

JBSA

LEGACY

WWW.JBSA.MIL

JOINT BASE SAN ANTONIO

MAY 24, 2019



PHOTO BY RYAN MATTOX

Military members from Joint Base San Antonio enjoy the festivities at the Arneson River Theater during the annual Armed Forces River Parade May 18 in downtown San Antonio.

Armed Forces River Parade highlights ties to military

Page 12



Local Junior ROTC teams excel at national competition

Page 6



Egyptian officer graduates Air Force Military Training Instructor School

Page 16

PODCAST SERIES

Behind-the-scenes look at breaking industrial age paradigms

From Air Education and Training Command Public Affairs

A behind-the-scenes look at breaking long-held, industrial age paradigms is the theme of episode nine of “Developing Mach-21 Airmen,” Air Education and Training Command’s professional development podcast series, released May 13.

In the episode, James Rumfelt from the 82nd Training Wing public affairs team sits down with two senior NCOs from the 365th Training Squadron at Sheppard Air Force Base, Texas — Master Sgt. Brion Kennedy, the avionics fundamentals apprentice course flight chief, and Master Sgt. James Churchill, heavy avionics apprentice course flight chief — to discuss how the squadron and schoolhouses were able to bust the long-held, industrial age paradigms of the Air Force controls learning, time is the constant and we teach Airmen just how to do a job.



When presented with an opportunity to reimagine what training looks like, the 365th TRS revised the curriculum,

resulting in an Air National Guard Airman graduating from both the avionics fundamentals and Electronic

Warfare courses in less than a month (which typically takes a new accession around five months).

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. They 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 a look at where the learning environment is heading in the year 2030; joint civil engineering technical training at Sheppard Air Force Base; how the cadre of the Security Forces Academy integrated officer and enlisted training within the career field; and much more.

Changes to Post-9/11 GI Bill transfers effective July 2019

From 445th Airlift Wing Public Affairs

The transferability option under the Post-9/11 GI Bill allows service members to transfer all or some unused benefits to their spouse or dependent children.

The request to transfer unused GI Bill benefits to eligible dependents must be completed while serving as an active member of the Armed Forces.

The Department of Defense determines whether or not you can transfer benefits to your family. Once the Department of Defense approves benefits for transfer, the new beneficiaries apply for them at Veterans Affairs.

The option to transfer is open to any member of the armed forces active duty or Selected Reserve, officer or enlisted who is eligible for the Post-9/11 GI Bill and meets the following criteria:

► Has at least six years of service in the armed forces (active duty and/or Selected



Reserve) on the date of approval and agrees to serve four additional years in the armed forces from the date of election.

► Has at least 10 years of service in the armed forces (active duty and/or Selected Reserve) on the date of approval, is precluded by either standard policy (by service branch or DoD) or statute from committing to four additional years and agrees to serve for the maximum amount of time allowed by such policy or statute.

► Transfer requests are submitted and

approved while the member is in the armed forces.

► Effective July 12, 2019, eligibility to transfer benefits will be limited to service members with at least 6 years but not more than 16 years of active duty or selected reserve service. So service members with more than 16 years of service should transfer benefits before July 12, 2019.

For more information, visit https://www.benefits.va.gov/gibill/post9n_transfer.asp.

JBSA LEGACY

Joint Base San Antonio
Editorial Staff

502nd Air Base Wing
and JBSA Commander
BRIG. GEN.
LAURA L. LENDERMAN

502nd ABW/JBSA
Public Affairs Director
TODD G. WHITE

502nd ABW/JBSA
Chief of Command
Information
JET FABARA

Editor
STEVE ELLIOTT

Staff
MASTER SGT. TYRONA LAWSON
TECH. SGT. AVE YOUNG
AIRMAN 1ST CLASS DILLON PARKER
DAVID DEKUNDER
ROBERT GOETZ
MARY NELL SANCHEZ

JBSA LEGACY
ADVERTISEMENT OFFICE
EN COMMUNITIES
P.O. BOX 2171
SAN ANTONIO, TEXAS 78297
210-250-2052

This newspaper is published by EN Communities, a private firm in no way connected with the United States Air Force, under exclusive written contract with Joint Base San Antonio (JBSA). This civilian enterprise newspaper is an authorized publication for members of the United States military services. Content of the publication is not necessarily the official view of, or endorsement by the United States Government, the Department of Defense or the Department of the Air Force.

The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense, the Department of the Air Force or EN Communities, of the products or services advertised.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other nonmerit factor of the purchaser, user or patron.

Editorial content is edited, provided, and/or approved by the JBSA Public Affairs Offices within the 502nd Air Base Wing. All photographs are Air Force photographs unless otherwise indicated.

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. I read the Feedback Fridays for March 8, and there was a concern regarding the Joint Base San Antonio-Randolph Base Exchange pharmacy wait times.

I returned from Ramstein Air Base, Germany, approximately two years ago, and the pharmacy had placed a kiosk in the BX complex similar to an ATM for prescription pickup. There were restrictions for liquids, large box items, etc., but the machine was available 24/7, if desired.

Since the San Antonio area is so heavily populated with retirees and active duty, this may be something worth exploring within the entire JBSA community.

A. Thank you for sharing your positive experience using a medication dispensing kiosk while stationed at Ramstein Air Base.

We spoke with our partners in the 59th Medical Wing, and they are continuing to assess technology advancements that can provide more convenient pharmacy options for our beneficiaries in the JBSA community.

As they consider incorporating the capability of an automated dispensing kiosk, there are factors to consider such as accessibility, location, medication dispensing limitations, and the overall acquisition process.

We will continue to provide updates regarding the status of a kiosk, but in the interim we would like to share all pharmacy options available to ensure beneficiaries are able to get the

prescriptions they need in a timely manner.

▶▶▶ To reduce your wait time, call in all refills in advance at 210-292-9995 and select a pickup location from one of the 15 locations available.

▶▶▶ Log on to TRICARE Patient Portal Rx Refill for advance electronic refill ordering at all locations.

▶▶▶ Sign up for TRICARE Home Delivery Pharmacy Program to have your medication sent directly to your home (a co-pay may be required).

▶▶▶ E-prescribing allows your provider to send your prescription electronically to the pharmacy of your choice:

▶▶▶ Your local military pharmacy

▶▶▶ TRICARE Pharmacy Home Delivery by selecting Express Scripts Mail Pharmacy (a co-pay may be required)

▶▶▶ Network retail pharmacy (a co-pay may be required)

Q. What is the Air Force or Department of Defense policy for service dogs at work and on base? Are there any requirements or documentation needed for a service dog to accompany an employee to work and base facilities? Where can I find this guidance?

A. Very good question. Service dogs generally must be allowed to accompany their handler into installation facilities that are considered public or unrestricted.

For civilians and military members having a medical condition requiring the assistance of a service dog to do work or perform tasks for the benefit of the

individual's disability, service dogs generally are also allowed with approval from their chain of command.

Members may be asked to provide medical documentation if the need for the service dog is not apparent or known. For civilian employees who ask to bring a service dog as a reasonable accommodation, supervisors should engage in deliberative discussions with the employee and grant the accommodation if it assists the employee in doing the job, unless doing so would pose an undue hardship.

