit and getting proper nutrition, not just as little kids, but as adults."

Morris also said she thought it was important to attend the event and let community know that they are willing to take a break from the mission to support a good cause.

U.S. Navy Band performs at Texas Lutheran, Baylor

By Burrell Parmer

NAVY RECRUITING DISTRICT
SAN ANTONIO PUBLIC AFFAIRS

To assist in spreading Navy awareness across the country, the U.S. Navy Band, under the direction of Capt. Kenneth Collins, kicked off its 2019 Concert Band National Tour on Feb. 20.

The tour serves audiences with entertaining performances but also allows America's Navy direct access to both former and future members of the Navy.

On March 1, the concert band journeyed to Seguin to perform for a maximum-capacity crowd in the Jackson Auditorium on the campus of Texas Lutheran University.

Attending the concert were Sailors from Navy Recruiting District San Antonio, who engaged with the community and were available to speak with students who may have an interest in joining America's Navy.

"I am very excited to be here," said Petty Officer 1st Class Jose Zouain, assigned to Navy Recruiting Station San Marcos. "This is the first time I've had the opportunity to see the Navy Concert Band perform live. It was great being able to talk with some of the band members but more especially



NAVY MUSICIAN 1ST CLASS SARAH BLECKER
Chief Petty Officer Randy Johnson (from left), Senior Chief Petty Officer Stacy Loggins and Petty Officer 1st Class Joseph Gonzalez solo on the marimba during the U.S. Navy Band concert held in the Jones Concert Hall on the campus of Baylor University.

members of the community who came out to hear some great music."

Nina McGrath, founding director of the San Antonio Youth Wind Ensemble, brought 50 of her students to the concert.

"I wanted to showcase to my students that there are opportunities in military service in which they can utilize their musical talents and skills," said McGrath, whose organization was founded in 2010 as the premier honor wind ensemble for youth in the San Antonio and surrounding areas. "San

Antonio is Military City, USA, and my students need to know that their musical talents do not have to stop after high school or college."

According to McGrath, having the U.S. Navy Band perform here helps maintain a connection between the public and the military.

The band traveled to Waco on March 3 to perform for the community and students in the Jones Concert Hall on the campus of Baylor University.

Senior Chief Petty Officer Laura Grantier, the woodwind chief-in-charge for the Navy

Band, along with Sailors of NRS Waco, greeted guests who attended.

"It's good to bring music to areas in the country where there isn't a large Navy presence," said Grantier, a clarinetist who has served with the band for 24 years. "We have people of all ages come to the concerts, especially military veterans with their families and students who may have an interest in joining the Navy through our music program."

According to Grantier, having Navy recruiters present at the concerts play a critical part in

the band's mission success.

"Texas is a huge breeding ground for musicians," Grantier said. "We have a significant number of Sailors from Texas who are part of the U.S. Navy Band, and Baylor University has produced four musicians who are currently serving."

One of the primary responsibilities of the U.S. Navy Band is its national concert tour. Rather than a single tour, the Navy Band's national concert tour is a collection of tours throughout the year by the various units of the Navy Band.

These tours provide the opportunity to reach out to audiences in areas of the country that may not see the Navy's premier musical ensembles on a regular basis.

NRD San Antonio's area of responsibility includes more than 30 Navy Recruiting Stations and Navy Officer Recruiting Stations spread throughout 144,000 square miles of Central and South Texas.

Navy Recruiting Command consists of a command headquarters, two Navy Recruiting Regions, 20 Navy Recruiting Districts and six Navy Talent Acquisition Groups that serve more than 1,300 recruiting stations across the country.

ARMY CID

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- DO preserve whatever information you have from the scammer(s), such as social networking profile, email accounts used, where money was directed to be sent, etc.

- DO notify CCIU at usarmy.cciuintel@mail.mil to report being a victim if you are a service member or an Army civilian employee. If you are not associated with the military, report the crime to your local police department, DHS Homeland Security

Investigations at Assistance.Victim@ice.dhs.gov, or the FBI's Internet Crime Complaint Center at www.ic3.gov.

VICTIMS CAN SEEK INFORMATION ON RIGHTS AND ASSISTANCE FROM:

- Army Victim/Witness Liaison Program - VWL will assist victim in contacting agencies or individuals responsible for providing necessary services and relief.
- Command Chaplains.
- Family Advocacy Center/Army Community Service.

- If victims are not eligible for military services, or where military services are not available, the VWL can provide liaison assistance in seeking any available nonmilitary services within the civilian community.

For more information about computer security, other computer-related scams and to review previous cyber-crime alert notices and cyber-crime prevention flyers visit the Army CID CCIU website at <https://www.cid.army.mil/cciu-advisories.html>. To report a crime to CID, visit <http://www.cid.army.mil>.