We have granted this accommodation in several places across JBSA. In addition to medical documentation, the supervisor is entitled to inquire as to what service the dog performs for the disabled employee.

If you'd like additional guidance, please see: Air Force Instruction 36-205, Affirmative Employment Program (AEP), Special Emphasis Programs (SEPS) and Reasonable Accommodation Policy; Air Force Instruction 34-1101, Warrior and Survivor Care; Department of Defense Instruction 1300.27, Guidance on the Use of Service Dogs by Service Members; and Air Force Guidance Memorandum to AFI 32-6001, Family Housing Management.

Installation & Facilities

Q. Is there any way that we can post a sign or send out instructions on how to drive through the roundabout at JBSA-Randolph? There have been

several near-miss accidents and it has become a safety hazard.

A. We are always looking for ways to increase safety on our roads. The traffic circle at JBSA-Randolph creates driving challenges not typically experienced on military bases, and certainly not found anywhere else on JBSA.

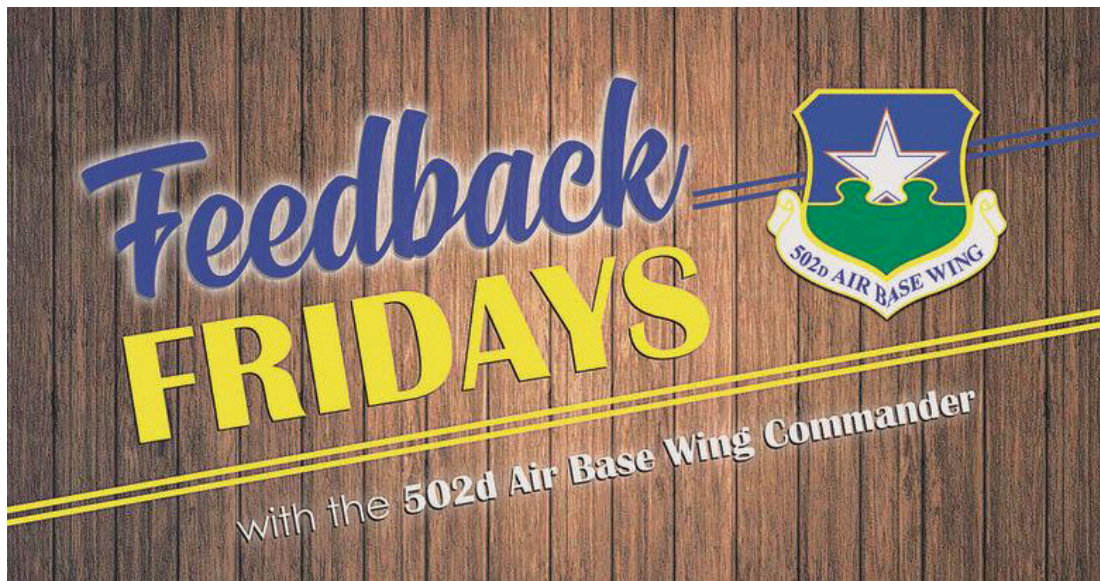
Because of this, our 502d ABW Safety Team spends time briefing the topic at each JBSA-Randolph Newcomers Orientation, and they provide unit safety reps with a visual diagram for distribution to new unit members.

Additionally, the 502d ABW Public Affairs team periodically includes reminder information in the base newspaper. But, you bring up a great point. We can absolutely do more to educate and help drivers safely navigate our roadways. So, our JBSA-Randolph Executive Agent Team will work with Public Affairs and Safety to distribute refresher information through command channels and our community information forum, include in the base newspaper and post on social media.

Our Civil Engineering team has also commissioned a traffic study to look at the traffic circle to consider any improvements or changes to signage or markings that may help.

But we shouldn't forget, everyone who drives on JBSA-Randolph plays a critical role. Following the speed limit, adhering to stop and yield signs, and staying aware of other drivers will help everyone

FEEDBACK FRIDAYS continues on 5



New Army initiatives to cut cost, time for spouses to continue careers

By Sean Kimmons
ARMY NEWS SERVICE

The Army recently issued a directive to reduce the financial burden for spouses who wish to continue their professional careers after they move to a new duty station.

The policy allows spouses to be reimbursed up to \$500 for qualified relicensing costs that result from a permanent change of station or assignment to a different state.

“Our spouses are lawyers, nurses, teachers, cosmetologists and real estate agents,” said Dee Geise, who works in the Office of the Assistant Secretary of the Army for Manpower and Reserve Affairs. “It eases part of the stress of the cost associated with relicensing after a PCS move.”

Instructions on how to apply for reimbursement can be found in the All Army Activities, or ALARACT, message 036/2019 and will eventually be on the Military OneSource website.

Reimbursement is available to spouses of Soldiers in all three components and will be retroactive to Dec. 12, 2017, when the National Defense Authorization Act for Fiscal Year 2018 was signed into law.

Qualified costs include exam and registration fees required by the state, where the new duty station is located, for a license or certification for the same profession a spouse had before moving.

“So if your new real estate license in North Carolina is \$250, then the Army will reimburse up to the \$250 cost,” Geise said.

For spouses who work at Army child care centers, the service is developing another initiative that aims to retain their training, pay and ensure a job is waiting for them when they move to a new installation.

“If they’re working in a child care center at Fort Belvoir in Virginia and PCS to Fort Hood in Texas, they should move right into a job without going through the reapplication process,” she said.

At a family forum in February, Army Secretary



COURTESY PHOTO

The Army recently issued a directive to reduce the financial burden for spouses who wish to continue their professional careers after they move to a new duty station.

Mark T. Esper said he also supported the idea for more spouses to run child care businesses from home, which could even shorten waitlists at the main centers.

When he came on board last year, Esper said it took the Army an average of 134 days for a civilian to be hired. His goal is lower than that to 60 days.

“You can see the challenge,” he said. “No one is going to wait 134 days or by the time you do another opportunity has come before you or it’s time to move again.”

Spouses who are teachers also experience a lengthy rehiring process. While some just have to wait a month to move into a new job, others wait six months or even the next school year to start, Geise said.

“We have so many wonderful spouse teachers that should be able to quickly move into a teaching job when they move,” she said. “It is expensive and it is time consuming.”

The Defense State Liaison Office, she noted, is doing a lot of work toward state reciprocity to speed up relicensing and recertification efforts for military spouses.

“They’ve made some gains there,” she said. “They’re

doing a really great job helping states understand the stresses on a spouse when he or she moves to another state and gaining employment.”

A “spouse licensure map” showing progress of interstate compacts that support license portability can be found on the Military OneSource website.

Spouses who want to pursue their first license, credential or associate degree may check out the Military Spouse Career Advancement Accounts Program. The program offers up to \$4,000 in scholarships to spouses of Soldiers in pay grades E-1 to E-5, W-1 and W-2, and O-1 and O-2.

Financial assistance can only be used for approved portable careers found on the Military OneSource website, which include jobs in aerospace, education, energy, health, hospitality, legal and skilled trades, among others.