COURTESY GRAPHIC

Spurs point guard Dejounte Murray tours the METC

By Petty Officer 2nd Class Shayla D. Hamilton
NAVY MEDICINE TRAINING SUPPORT CENTER PUBLIC AFFAIRS

Members of the Medical Education and Training Campus and the Navy Medicine Training Support Center at Joint Base San Antonio-Fort Sam Houston gave San Antonio Spurs point guard Dejounte Murray a hands-on demonstration of some of the training hospital corpsmen receive at the METC Feb. 28.

Murray visited the campus' Tactical Combat Casualty Care, or TCCC, training lab where he watched a simulated version of a casualty situation. NMTSC Navy instructors taught Murray how to place a chest seal and tourniquet, which he practiced on a training manikin.

Murray also visit the Shipboard Inpatient Nursing Lab where he and recent Hospital Corpsman Basic program graduates provided care to a manikin "patient," administering CPR chest compressions.

The final stop on the tour was Smith Hall, where the surgical technician program is housed. Petty Officer 1st Class Jeremiah Hays, an ST program instructor, performed a simulated appendix removal on a manikin with Murray alongside after donning a surgical gown to observe the procedure.

The visit concluded with Murray observing NMTSC Sailors reciting the Sailor's Creed and singing "Anchors

"Everybody's got a lot of hard work to do, and being here is just showing me it's bigger than me. I'm always open to learning these types of things, and it made me respect all the stuff service members do around here even more."

Dejounte Murray
San Antonio Spurs point guard

Aweigh" before signing autographs and taking photos with those in attendance.

Murray said it was fun to see and participate in the training. He also said he's always open to learning what's going on outside of the NBA, adding that it gives him a different perspective on life.

"Everybody's got a lot of hard work to do, and being here is just showing me it's bigger than me," Murray said. "I'm always open to learning these types of things, and it made me respect all the stuff service members do around here even more."



PETTY OFFICER 2ND CLASS SHAYLA D. HAMILTON

Petty Officer 1st Class Jeremiah Hays (left), an instructor with the Surgical Technologist program at the Medical Education and Training Campus, and San Antonio Spurs player Dejounte Murray perform a mock surgery in a simulated operating room during a visit to the Medical Education and Training Campus and the Navy Medicine Training Support Center on Feb. 28 at Joint Base San Antonio-Fort Sam Houston.

NATIONAL NUTRITION MONTH

Consider goals when comparing diet benefits, pitfalls

By Army 2nd Lt. Paul M. Holthaus

BROOKE ARMY MEDICAL CENTER DIETETIC INTERN

With every new year, it seems there is a new diet trend. With so many diets, it can be challenging to know what is “good for you.”

It is important to consider personal goals when choosing a diet. Some people follow a diet for optimized performance, while others may be interested in weight management. Knowing the benefits and downfalls of a diet is key for health.

The ketogenic diet and intermittent fasting have recently gained popularity in the fitness and health industry. The U.S. Department of Agriculture’s MyPlate is promoted by health professionals and provides overall guidance for a healthful diet. Here is a comparison on how these three diets may affect performance and weight goals.

» MYPLATE

The USDA’s MyPlate is based on the 2015 Dietary Guidelines for Americans. MyPlate focuses on eating a balanced diet with a variety of foods. MyPlate shows what your plate should look like with a simple visual and encourages whole grains, fruits, vegetables, protein variety and low-fat dairy choices. It also recommends limiting saturated fat, sodium and added sugars. MyPlate offers easy-to-follow advice and is meant to be simple and repeatable.

PERFORMANCE OPTIMIZATION

The focus of MyPlate is to promote healthy patterns of eating throughout your life. Performance can be optimized by eating a balanced diet. MyPlate supports the intake of adequate macro and micro nutrients. This can support optimized performance with personal tailoring to specific exercise programs. If done properly it will ensure enough carbohydrates to maintain stored energy and protein to build muscle.

WEIGHT MANAGEMENT

Following a healthy eating style such as MyPlate has been shown to be effective in weight loss and management. In many cases, it may be better than fad diets for long-term maintenance. This dietary pattern will help people take in adequate amounts of nutrients and allows for a variety of foods to be eaten.

» INTERMITTENT FASTING

The term “intermittent fasting” refers to a wide variety of eating patterns and programs. This weight loss strategy has gained popularity after many celebrity endorsements. Intermittent-fasting strategies involve restricting eating with little or no intake for 16 to 48 hours. This is followed by a period of unrestricted eating. With longer fasting periods of 24 to 48 hours, it is often referred to as “alternate-day fasting.” This diet strategy may result in metabolic changes during fasting periods. Research has shown



COURTESY GRAPHIC

increased fat breakdown, decreased blood sugar and increased metabolic rate during fasting.

PERFORMANCE OPTIMIZATION

Research has shown no decrease in performance during short fasting periods. Some studies have shown eating carbohydrates prior to exercise may improve performance, whereas other studies show no difference. It often depends on the duration of the exercise. With longer exercise time, carbs seem to be more helpful. If adequate calories are eaten during nonfasting periods, the body can store enough energy and performance and often is not affected. This means optimized performance is possible despite fasting if there is proper nutrient intake.