Another option, the Military Spouse Employment Partnership, prepares spouses to be “job-ready” applicants and connects them to companies. The partnership now has nearly 400 partners that have hired over 130,000 military spouses.

“It started in the Army; now it is a defense-wide program,” Geise said. “They work with corporations, large and small, to help spouses find portable jobs.”

Army Community Service centers on installations also operate the Employment Readiness Program, which can assist spouses in finding and preparing for jobs as well as volunteer opportunities.

As a former Army spouse, Geise said she is proud of the steps the Army and Defense Department are taking to make it easier for today’s spouses.

“I, too, had to start all over again,” she said. “I, too, had to worry about what state required what from me when I moved. I, too, had to worry about the application process and if I was ever going to be able to get my foot in the door.”

“I’m really excited about not only the license reimbursement issue, but also all the things we’re doing to help our spouses maintain their careers while their service member maintains their career as well.”

AF to help with spouse occupational license transfer during PCS

By Secretary of the Air Force
Public Affairs

The Air Force announced the spouse licensure reimbursement program May 15, which would provide financial relief up to \$500 to Airmen whose spouses must obtain state occupational relicensures or recertifications during a permanent change of station or assignment across state lines.

The Air Force will reimburse qualifying relicensure and recertification fees incurred during PCS/PCAs authenticated on or after Dec. 12, 2017.

“Part of taking care of Airmen and families means making it easier for spouses to continue their careers after a

military move,” said Secretary of the Air Force Heather Wilson. “This policy reduces financial burdens and makes the professional careers of our Air Force spouses more portable.”

The 2018 National Defense Authorization Act authorized the military services to reimburse service members for occupational state relicensing and recertification costs their spouses incur due to a PCS/PCA. While some states authorize reciprocity for certain types of occupational licenses, not all states do, resulting in the spouse needing to update a license or certification according to the new state’s requirements.

“The strength of the nation’s Air Force

is not the platforms we operate or the technologies we employ; it is our Airmen and their families. Family readiness is Airman readiness,” said Air Force Chief of Staff Gen. David L. Goldfein.

The new policy will allow for reimbursement of relicensing fees including exams, certifications and registration, and will cover occupations such as teaching, cosmetology, real estate and nursing. Qualifying relicensing costs must be incurred and paid after and within 24 months of the date the member’s PCS/PCA orders are authenticated.

“We can’t do enough to support Air Force families. This is a positive step in the right direction to support our

spouses as they pursue their own careers,” said Shon Manasco, assistant secretary of the Air Force for manpower and reserve affairs.

Airmen and spouses can find more information about this program at www.afpc.af.mil/Benefits-and-Entitlements/Employment-Resources/.

General information about career and education programs for spouses is available from an installation’s airman & family readiness center, the Department of Labor website at <https://www.veterans.gov/mlspouses>, and the Department of Defense Spouse Education and Career Opportunities Program at <https://myseco.militaryonesource.mil>.

FEEDBACK FRIDAYS

From page 3

be safer.

Q. After the JBSA-Randolph Main Gate construction, what is the timeline for the rest of the gate construction?

A. Thank you for your question. JBSA was very fortunate to get some much needed funding in FY18 to improve multiple entry control points across all bases. These projects were specifically to provide security upgrades through additional speed humps, bollards and tiger teeth.

We have three more projects like the one completed at the Randolph main gate postured for end of year funding for FY19; however, in the current fiscal environment we are not certain we will receive those funds. Those three projects are targeted for other locations in JBSA and not specifically JBSA-Randolph.

We do, however, plan to continue improvements in FY20

to active vehicle barriers at the JBSA-Randolph main gate. As always, we will strive to minimize future impacts at our already heavily burdened entry control points, to include being sure to advertise any gate projects early and often.

Q. Last year we were informed that the Force Support Squadron would recertify the running tracks for PT tests. Is there an estimated timeframe when this will be completed?

A. Thank you for your question. We appreciate your interest in the health and fitness of our joint personnel.

The track recertification effort is an Air Force initiative which we formally completed in September 2018 with the support of the FSS, CE and Safety teams. JBSA-wide, a total of 15 running tracks and one road course was certified through a process that ensured proper measurements and conditions. This includes 10 tracks on JBSA-Lackland, one on JBSA-Medina Annex, one track and one road course on JBSA-Randolph, and three

tracks on JBSA-Fort Sam Houston.

Unit PTLs should coordinate with the FSS to ensure the courses they are using for tests are one of the many certified courses.

Q. Why do we have to be on the Army network as U.S. Air Force personnel at JBSA-Fort Sam Houston? It seems our Air Force systems and sites (e.g. MilPDS) do not work correctly with Army networks. Are there any plans to improve compatibility? In the meantime, what are the recommended workarounds?

A. What a great question, and one that I'm sure many others on JBSA-Fort Sam Houston have often wondered.

The joint base governance, which applies to all services, says that on the location where the supported component (in this case the Army) is not the lead agency, the network and desktop systems remain the responsibility of the Supported component.

This means the Army is still responsible for the network,

desktop system management, and all associated services on FSH.

Think about how many Army personnel work at JBSA-Fort Sam Houston. It would be very disruptive to move all of them to the Air Force network and would put a large strain on the Air Force network.

We also cannot extend the Air Force network to JBSA-Fort Sam Houston, because it duplicates circuit costs, vulnerability risks as well as operations and maintenance costs and in essence, doesn't make joint basing efficient.

The good news is the 502d Communications Squadron has a great working relationship with the JBSA-Fort Sam Houston Network Enterprise Center, or NEC, and has been able to solve many of the compatibility issues, including MilPDS.

If, however, you have been experiencing network latency in using some of these systems on the JBSA-Fort Sam Houston network, this is likely a result of the Department of Defense's

new security infrastructure which is being fully used at JBSA-Fort Sam Houston, but has not yet been turned on at most Air Force locations.

Moreover, the Air Force has made strides in increasing its forecasting and scheduled maintenance, as it pertains to Military Personnel Systems. A majority of forecasted systems maintenance can be viewed directly on the Air Force Portal homepage, on the top left.

That being said, should you ever have any Military Personnel System concern at any of our operating locations, we have designated personnel assigned who are charged to monitor access and functionality on a daily basis.

For any immediate assistance, you can contact the MPF commander at austin.barnes.1@us.af.mil or for a JBSA-Fort Sam Houston Military Personnel Systems Manager, email david.a.perry16.civ@mail.mil. Thank you for highlighting the concern and affording us an opportunity to assist.

Local Junior ROTC teams excel at national competition

From Air Education and Training Command Public Affairs

The National High School Drill Team Competition, which took place May 3-5 in Daytona Beach, Fla., was a three-day event where 68 Junior Reserve Officer Training Corps drill teams from all services competed against each other for titles in more than 50 events. Several San Antonio high school teams placed well in the competition.



COURTESY PHOTOS

Air Force Junior Reserve Officer Training Corps cadets from Louis D. Brandeis High School in San Antonio showcase the rings they received from the 2018 National High School Drill Team Competition following their 2019 victory in the same event May 3-5 in Daytona Beach, Fla. The Brandeis cadets were the first team in 35 years to accomplish consecutive victories in the competition.