WEIGHT MANAGEMENT

Intermittent fasting has been reported as an effective strategy for weight loss in overweight and obese individuals. This weight loss is often increased due to overall calorie restriction and the possible benefits of fasting. Eating in a small time window can limit extra snacking and calories. Fasting periods help with burning fat and calories. It can increase fat breakdown and metabolic rate. Although this strategy has proven effective in short-term studies, there are not many long-term studies about fasting and weight maintenance. Overall, this strategy may help with weight maintenance. It can reduce calorie intake and possibly increase metabolic rate and fat breakdown.

» THE 'KETO DIET' OR MODIFIED ATKINS DIET

Although it seems like a recent fad, the Keto Diet has long been used for the treatment of seizures. Today, it is often promoted for its fat-burning potential. The KD is a high-fat diet that puts the body into a state that resembles starvation. It is a way to

force the body to break down fat as its primary energy source. This is different from a balanced diet, where carbohydrates are the main energy source.

There are many variations of the KD. A strict KD requires about 85 to 90 percent of calories from fat. This is challenging to achieve as carbs are found in almost all food and drinks. A strict KD is usually limited to patients with seizures. The popular term “Keto Diet” often refers to a modified Atkins diet. This diet consists of 60 to 70 percent of calories from fat and 20 to 35 percent of calories from protein.

PERFORMANCE OPTIMIZATION

There is evidence that a Modified Atkins Diet, or MAD, can benefit athletes in a few ways. For weight-class and power-sport athletes, the MAD has been shown to decrease overall body mass while maintaining strength. It has also been shown that a MAD may be helpful for endurance athletes. During these events, fat becomes a necessary fuel source. Having a better ability to use fat for energy can improve performance over long periods of exercise.

Despite possible benefits, there are also some performance downfalls. At the beginning of a MAD, people may feel tired and weak. This is due to low blood sugar levels. In the beginning, the body has not adapted to use fat as a primary fuel source and performance may suffer. This short-term downfall is sometimes referred to as the “keto flu.” It may take weeks to months to adapt to the new diet before seeing any performance benefits.

WEIGHT MANAGEMENT

There are many promising aspects of the MAD for weight management. The first is that eating fat decreases hunger. This can improve portion control and prevent extra snacking. Another possible benefit of the MAD is its fat-burning potential while preserving muscle. It has been shown that individuals on a calorie-restricted MAD keep more muscle mass than those on a higher-carb diet during the weight loss process. Additionally, increased protein intake with the MAD can increase the number of calories burned in a day. More energy is required to break down protein than fat or carbs. This can help in weight management.

Despite these benefits, certain vitamins and minerals may be lacking in this diet. Limiting the amount of carbohydrates restricts the number of fruits and vegetables people can eat. If attempting this diet, it is important to pay close attention to vitamin and mineral intake. It should also be noted that the long-term effects of this diet have not been widely studied.

Today, the KD, intermittent fasting and MyPlate are all popular diet patterns. They all offer possible benefits and downfalls for performance optimization and weight management. It is important to know the facts prior to committing to a diet. Eating plans are highly personal, and there is no one diet that will work for everyone.

LACKLAND

37th TW exercise builds readiness, camaraderie

By Airman 1st Class Dillon Parker
37TH TRAINING WING PUBLIC AFFAIRS

Personnel from the 37th Training Wing participated in a bivouac exercise Feb 12-13 at the Basic Expeditionary Airman Skills Training, or BEAST, site at Joint Base San Antonio-Lackland-Medina Annex.

The first of its kind 36-hour exercise focused on instilling the air expeditionary mindset, building individual and team confidence, and identifying training needs in an effort to promote Comprehensive Airman Fitness, improve readiness and foster stronger relationships across the wing.

"All levels of leadership were represented in this exercise," said Kevin Oliver, 37th Training Wing Self-Assessment Program Manager and Exercise Organizer. "Participants included new-to-the-force Airmen, experienced technical and basic military training instructors, and seasoned commanders."

Over the course of the exercise, participants practiced weapons handling, self-aid buddy care and dismantled patrol missions, while demonstrating their ability to survive and operate in a hostile environment. To cap off the event, exercise participants completed the Creating Leaders, Airmen, Warriors, or CLAW, obstacle course.

"It was great to be out there honing our skills as a unit," said Capt. Shawn Graves, 322d Training Squadron Flight Commander. "The CLAW is no joke, and all the skills we learned here are crucial aspects of readiness."

The exercise also aimed to instill mental toughness and highlight the importance of joint warfighting by welcoming and integrating a distinguished guest, retired U.S. Marine Corps Maj. Brian "Tosh" Chontosh.

Chontosh earned the Navy Cross for his extraordinary heroism in support of Operation Iraqi Freedom, where he displayed decisive leadership, unlimited courage in the face of heavy



PHOTOS BY AIRMAN 1ST CLASS DILLON PARKER

Capt. Shawn Graves, 322nd Training Squadron flight commander, navigates an obstacle during the 37th Training Wing bivouac exercise Feb. 13 at Joint Base San Antonio-Lackland Medina Annex.

enemy fire and utmost devotion to duty. Throughout the bivouac, he embedded himself into each flight and provided mentorship and feedback on various expeditionary objectives. His motivating speech focused on the importance of maintaining a readiness mindset.

"A true professional puts mood aside and focuses on immediate action and doing the next right thing," Chontosh said. "You can never know if the decision you're about to make is going to be the right one, but you have to practice high-stakes situations enough that your immediate response becomes decisive action. Your mind has to be trained the same way you train your muscle memory."

While decision-making is a vital aspect of a readiness, trusting in and looking out for others is equally important.

"Part of being a team is having each other's backs," Chontosh said. "That means looking out for them, but also

trusting in their capabilities. This isn't a solo fight; we're all part of a team."

With Chontosh's speech, demanding physical exercises and technical challenges, this exercise fit right into the overall strategic goals of the Air Force.

"Readiness is the Secretary of the Air Force's number one priority," said Col. Jason Janaros, 37th Training Wing Commander. "Unit readiness starts in the heart of individual Airmen, our ultimate weapon system. This exercise, which was focused exclusively on our permanent party personnel, will set us up for future success. You train and make mistakes in this environment so you won't make mistakes in the combat environment."

"Given the short planning window and lack of precedent, this exercise was an incredible success," Janaros said. "It's the first of many more to come. Caring, professional and ready warrior Airmen aren't built behind a keyboard. We've got such a great environment out

"It was great to be out there honing our skills as a unit. The CLAW is no joke, and all the skills we learned here are crucial aspects of readiness."

Capt. Shawn Graves, 322nd Training Squadron Flight Commander



Senior Master Sgt. Gerardo Marquez Jr., 837th Training Squadron superintendent, navigates an obstacle during the exercise in which participants demonstrated their ability to survive and operate in a hostile environment.

here at BEAST and we're going to take advantage of it. Our collective goal is to build hard targets — more ready, more lethal Airmen who are prepared for the challenges they might face downrange or even downtown. Whether it's a lifesaving endeavor on the side of the road, defending themselves or a loved one, or facing a personal hardship, we've got to be prepared, and that all goes back to instilling and maintaining a readiness mindset."

AFCYBER teams with allied partners for XS19

By Tech. Sgt. R.J. Biermann
AIR FORCES CYBER PUBLIC AFFAIRS

Operations recently wrapped on Exercise Crossed Swords 2019 in Tallinn, Estonia, which ran Jan. 28 to Feb. 1.

The third annual exercise was co-led by two Baltic States' civilian cybersecurity organizations, the NATO Cooperative Cyber Defence Centre of Excellence and CERT.LV Information Technology Security Incident Response Institution of the Republic of Latvia.

This marked the first year Air Forces Cyber participated.

Crossed Swords 19 was a hands-on, full-scale cyber operations exercise during which kinetic and cyber operations were carried out simultaneously. These included challenges to industrial control systems, physical security systems, unmanned aerial vehicles and maritime surveillance systems, according to NATO CCDCOE officials.



COURTESY PHOTO

More than 100 cyber operators from 21 countries participate in Exercise Crossed Swords 19 in Tallinn, Estonia, on Jan. 31. The annual exercise, which ran Jan. 28 to Feb. 1, included hands-on, full-scale cyber operations in which kinetic and cyber operations — including challenges to industrial control systems, physical security systems, unmanned aerial vehicles and maritime surveillance systems — were carried out simultaneously.

The exercise hosted more than 100 participants from 21 countries.

The 24th Air Force/Air Forces Cyber delivers full-spectrum cyberspace

capabilities and outcomes to the Air Force, joint force and the nation.

Specifically, the unit's disciplined, lethal and ready forces establish,

operate, maintain and defend Air Force networks to ensure warfighters can maintain the information advantage as U.S. forces prosecute military operations around the world.

"Our international partners and allies are critical to success in cyberspace," said Maj. Clara Bayne, AFCYBER Partnerships and Engagements Division chief. "Exercises, like Crossed Swords 2019, provide beneficial opportunities to strengthen these partnerships and maintain global cyberspace superiority."

The year's exercise operations focused participants on offensive cyber capabilities.

"The exercise provided an important opportunity to practice cyber operations with other countries' cyber professionals," said 1st Lt. Travis Britton, AFCYBER operator and exercise attendee. "We acted in an offensive mindset against a defensive force, working together to bolster international alliances and relationships."

BMT MTIs are named 2018 Etchberger Team of the Year

By Jennifer Gonzalez
AIR EDUCATION AND TRAINING
COMMAND PUBLIC AFFAIRS

Military Training
Instructors from Air Force Basic Military Training at Joint Base San Antonio-Lackland are in the spotlight for a job well done after being named the 2018 Etchberger Team of the Year during the 2019 Air Force Association Symposium in Orlando, Fla., on March 1.