U.S. Air Force Chief Master Sgt. Jermaine Evans, right, Holm Center command chief, stands with the Silver Valor Air Force Junior Reserve Officer Training Corps cadets from Tom C. Clark High School in San Antonio during the National High School Drill Team Competition May 3-5 in Daytona Beach, Fla. Silver Valor won trophies for five events and placed second overall in the unarmed competition.



The John Jay Silver Eagles team from John Jay High School in San Antonio gather at the National High School Drill Team Competition, May 3-5 in Daytona Beach, Fla. U.S. Army Maj. Gen. John R. Evans Jr., right, Army Cadet Command commander, presents the team a national-title trophy during the award ceremony. The team took home 22 trophies from the competition.

Know how to apply sunscreen, insect repellent correctly

Wearing protective clothing can also help to avoid sunburn

By Beverly G. Benson

HEALTH PROMOTION NURSE EDUCATOR

For anyone who has lived in the South for any period of time knows that we have bugs. We have mosquitoes the size of an airplane and, boy, do they leave a mark.

Mosquitoes also can carry diseases. In addition, there are ticks that can also carry illnesses. We also have a lot of sun here, which increases the risk for heat illnesses and skin damage and cancers.

How can you protect yourself? If you enjoy being outside, you'll need to know what to do to avoid those nasty bug bites. First of all, do you know which to

apply first — sunscreen or insect repellent? This has been debated for quite some time, so Army Public Health Nursing is here to settle the debate.

According to the Centers for Disease Control and Prevention, apply sunscreen about 15 to 30 minutes prior to being in the sun, applying first and allowing to dry for about 5 to 10 minutes, then apply the insect repellent.

To properly apply the sunscreen you want to make sure to apply it evenly, covering all exposed areas. If reapplying sunscreen later, you don't necessarily have to reapply the bug spray. Select a broad spectrum protection with at least an SPF rating of 15.

When applying the bug spray, you'll also want to ensure you apply it evenly, but don't overapply. Shake the container and spray onto all uncovered

skin and clothes (approximately 4 to 8 inches away unless label directions state otherwise.)

Make sure you're in a well-ventilated area, away from any open flames and not inhaling the spray. Don't spray insect repellent under clothing, as spraying the clothing itself is sufficient.

Spray into your hands and rub into sensitive areas, such as the face and neck. Don't spray areas where you have open cuts or wounds, broken or irritated skin, as this may aggravate those areas. Don't forget your ankles and knees, as bugs love to go after those areas.

With children, never apply insect repellent to children younger than 2 months old and never spray directly onto any child's skin. Avoid the hands as kids tend to put their fingers into their mouths and eyes.

If you or your children are swimming or sweating a lot, you may need to reapply. Once you are done with outdoor activities wash your — and your children's — skin with soap and water.

Making the best decisions you can to prevent skin damage and, ultimately, skin cancer, starts with education.

In addition to the above tips, the American Academy of Dermatology Association recommends seeking shade when appropriate, especially between 10 a.m. and 2 p.m. However, here in Texas, we know there is a lot of sun throughout the day so, if your shadow is shorter than you are, seek shade.

Wear protective clothing like a wide brimmed hat, sunglasses, lightweight long-sleeved shirt and lightweight pants. Remember, water reflects the sun's rays and can increase your chances of sunburn.

FORT SAM HOUSTON

Army Medicine partners with UT Health

By Jose E. Rodriguez

U.S. ARMY MEDICAL DEPARTMENT CENTER AND SCHOOL, HEALTH READINESS CENTER OF EXCELLENCE PUBLIC AFFAIRS

Maj. Gen. Patrick D. Sargent, commander, U.S. Army Medical Department Center and School, Health Readiness Center of Excellence, or AMEDDC&S HRCoE, at Joint Base San Antonio-Fort Sam Houston, addressed the 2019 Graduate School Research & Education Symposium audience at Holly Auditorium, University of Texas Health Science Center San Antonio May 7 and 8.

The theme of the 2019 Graduate School Research & Education Symposium, or GRES, was "Rapidly Translating Evidence into Medical and Educational Readiness with a focus on Medical Operations in Austere Environments."

The symposium was an opportunity for HRCoE graduate school faculty and students to collaborate with the UTHSCSA Physician Assistant program and other clinical programs. The event highlighted how the U.S. Army is working to translate research to battlefield lethality and survival, as well as the partnership between military and civilian graduate institutions, for the advancement of the sciences.

Sargent spoke to the researchers, clinicians and medical faculty about the continued need for groundbreaking research and study to enhance our medical contributions to the readiness, training and



COURTESY PHOTO

From left: Col. Skip Gill, dean of the U.S. Army Medical Department Center and School, Health Readiness Center of Excellence Graduate School; Maj. Gen. Patrick D. Sargent, AMEDDC&S HRCoE commander; Dr. Susannah Nicholson, assistant professor and director of trauma research, Department of Surgery, UT Health San Antonio; and Dr. Jeremy Nelson, assistant deputy director, Military Health Institute, UT Health San Antonio.

deployment of our military forces.

Many of Army Medicine's recent initiatives dealing with the benefits of sleep, nutrition, activity, mental health and well-being were the result of several years of medical research and study by military medical professionals in HRCoE's graduate programs.

The general stressed the importance of continued collaboration, achieving a shared understanding of how the Army is reorganizing for future conflicts in support of Multi-Domain Operations and how that should shape future medical research and education.

The two-day forum brought graduate school faculty, researchers, clinicians and health care administrators from across the Department of Defense, Department of Veterans Affairs and partners in the civilian community for a series of presentations, training and research showcasing student and faculty research across the full spectrum of translational research.

"We were able to listen and learn from our peers about all of their ongoing or completed research," said 2nd Lieutenant Cara Adams, a student in the Baylor Graduate Program through HRCoE. During the symposium she presented her research on alcohol consumption effects and fat accumulation. "It was eye opening to see the various avenues research can take and how it can impact and benefit both civilian and military health communities. The symposium was a great example of how networking and collaborating with peers can be a huge asset to military health care."

This was eighth annual GSRES, which has grown from a local event hosted in Blesse Auditorium at JB SA-Fort Sam Houston, to a cooperative event with civilian institutions focused on advancement of medical science and graduate education that benefits warfighters, veterans, their families, and civilians alike.

Army secretary recognizes MICC small business director

By Daniel P. Elkins

MISSION AND INSTALLATION CONTRACTING COMMAND PUBLIC AFFAIRS

The Mission and Installation Contracting Command director of small business programs at Joint Base San Antonio-Fort Sam Houston earned the Secretary of the Army Award for Small Business Utilization for his direction of the command's program in 2018.

Mark Massie, who leads a team of 19 assistant directors and small business professionals across the country, was recognized for outstanding leadership that resulted in notable improvements in the overall operation of the Army Small Business Program.

In fiscal 2018, the MICC achieved a total small business percentage of 53.35 percent against a goal of 45 percent with



DANIEL P. ELKINS

Mark Massie, director of small business programs for the Mission and Installation Contracting Command at Joint Base San Antonio-Fort Sam Houston, earned the Secretary of the Army Award for Small Business Utilization for his direction of the command's program in 2018.