This marks the first time MTIs have won the award, named after Medal of Honor recipient Chief Master Sgt. Richard Etchberger. The award recognizes Airmen serving in hard-to-fill career fields or fields with a high turnover rate who give their all to achieve team success.

"It's so fulfilling to receive the award and definitely rewarding to be a representative for the whole team," said Tech. Sgt. Eric J. Garza, a Military Training

Instructor with the 323rd Training Squadron at Joint Base San Antonio-Lackland. "This award is definitely not due to an individual effort, but because of our collective efforts as a team."

The MTI team was selected for the award based on its 2018 accomplishments, one of which was the overhaul of the BMT curriculum. After listening to feedback from the field, the changes to BMT began Sept. 4 and are focused entirely on readiness and lethality, Airmanship, fitness and warrior ethos.

"We have certainly completed the largest transformation in BMT in at least a generation, but at the end of the day it's really how MTIs execute at the edge of the battle space and with pride, passion and professionalism," said Col. Jason Corrothers, 737th Training Group and BMT commander. "They raise the game every single day."

MTIs have an average daily load of 7,000 trainees and graduated more than 37,314 Airmen in fiscal year 2017. This year, MTIs are set to increase that number to more than 40,200 graduates.

These graduates will be the next generation of Mach-21 Airmen, and the MTI corps is responsible for ensuring the service's newest Airmen are lethal and ready to tackle the challenges of today's dynamic security environment.

"MTIs complement each other regardless of what squadron we are in," said Master Sgt. Martina Camacho, 320th TRS military training instructor. "We look to our left and right, and we know we have each other's backs, and to me that is the definition of teamwork; this is also what we are instilling in our young Airmen and here we are leading the way as the MTI corps."

To become an MTI,



1ST LT. KAYSHEL TRUDELL

Military Training Instructors from the 737th Training Group at Joint Base San Antonio-Lackland accept the 2018 Etchberger Team of the Year award during the Air Force Association Symposium on March 1 in Orlando, Fla.

individuals are vectored from career fields across the Air Force through the developmental special duty process and will hold the position for at least three years.

"If you think about the big picture, this is a huge win for the Air Force because we have all the true professionals from the different career fields coming to one big core, so it's not just the MTI core that is

crushing it, it is the whole Air Force," said Tech. Sgt. Kayleigh McAviney, 322nd TRS military training instructor.

The 737th TRG is the largest training group in the Air Force and is comprised of nine squadrons and more than 900 permanent party personnel. It is headquartered at JBSA-Lackland and is responsible for providing and coordinating all support activities of BMT.

Career assistance advisors focus on JBSA members

By Mary Nell Sanchez

502ND AIR BASE WING
PUBLIC AFFAIRS

The military provides opportunities for not just military members, but also Department of Defense civilians to further develop professional, leadership and management skills.

Career assistance advisors facilitate these developments through a number of avenues, such as career counseling, professional development courses and transition assistance.

“We’re charged with developing officers, enlisted and civilians across JBSA,” said Senior Master Sgt. Sarah Sullivan, 802nd Force Support Squadron career assistance advisor.

They offer a variety of professional development courses to prepare attendees for whatever is around the corner in their careers. The



STAFF SGT. MICHAEL ELLIS

Senior Master Sgt. Jose Diaz (left), a 59th Medical Wing career assistance advisor, briefs Airman 1st Class Felipe Morais, a 59th MDW personnel specialist, on retraining opportunities Sept. 22, 2016, at the Wilford Hall Ambulatory Surgical Center at Joint Base San Antonio-Lackland.

courses cover a range of topics like leadership skills, qualities of a team player, speaking and listening effectively, time management, increasing productive, resiliency and others. There are also career progression classes that cover how to retrain or commission.

Some courses are tailored to specific groups, such as

officers, new airmen or NCOs. For example, CAA hosts the weeklong First Term Airman Course for Airmen arriving to their first duty station. FTAC focuses on developing Airmen as next-generation leaders by building skills they were introduced to in basic military training and technical training, along with providing

information relevant to new Airmen.

“We’re teaching them a lot of information early in the Airman stage instead of having to learn it years later when they’re expected to know,” said Staff Sgt. Asim Siddiqui, 802nd FSS career assistance advisor. That early course sets the stage for what could happen in the years in front of them.

Other than the few group-targeted courses like FTAC, many of the classes are open to both military and civilians.

“All of our classes are really tailored to everyone,” said Master Sgt. Jermaine King, 802nd FSS CAA.

In 2018, approximately 7,250 personnel attended about 400 courses at JBSA, Sullivan said. The CAA team also held almost 2,500 individual career counseling sessions.

Counseling is also offered during night shifts to people who may not be able to attend

normal sessions.

“We work 24/7,” said Senior Master Sgt. Charleen Jones, 59th MDW CAA. “A la carte service.”

Because of the multitude of courses offered and the wide range of topics covered, the CAA team uses instructors from JBSA.

“We’re the information bank,” Siddiqui said. “It can be anything from the cross-training aspect to where they are in life.”

Some of the instructors are civilian personnel, officers and enlisted personnel of all ranks who utilize the skills they apply in their work centers each day to teach courses, King said.

Instructors can also answer inquiries via email and their Facebook page.

For more information, contact the CAA team at 802FFF.CAA@us.af.mil or on their Facebook page, JBSA Career Assistance Advisor.

JBSA-Lackland receives Air Force's new handgun

From 502nd Air Base Wing Public Affairs

The Air Education and Training Command Combat Arms Apprentice Course at Joint Base San Antonio-Lackland is one of the first units to receive new M18 Modular Handgun Systems as part of the Air Force Security Forces Center's effort to modernize weapons systems and increase warfighter lethality.

"The newest students here will be some of the first defenders to fire, handle and qualify on the new weapons system," said Staff Sgt. Glenn Stemple, 343rd Training Squadron combat arms armorer. "This will give them the chance to move on to their next duty stations with firsthand experience to pass onto their fellow combat arms instructors and security forces

members."

The M18 replaces the M9, which has been in use for more than 30 years. The modular design of the M18 provides improved ergonomics, target acquisition, reliability and durability to increase shooter lethality.

"The Air Force made a fantastic choice with the M18," Stemple said. "It's much lighter than the M9 and has fewer moving parts so it's easier to understand. The simplicity is going to enable much greater weapon proficiency, control and confidence."

Another benefit of the M18 is that it can be customized to the individual shooter's handgrip.

"The fixed size of the M9 was a major limitation for our defenders with bigger or smaller hands," said Master Sgt. Shaun Ferguson, AFSFC Small Arms and Light

Weapons Requirements program manager. "Along with all of the other improvements, the M18 completely mitigates this issue. It can also adapt to many different accessory capacity sets the M9 could not, such as flashlights, mounted lasers and reflex sights. These upgrades - along with its lighter frame and more consistent trigger pull - greatly increase our lethality."

All security forces units are expected to have their M18s by 2020, with the remainder of the Air Force to follow.

"Once all security forces units have been supplied the new weapon, we will supply special warfare Airmen, Office of Special Investigations personnel and other high-level users," Ferguson said. "Aircrew communities and other installation personnel will be issued the handgun as well, based on requirements."



VICKI STEIN

Tech. Sgt. Brady Craddock, noncommissioned officer in charge of the Air Force Gunsmith Shop, explains the benefits of the M18 modular handgun system. The Air Force Security Forces Center, in partnership with the Air Force Small Arms Program Office, has begun fielding the new M18 to Security Forces units.

433rd Airlift Wing welcomes new commander



TECH. SGT. CARLOS J. TREVIÑO

Maj. Gen. Randall A. Ogden (left), 4th Air Force commander, presents the wing guidon to Col. Terry W. McClain, 433rd Airlift Wing commander, at the 433rd AW change of command ceremony March 3 at Joint Base San Antonio-Lackland.

By Master Sgt. Kristian Carter

433RD AIRLIFT WING PUBLIC AFFAIRS

With a C-5M Super Galaxy as the backdrop and 433rd Airlift Wing members standing in formation, Col. Thomas K. Smith Jr. relinquished his command to Col. Terry W. McClain.

Maj. Gen. Randall A. Ogden, 4th Air Force commander, presided over the 433rd Airlift Wing's change of command ceremony at Joint Base San Antonio-Lackland on March 3.

Smith had a few words for the distinguished guests, family members, guests and wing members in attendance at the event held in the 433rd Maintenance Squadron's fuel cell hangar.

"Thank you for your sacrifices and can-do-attitude toward mission accomplishment. You have humbled and inspired me. Thank you for your patriotism and service to this great nation!" he said.

During the ceremony, Ogden accepted the guidon from Smith and then passed it to McClain, signifying the transfer of command of the 433rd Airlift Wing.

McClain thanked attendees for their presence and

leadership, and for the opportunity to lead the wing.

"I am honored and humbled to be standing here as your commander. For the last few months, all I had heard when I asked about the 433rd was that I was getting an awesome wing. Over the last few days, I have personally seen your excellent teamwork in action both on and off duty. I look forward to getting to know each of you better and learning from you. May God bless all of you and God bless America."

McClain leaves his position as the 610th Air Operations Group commander at March Air Reserve Base, Calif.

McClain entered the Air Force in 1989, earning his commission through the Reserve Officer Training Corps after graduating from the University of Tennessee. He is a command pilot with more than 3,200 hours, including combat time in support of Operations Southern Watch, Enduring Freedom and Resolute Support.

In 2018, he deployed to Al Udeid Air Base, Qatar as the Combined Air Operations Center Battle Director and later as the Deputy CAOC Director where he oversaw all Coalition aircraft operations in support of Operation Inherent Resolve.