\$2.44 billion awarded to small businesses. The command accounted for 11.45 percent of \$22.3 billion small business dollars spent by the Army and

22.13 percent of \$11 billion small business dollars spent by the Army Materiel Command.

"Contributing most to this award are the people and resources that I have on my staff who are dedicated to what they do," Massie said. "They're passionate about what they do, and the numbers really speak for themselves. I just can't say enough good things about the staff."

Having led the MICC Office of Small Business Programs at JB SA-Fort Sam Houston since 2013, fiscal 2018 marked the fourth consecutive year the command has exceeded all five of its small business socioeconomic goals. Those categories include small business, small disadvantaged business, service-disabled veteran-owned small business, woman-owned small business and historically underutilized business

zone small business.

"Through keen focus, industry engagement and constant monitoring, the MICC is able to consistently exceed its small business goals," said Brig. Gen. Bill Boruff, MICC commanding general. "As a result of Mark's leadership, the command plays a critical role in supporting the American economy by identifying our mission requirements early in the acquisition life cycle so that small businesses can plan to compete for and win Army contracts."

Massie led multiple initiatives during the award period that not only contributed to the command's success in exceeding its goals but also ensured small business compliance. Chief among those were outreach efforts aimed at

MICC DIRECTOR continues on 11

JBSA Natural Resource officials spotlight endangered bird

By Shannon Carrasco

JOINT BASE SAN ANTONIO NATURAL
RESOURCES SPECIALIST

May 11 was International Migratory Bird Day, and the Joint Base San Antonio Natural Resource office wants to highlight Texas' native migrant, the golden-cheeked warbler, also known as *Setophaga chrysoparia*.

The golden-cheeked warbler is a small insectivorous — which means it feeds primarily on insects and spiders — songbird that migrates thousands of miles from El Salvador, Guatemala, Nicaragua, Honduras and Mexico every March to breed and nest exclusively throughout Central Texas, including at JBSA-Camp Bullis.

These warblers build their nests in thick, mature oak/juniper woodlands, using the stripping bark from the Ashe juniper, otherwise known as “mountain cedar.”

Being that the Ashe juniper is one of Texas' most hated trees, causing “cedar” allergies and having low-growing limbs that make it difficult for humans and livestock to pass through, these trees are commonly cut down by landowners and developers, which has been the main cause for this bird's loss of habitat. That resulted in their federal listing as “endangered” in 1990.

According to the U.S. Fish and



COURTESY PHOTO

The golden-cheeked warbler is a small insectivorous songbird that migrates from El Salvador, Guatemala, Nicaragua, Honduras and Mexico every March to breed exclusively throughout Central Texas, including at Joint Base San Antonio-Camp Bullis.

Wildlife Service website, about 27,000 warblers exist today, which represents a decline of about 25 percent in the past

28 years.

The JBSA Natural Resource office, which comes under the 802nd Civil Engineer Squadron, has been surveying and monitoring the golden-cheeked warbler during the bird's breeding season for almost 30 years.

Currently, the JBSA Natural Resource staff along with their cooperator, the Texas A&M Natural Resource Institute and collaborators at Louisiana State University, have implemented surveys and color banding to acquire estimated population densities, territory and nest monitoring, return rates and reproductive success of the species.

These surveys are done in compliance with several laws and regulations, including the Endangered Species Act, Sikes Act, Department of Defense Instruction 4715.03, Air Force Instruction 32-7064, the goals and objectives of the JBSA Integrated Natural Resource Management Plan, and the U.S. Fish and Wildlife Service Endangered Species permit for JBSA.

JBSA-Camp Bullis currently has about 8,300 acres of designated golden-cheeked warbler habitat, which is the largest block of protected habitat in the species' recovery unit 6.

In 2017, JBSA-Camp Bullis collaborated with the U.S. Army at Fort Hood to use the same survey methodologies and habitat delineations

for direct comparison of data.

Also in 2017, JBSA-Camp Bullis began participating in Fort Hood's golden-cheeked warbler geolocator project by deploying small solar trackers on the birds to study their migratory timing, connectivity and movement from their breeding grounds on to their wintering grounds in Southern Mexico and Central America.

The geolocators collect solar data, which can be used to approximate the latitude and longitude of the bird's location as it travels between the breeding and wintering grounds. The location information can then be used to identify the strength of migratory connectivity for golden-cheeked warblers.

The data collected from this study will help address one of the most important unanswered research questions for this species and has important implications for management and conservation on both their breeding and wintering grounds.

Because of these efforts, a diverse team of golden-cheeked warbler researchers has been brought together to include Fort Hood, U.S. Fish and Wildlife Service, Texas A&M Natural Resource Institute, Louisiana State University and JBSA-Camp Bullis. Partnerships such as these are critical components in the recovery and potential delisting of this species.

JBSA firefighters show appreciation for wounded warriors

By Jason W. Edwards

BROOKE ARMY MEDICAL CENTER
PUBLIC AFFAIRS

Joint Base San Antonio firefighters spent the morning with wounded service members at the Center for the Intrepid at JBSA-Fort Sam Houston participating in physical fitness and sports activities May 10.

This is the ninth year the firefighters have organized the annual event to show their appreciation for the service and sacrifices the military members have made to our nation.

After the sporting events, the firefighters prepared a barbecue lunch for the warriors and CFI staff.



PHOTOS BY JASON W. EDWARDS

360 Degree Leader program: ‘What rocks are you carrying?’

By Lauren Padden

U.S. ARMY NORTH PUBLIC AFFAIRS

There's an iconic image of a soldier from the 173rd Airborne Brigade on bent knee, loaded down with more gear than you can imagine anyone could carry. The 360° Leader Program, taught at the Vogel Resiliency Center at Joint Base San Antonio-Fort Sam Houston May 15, began with this image.

“As an Army, we looked at this image and said, ‘Wow, we really are putting a lot on these Soldiers physically,’ they’re carrying physically a lot of stuff,” said retired U.S. Army Brig. Gen. Steve Salazar, 360° Leader Program co-founder. “But it’s not just physical baggage; the Army realized there is mental baggage weighing down their Soldiers as well.

“Every policy, everything

that we are trying to do in our military, ultimately comes down to the non-commissioned officers which are the backbone of the Army,” Salazar said. “You know what we do with our backbone, right? Everything rests on that backbone. They have accumulated these rocks and they are metaphorically carrying them in their lives, in their rucksacks, and they don’t have the resources and many cases they just don’t take the time to deal with it.”

The 360° Leader Program developed a week-long resiliency program to help unburden leaders of the weight they are carrying and give them tools to become better NCOs and leaders. The program covered topics such as breathing and relaxation responses, physical fitness, relationships, communication

and resiliency.

Salazar emphasized that when we have a problem, be it a physical, emotional, or financial problem, we tend to address them in our military system in a single dimension, but these things are all complex problems. However, they all go together, which is why the program is termed 360° Leader Program, because it’s every component of their life.

The classroom setting was a both a learning environment, as well as workout room for various physical activities such as yoga and soft tissue massage. It also allowed the NCOs to share personal testimonies, observe skits dealing with home-life scenarios and ultimately, give the NCOs tools to change their behavior.