Air Force Reserve senior leaders visit Alamo Wing

By Tech. Sgt. Carlos J. Treviño

433RD AIRLIFT WING
PUBLIC AFFAIRS

Air Force Reserve senior leaders learned about the many missions Reserve Citizen Airmen of the Alamo Wing perform during a visit here in early March.

Lt. Gen. Richard Scobee, commander of the Air Force Reserve Command, and Chief Master Sgt. Ericka Kelly, AFRC command chief master sergeant, were joined on the visit by Chief Master Sgt. Timothy White, 4th Air Force command chief. White will soon be taking Kelly's position as the AFRC command chief.

Scobee, Kelly and White visited several wing organizations, toured the new 433rd Medical Group building and ate lunch served by the 433rd Force Support Squadron's Sustainment Services Flight at its single

pallet expeditionary kitchen.

"The command chief and I are really focused on making sure our Airmen's lives are better," Scobee said. "We are trying every day to make our Airmen's lives better, make this a great place to serve and create an environment where everyone wants to work with us because it's the job they enjoy."

While here, Scobee officiated the retirement ceremony for Col. Thomas K. Smith Jr., 433rd AW commander, piloted a C-5M Super Galaxy and experienced virtual reality technology at the 733rd Training Squadron.

"I am telling you, this place is incredible," the general said. "The Alamo Wing is a great place. What I was really impressed with is everybody's capabilities. The morale is high ... and that's really important for a Reserve organization."

The visit by the senior

leaders provided an opportunity for Reserve Citizen Airmen to ask questions, receive feedback and be thanked for their service.

Scobee presented a coin and personally thanked Senior Airman Sajjad Al Khafaji, 26th Aerial Port Squadron ramp specialist, for his work ethic and accomplishments in the Reserve.

Al Khafaji, 31, immigrated to the United States five years ago from Baghdad. He had previous experience with the American military as a translator for the U.S. Army in Baghdad.

"Whenever there is a need for a volunteer, he steps up," said Maj. Cliff B. Harris, 26th APS commander. "He is just one of those Airmen who is dependable. He is going to be one of our up-and-coming NCOs in the next five to 10 years."

"Coin or no coin, it is an honor to shake the hand of the general," an excited Al Khafaji said. "I always wanted to join the service. It is answering the call to duty. This is a great country. The United States has



TECH. SGT. CARLOS J. TREVIÑO

Lt. Gen. Richard Scobee (right), commander of the Air Force Reserve Command, presents a coin to Senior Airman Sajjad Al Khafaji, 26th Aerial Port Squadron ramp specialist March 2 at Joint Base San Antonio-Lackland. Khafaji, who previously worked as an interpreter with the U.S. Army in Baghdad, immigrated to the United States five years ago.

given me everything. I am really grateful for everything and this opportunity for me being here."

The commander spoke highly about the Airmen he met here.

"My overall impression is that this wing is in great

shape," he said. "I am really glad to be here to witness it."

The Alamo Wing, activated in 1949 in the Reserve as the 433rd Troop Carrier Wing, provides combat-ready forces to meet the needs of combat commanders around the world.

RANDOLPH

‘Fire Pit’ provides creative space, assistance

By 1st Lt. Kayshel Trudell
AIR EDUCATION AND TRAINING
COMMAND PUBLIC AFFAIRS

With an eye toward continuing development of a world-class culture of innovation, Air Education and Training Command officially opened the “Fire Pit” with a ribbon-cutting ceremony March 5 at Joint Base San Antonio-Randolph.

Mirrored to the wing-level Spark Cell variant, the AETC Fire Pit is the major command’s effort to invigorate innovation and support grassroots initiatives in a collaborative space designed to incubate and accelerate innovation initiatives and build a network with industry, academia and the Department of Defense to provide rapid solutions to the needs of the warfighter.

“It’s important to create a space to help foster innovation,” said Col. Jason Lamb, AETC Director of Intelligence, Analysis, and Innovation. “Stepping away from your normal routine opens your mind to create in an environment not constrained by normal, day-to-day



SEAN M. WORRELL

Col. Jason Lamb (second from left), Air Education and Training Command Director of Intelligence, Analysis and Innovation, speaks to attendees at the grand opening of the command’s “Fire Pit” workshop March 5 at Joint Base San Antonio-Randolph.

obstacles.”

The ceremony included a tour of the facility and a demonstration of its 3D printing technology, just one of the tools in the Fire Pit designed to help innovators across the command use technology as part of the effort to see how people can learn more effectively.

“Innovation is about mission effectiveness in the way we

train and develop our Airmen to enhance their lethality and readiness throughout their careers,” Lamb said. “Places to be creative and think, like the Fire Pit, are crucial components of developing a culture of innovation that is vital for the future of AETC and our Air Force.”

Funding for the Fire Pit was approved in September, with a soft opening back in December

and a couple of projects already taking advantage of the space.

“We have worked with the HQ AETC financial management team on the ‘TDY to School’ continuous process improvement project, as well as helping the AETC Studies and Analysis Squadron with strategy planning,” said Brian Marchitello, a master process officer with the AETC Innovation Advancement

Division. “Our team is very excited to help people with their ideas to spark innovation.”

Additionally, the HQ innovation team refined the command’s Idea to Innovation (I2I) process in the Fire Pit.

“At the end of the day, we (HQ AETC) don’t own innovation,” said Col. Jason Lamb, AETC Director of Intelligence, Analysis, and Innovation. “We’re just here to throw fire on it.”

For those interested in using the Fire Pit and have government computer access, requests can be made through the HQ AETC Innovation Advancement Division SharePoint. Click on Fire Pit request button, fill out the PDF form, and click on the submit button at bottom of page. The innovation team will contact requesters to help with scheduling.

For more information, members can contact their local wing Spark Cells or the HQ AETC Advancement Division. The latest AETC innovation news can be found at <https://www.aetc.af.mil/About-Us/Innovation/>.

2020 Civilian leadership program is now accepting nominations

By Angelina Casarez
AIR FORCE’S PERSONNEL CENTER
PUBLIC AFFAIRS

Eligible Air Force civilians may apply for fiscal 2020 Civilian Strategic Leader Program experiential assignment opportunities through May 1 using MyVector at <https://myvector.us.af.mil/myvector>.

The Air Force’s senior civilian career

broadening program, CSLP is for General Schedule 13 to 15 (and equivalent) employees and is designed to enhance competencies and characteristics required to grow executive leadership that drives results, serves customers, and builds successful teams and coalitions.

“The Civilian Strategic Leader

NOMINATIONS continues on 21

CIVILIAN STRATEGIC LEADER PROGRAM
Applications accepted through May 1

WWW.AFPC.AF.MIL

COURTESY GRAPHIC

NOMINATIONS

From page 20

Program allows Air Force senior leaders to place employees into experiential assignments to sharpen and expand various competencies outside of their functional areas of expertise,” said Julian Glover, the Air Force’s Personnel Center chief of central programs.

By placing participants in experiential assignments outside of their primary functional area for up to three years, CSLP develops cross-functional, multiskilled Air Force leaders. The program offers employees the opportunity to further develop their knowledge, skills and abilities through challenging assignments that have Air Force or DoD-wide impact.

The CSLP portfolio includes 65 assignments across four diverse developmental assignment levels: installation, major command, Headquarters Air Force, and Joint or

combatant command. An enterprise selection board evaluates candidates based on criteria such as:

- ▶ Sustained high performance, awards, and other recognition.
- ▶ Breadth and depth in a functional area.
- ▶ Previous cross-functional or broadening opportunities.
- ▶ Appropriate level of professional military education.
- ▶ Appropriate level of education/training.
- ▶ Strong endorsement statements from the applicant’s functional development team with stratification, stated leadership potential and potential follow-on position.

Although CSLP is a management reassignment program, eligible GS-13 (and equivalent) candidates will only be considered for installation-level assignments, which also result in a permanent promotion to GS-14.

Examples of these assignments at various locations include Division Chief, Security Cooperation Strategy Division; International Security

Political-Military Strategic Planner; Special Assistant for Foreign Policy; Vice Wing Director; Senior Advisor for Deterrence Activities; Program Analyst; Headquarters Portfolio Manager; Deputy Director for Installation Support; and Executive Director.

This year, employees will submit applications for CSLP through MyVector. Registration is required for applicants, supervisors and endorsing officials.

Applicants must submit their nomination packages by April 17, with chain of command concurrence by May 1. The system uses prompts to guide applicants through the process.

For more information about CSLP, visit the Civilian Force Development page on myPers from a CAC-enabled computer, or select “Civilian Employee” from the myPers drop-down menu and search “developmental education.” CSLP opportunities, to include vacancies and videos, may be viewed there.

‘Developing Mach-21 Airmen’

From Air Education and Training Command Public Affairs

The fourth episode of “Developing Mach-21 Airmen,” Air Education and Training Command’s professional development podcast series, was released March 7.

In the episode, a team from the Headquarters AETC division A9Z, which focuses on Engagements and Assessments, talks all things related to innovation and how the command is looking at the future shaping of the learning environment.

Danielle Koehler, Tech. Sgt. Michael Maturan and Staff Sgt. Aaron Parker discuss the engagements and assessments division and what they do, what the pursuit of innovation has looked like from the perspective of a technical training wing instructor and how Airmen can have their voices heard, as well as what the future of learning

looks like as we ensure Airmen get training and education that is learner-centric, controlled by Airmen and presented in the context of a mission.

The professional development podcasts are designed to help communicate and inform Total Force Airmen across the globe on relevant, timely topics related to the recruiting, training, education and development fields and can be listened to on the government network on the AETC website, or via mobile application, as well as on Apple Podcasts (iTunes). For Android or Google mobile users, the podcast can be found on their favorite third-party podcast phone application.

Future episodes are set to cover a wide range of topics, including Pilot Training Next 2.0, how Squadron Officer School at Air University is using virtual reality, augmented reality and mixed-reality, and much more.