One of those tools was communication and word power.

“There is a power of words, once you change your words, you change the world,” said Dr. Mary Lopez, a retired Army colonel and 360° Leader program co-founder.

One tool to emphasize this point was an exercise called “3-by-3.” The exercise had the Soldiers sit knee to knee with their spouse, while holding hands and for three minutes, only one person spoke, making direct eye contact with their spouse.

The exercise allowed one person to voice what they needed to without interruption before switching. This exercise is used to increase communication within marriage to improve the Soldier’s personal life and the attitude they bring to the work place as well.

Staff Sgt. Charles Campbell, Regional Health

Command-Central, said he knows a lot of NCOs who could benefit from this course and shared why it was so valuable to him.

“We can’t forget that just like every other piece of equipment, you’re not going to take an M-16 to the range, fire a thousand rounds, and then throw it right back into the armory,” he said. “You’re going to take some time, you’re going to break it down, you’re going to clean out all the components and you’re going to knock off the carbon.

That’s really what we have to do with our Soldiers,” Campbell added. “Take a step back, realize just like every other piece of equipment, their minds, their hearts, their bodies, they get worn down and sometimes we need to take that knee, take the step back, break them down and knock out the carbon.”

MICC DIRECTOR

From page 8

bringing small business representatives to the Army at a time of constrained budgets to learn about contract opportunities.

For the fiscal year, the command conducted 20 no-cost acquisition forecast open house events supporting all 30 MICC contracting offices at installations across the Army reaching more than 2,000 small business representatives. Contracting offices conducted these forecast events in conjunction with local procurement technical assistance centers, the Small Business Administration and local chambers of commerce.

“Those are critical not only to provide small business an opportunity to learn about our

requirements, but also we want to be as transparent as we possibly can,” the small business director said. “The primary reason for conducting these events is to continue to build our industrial base and contribute to a prosperous American economy. That’s just one way of doing that by finding those small businesses that can meet

the requirements of what we buy to meet our mission.”

He added that these events also enhance community relations and increase competition across the small business socioeconomic spectrum, particularly evident in the command’s success with its HUBZone contract awards. Massie said contract awards to HUBZone vendors typically makes up more than half of the dollars spent across the AMC enterprise in that

category.

“The focus of HUBZone has been primarily in support of construction requirements, but through outreach events, we’ve been able to locate other HUBZones capable of ensuring contract opportunities in all arenas,” Massie said.

Massie also led an effort to secure funding through the Defense Acquisition Workforce Development Fund for training and development

at MICC offices where no small business presence existed. This initiative allowed small business professionals to train contracting officers and contract specialists on critical updates and changes on a number of topics affecting small businesses, to include limitations on subcontracting, and consolidation and bundling.

Through a variety of initiatives, Massie makes

clear that the efforts by his team of small business professionals throughout the MICC remain committed to the Army’s priorities.

“What we do impacts the industrial base and all of the Army,” he said. “Small businesses do support Army readiness efforts, and our numbers show that small businesses are out there doing what they need to do to allow us to meet our mission.”

Armed Forces River Parade highlights ties to military, community



By Ryan Mattox

MISSION AND INSTALLATION CONTRACTING COMMAND PUBLIC AFFAIRS

Representing the U.S. Army in this year's Armed Forces River Parade May 18 in downtown San Antonio were Brig. Gen. Bill Boruff, Mission

and Installation Contracting Command commanding general; MICC Command Sgt. Maj. Marcos Torres; and Capt. Jim Jimenez, aide de camp for



PHOTOS BY RYAN MATTOX

the MICC commanding general.

This year's parade theme was "Salute Our Heroes." The parade promotes awareness of the joint presence and ties to the military families and community.

Brig. Gen. Bill Boruff (left), Mission and Installation Contracting Command commanding general, waves to the crowd as the Army float passes the Arneson River Theater during the annual Armed Forces River Parade May 18 in downtown San Antonio.



Military members from Joint Base San Antonio enjoy the festivities at the Arneson River Theater during the annual Armed Forces River Parade May 18 in downtown San Antonio.

BAMC Auxiliary provides grants to help support patient care

By Lori Newman

BROOKE ARMY MEDICAL CENTER
PUBLIC AFFAIRS

The Brooke Army Medical Center Auxiliary held its annual Welfare Recognition Ceremony May 6 in the auditorium.

This year, the welfare committee approved 25 grants totaling \$28,000 to help support patient care at BAMC.

"Volunteerism is a big deal at BAMC," said BAMC Commander Brig. Gen. George Appenzeller. "I'm amazed at the dedication everyone has to this organization, to the

BAMC Family and to all those we serve. This is all about giving back to the community."

Grant recipients received funding for a variety of items including patient education materials, toys and crafts for pediatric patients and clothing for burn patients.

"Our welfare committee prioritizes grants that directly impact patient care and education," said Sarah Kelly, BAMC Auxiliary president. "We appreciate the medical community here at BAMC that takes the time to go above and beyond to support their patients."

The staff in Antepartum requested Comfort Cubs again this year. The 7-pound stuffed bears are presented to parents who have suffered the loss of a newborn to help with their grieving process.

Some of the other more unique requests were the redecoration of a family consultation room and supplies for a bereavement cart.

Amanda Appenzeller recognized the board members and volunteers for their continued support of the BAMC mission.

"Just as ripples spread out

when a single pebble is dropped into water, the actions of individuals can have far-reaching effects," she said, quoting the Dalai Lama. "All positions are significant and you are not an organization or a board of one. As a board, you are 18 pebbles, your ripples are far reaching, impacting many patients and families for several years to come."

Several volunteers were recognized with the President's Volunteer Service Award and Cody Ross received the Commander's Award for Public Service for her

exceptional service to BAMC, Fort Sam Houston and Army Medical Department missions from 2016 to 2019.

"The BAMC Auxiliary would like to send a special thank you to those who provide world-class care to our service members, retirees and their families," Kelly said. "Remarkable things are happening in military medicine at Brooke Army Medical Center. The BAMC Auxiliary stands in awe of what you do and we are humbled to have the opportunity to support your efforts."

ARSOUTH holds multinational humanitarian assistance and disaster relief exercise in the Dominican Republic

By Capt. Nadine Wiley De Moura
U.S. ARMY SOUTH PUBLIC AFFAIRS

More than 300 military forces and humanitarian assistance/disaster relief personnel gathered for the opening ceremony for Fuerzas Aliadas Humanitarias, or FA-HUM, May 6 at the Ministry of Defense in Santo Domingo, Dominican Republic.

The ceremony inaugurated the start of the 12-day scenario-driven exercise that simulated natural disasters and man-made crises that threaten the region.

“Through this exercise, we gain the opportunity to share information, best practices and collaborate with other partner nations and strengthen our capabilities to respond to humanitarian assistance/disaster relief situations,” said Col. Brian Marzan, co-director of FA-HUM 2019 and Chief of the Training Exercise Division for U.S. Army South.

“I would want the community to see the first responders deal with the situations at hand and have a process by which civilians can turn to and feel confident that the disaster or crisis situation is under control,” Marzan added.

The U.S. Southern Command-sponsored, U.S. Army South-conducted exercise was designed to build partner-nation capacity for civil and military response to major disasters and to improve and strengthen regional civil-military collaboration.

The event was attended by the Dominican Republic Director of the Center of Emergency Operations, Brig. Gen. Juan Mendez Garcia; the Dominican Republic Director of Plans and Operations for the Ministry of Defense, Brig. Gen. Santo Guerrero Clase; and Deputy Chief of Mission at the U.S. Embassy in Santo Domingo, Robert Copley.

“In the name of the Constitutional President of the Dominican Republic, Mr. Danilo Medina Sanchez, as well as the Lt. Gen. Ruben Dario Paulino, Minister of Defense, and on behalf of the Emergency Operations Center, I thank the government of the United States of America, the U.S. Southern Command and U.S. Army South for their invaluable support and the



PHOTOS BY SPC. MIGUEL RUIZ

U.S. Army Col. Brian Marzan (right), Division Chief of U.S. Army South Training and Exercises and co-director of Fuerzas Aliadas Humanitarias 2019, answers media questions at the opening ceremony of FA-HUM 19 in Santo Domingo, Dominican Republic on May 6.

development of this transcendental exercise that we will carry out,” Mendez Garcia said.

“I want to emphasize that for almost 20 years the Dominican Republic has participated in the FA-HUM exercises, this being the second time that we are the host country of what I consider the most important event of its kind in the entire region.”

The multinational exercise involves military and civilian experts in humanitarian assistance/disaster relief from 14 countries — Argentina, Brazil, Chile, Colombia, Costa Rica, Dominican Republic, El Salvador, Guatemala, Honduras, Mexico, Panama, Peru and the United States.

“In the last 10 years, the region has been hit by catastrophic phenomena such as the earthquakes of Haiti, Chile, Ecuador, Mexico; the volatile eruption of Guatemala; the hurricanes Jose, Maria, Matthew and Irma,” Mendez Garcia said. “All of these phenomena have tested the capacity of the national and international response of the countries impacted in the region.”

During the exercise, disaster management agencies and regional military forces strengthen professional relationships and collaborate to reduce



Robert E. Copley (left), Deputy Chief of Mission at the U.S. Embassy in Santo Domingo, Dominican Republic, stands with Brig. Gen. Juan Manuel Mendez Garcia, director of the Emergency Operations Center for the Dominican Republic, at the opening ceremony of Fuerzas Aliadas Humanitarias in Santo Domingo on May 6.

the loss of life and suffering in the event of the simulated disasters.

“It is evident that learning the development of skills and abilities acquired in this type of exercise have allowed us to strengthen a collection of good practices and lessons learned that in their totality have facilitated the appropriate management in the last decade of the impact of these adverse events that have affected the region.”

The white cell, or scenario writers, communicate to the participants when the fictitious hurricane, earthquake or

flooding is happening and the region that is affected. Military and civil support are tasked with responding in a timely manner and providing relief.

“By the end of the exercise we are hoping to gain the visibility and regional growth for other countries in the Central American region to get more involved in humanitarian assistance and disaster relief efforts,” Marzan said. “We hope to enhance our partner nation’s capacity and capability to deal with natural and man-made disasters.”

LACKLAND

Egyptian officer graduates U.S. Air Force Military Training Instructor School

By Senior Airman Stormy Archer

502ND AIR BASE WING PUBLIC AFFAIRS

An Egyptian military officer graduated from the U.S. Air Force Military Training Instructor Course May 9 at Joint Base San Antonio-Lackland.

Egyptian Armed Forces Capt. Amer Faymy completed the eight-week course at the Military Training Instructor Schoolhouse and will return to his home country to instruct and lead members of the Egyptian Armed Forces.

Egypt is one of the United States' longest-standing strategic partners in the Middle East and plays a vital role in regional security and stability through its counterterrorism efforts, According to the U.S. Department of State.

"With the help of my

instructors and classmates I was able to learn a lot of skills and the core values of the U.S. Air Force: service, integrity and excellence," Faymy said. "The things I learned here will help me be a better leader back home."

MTIs are tasked with mentoring, teaching and molding civilians into military service members.

"I am proud to serve alongside all of you and everything that you represent for our Air Force, our nation and our international partners," said Col. Jason E. Corrothers, 737th Training Group commander. "Congratulations and a job well done to each and every one of you, but the job is just getting started."



SENIOR AIRMAN STORMY ARCHER

Egyptian Armed Forces Capt. Amer Faymy is congratulated by Col. Jason E. Corrothers, 737th Training Group commander, as he graduates from U.S. Air Force Military Training Instructor School on May 9 at Joint Base San Antonio-Lackland.

Air Force sports seeks male, female softball players

From Air Force Installation and Mission Support Center Public Affairs

The Air Force is looking for men and women for 2019 Air Force Softball Trial Camps. The men's camp is at Eglin Air Force Base, Fla., and the women's is at Hurlburt Field, Fla. Both camps are from July 25 to Aug. 11.

The Armed Forces Softball Championships are Aug. 12-18 at Pensacola Naval Air Station, Fla.

Applications are due no later than June 3 for coaching staffs and June 10 for athletes. Active-duty, guard and reserve members can apply through the APPTRAC system. Access the

application site at <https://cloud.mwr.army.mil/apptrac/atwsc/apptrac.wsc/wb1000.html?wbp=5>. Commanders, supervisors, athletes, coaches and trainers must create an account to complete the application process using APPTRAC.

Continued support of the Air Force Fitness and Sports Program enables the Air Force to build strong, competitive teams who showcase the service at Armed Forces Championships and tournaments, said Air Force Services Activity officials.



COURTESY GRAPHIC



AIRMAN 1ST CLASS STORMY ARCHER

The Family Advocacy Program at Joint Base San Antonio offers classes and clinics for families using a car seat for the first time or who may need to refresh their installation skills. The two-hour class includes basic safety requirements, guidance and questions about car seats and booster seats.

Car Seat 101: Keeping little ones snug and safe

By Mary Nell Sanchez

502ND AIR BASE WING PUBLIC AFFAIRS

Proper education about placing a child in a car seat could be the difference between life and death.

When installed and used correctly, child safety seats decrease the risk of fatal injury by 71 percent among infants, 54 percent among toddlers and 45 percent among children ages 4 to 8, according to the National Highway Traffic Safety Administration's website, <https://www.nhtsa.gov/>.

"Three out of four car seats are installed incorrectly, and we stress that in our class so they're aware and we give them hands-on assistance," said Rose Padilla, 59th Medical Operations Squadron and JBSA Family Advocacy Program assistant.

The FAP here offers classes and clinics for families who may be using a car seat for the first time or may need to refresh their installation skills. The two-hour class covers basic safety requirements, guidance and questions about car seats and booster seats. The clinic, on the other hand, is only 30 minutes and serves more as a review of the material taught during the initial class and are more on a one-on-one basis. Safety seat checkups, installation education and recall checks are also

addressed. It's recommended that parents take the child seat safety class before the clinic.

The information provided includes buying the right car seat, installing a car seat correctly, getting the right fit for each child and knowing when to change it.

Texas law requires that any child younger than 8 be restrained inside a vehicle. In addition, the Texas Department of Public Safety requires child seats be rear-faced until the child turns 2.

"During a car crash, the car seat's job is to protect the child's head, neck and spine," Chantelle Stoops, 59th MOS and JBSA FAP outreach manager, said, adding that most collisions are head-on and the car seats prevent children from being ejected. "We want to educate parents to let them know rear-facing is the best practice because if there was a collision, the car seat is absorbing all the impact."

Once the child seat is installed correctly, making sure the child is secured is imperative. One way is to check the webbing, which is the woven fabric strips of the five-point harness used to secure the child.

"We test to see if the webbing on the

CAR SEAT 101 continues on 18

149th FW Gunfighters take part in Operation Coronet Bronco

By Staff Sgt. Derek Davis

149TH FIGHTER WING PUBLIC AFFAIRS

Members of the 149th Fighter Wing at Joint Base San Antonio-Lackland have been taking part in Operation Coronet Bronco at Mountain Home Air Force Base, Idaho, for several weeks.

The annual training event deploys members of the 149th Fighter Wing, headquartered at JBSA-Lackland, to another environment to familiarize them with accomplishing mission objectives in an unfamiliar location.

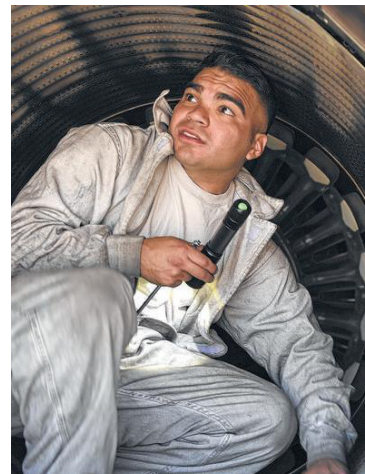
This deployment exercise is a capstone event for the Texas Air National Guard's Gunfighter student fighter pilots and evaluates their knowledge and skills before they graduate and proceed to the next phase of their training.

The exercise also incorporates many of the home unit's support personnel, which includes members from maintenance, weapons, logistics, communication, finance and other various other shops.



PHOTOS BY STAFF SGT. DEREK DAVIS

Master Sgt. Chris Hamilton, a crew chief assigned to the 149th Fighter Wing, Air National Guard, marshals in an F-16 Fighting Falcon during Coronet Bronco on April 29 at Mountain Home Air Force Base, Idaho.



Staff Sgt. Christopher Ortega, a crew chief assigned to the 149th Fighter Wing, Air National Guard, inspects the intake of an F-16 Fighting Falcon for debris or damage during Coronet Bronco.

Global Housing Symposium focuses on family support

By Zoe Schlott

AIR FORCE INSTALLATION AND MISSION SUPPORT CENTER
PUBLIC AFFAIRS

Improving the Air Force privatized housing program to meet the needs of Airmen and their families was the central focus of a three-day Global Housing Symposium in San Antonio, May 7-9.

With recent spotlights focused on military privatized housing, the symposium was an ideal venue for project owners, Air Force leadership and installation housing management offices from across the enterprise to come together as a team to discuss the most important topic at hand, Airmen and their families.

"To ensure the success of this program, it is essential for the Air Force and its partners to leave this gathering not just with lessons learned, but in alignment with a plan moving forward," said Robert Moriarty, who leads the Air Force Civil Engineer Center's Installations Directorate. As a primary subordinate unit of the Air Force Installation and Mission Support Center, AFCEC manages the Air Force's housing program.

In a keynote speech, John Henderson, assistant secretary of the Air Force for installations, environment and

energy, said residents of privatized housing had raised concerns about housing issues and it is the Air Force's responsibility to take corrective measures and keep residents informed about those efforts.

"Our actions determine if we deserve the trust of the Airmen and their families, of the people we serve," Henderson said. "We owe it to the Airmen and their families to have these debates."

Henderson urged attendees to come together as a team, ask questions, find answers and learn from one another as they return to their installations ready to take informed actions.

An Air Force leadership panel fielded questions from attendees ranging from natural disaster response plans to the future role of detachments and overseas construction.

Henderson and Moriarty were joined on the panel by Carol Ann Beda, acting deputy

assistant secretary of the Air Force for installations; Jeffery Luster, deputy general counsel for installations, energy and environment at the Office of the Air Force General Counsel; Brig. Gen. John Allen, Air Force director of civil engineers, and deputy chief of staff for logistics, engineering and force protection; and AFIMSC Vice Commander Col. Patrick Miller.

The gathering addressed the health of the fleet, the anticipated Tenant Bill of Rights, work order process improvement plans, and other issues that came out of a February 2019 health and safety review of privatized Air Force housing.

During the review, installation officials worked with project owners to identify various housing issues, resulting in roughly 4,700 work orders. Focusing improvement efforts on communication and

oversight practices, AFCEC helped reduce open work orders to 1,200 in less than three months.

In 2019, the Air Force will send housing residents a draft Tenant Bill of Rights for comments and review. The bill addresses topics on proactive support from the chain of command, professional management services, responsive communications, prompt and professional repairs with a way to track and monitor progress, the right to raise issues without fear of reprisal, and a defined dispute resolution process.

The Air Force is also strengthening housing management offices with additional staffing and improved oversight processes. In the next year, the Air Force will continue to foster open dialogue with its project owners through meetings and data calls.

CAR SEAT 101

From page 17

restraint is loose (when the child is buckled in)," Padilla said. "If we are able to grab some of the webbing that means we can make it a little bit tighter."

Hands-on demonstrations with safety seats further help

parents.

"The clinic is where we do the hands-on demonstration for the install," said Stoops.

"Parents can come with the car seat installed and we will check it. We will make corrections and show the parents. If they bring the car seat uninstalled, we do a demonstration on how to install it. Then we unbuckle everything and say, 'OK, mom

and dad, it's your turn to do it.'"

Eventually, the car seat will have to be changed out as the child grows.

Children are required to travel with age- and size-appropriate child restraints, such as car seats or booster seats, until adult seat belts fit properly. Use of age- and size-appropriate cars seats, booster seats and seat belts for

child passengers reduces their risk for death and serious injury in crash, according to the Department of Transportation.

A child must be within the range of 40 to 80 pounds and under 4 feet 9 inches to sit in a booster seat. When they reach at least 4 feet 9 inches tall or weigh 80 pounds, they can sit without a booster seat, according to NHTSA.

There are some additional factors to consider before transitioning from the booster seat to a seat belt.

"Their feet should be on the floor," Stoops said. "The seat belt should be across their collarbone. The lap belt should be on their upper thigh and not on their tummy."

To register for the class or clinic, call 210-292-5967.

Having a healthy financial relationship with money

By Mary Nell Sanchez

502ND AIR BASE WING PUBLIC AFFAIRS

From the first paycheck to the last, financial counselors here want to make sure everyone is keeping their financial portfolio healthy for a lifetime.

Military members are required to pay debt in a timely manner and be responsible with their money, which counselors at the Military and Family Readiness Center are ready to help.

"They realize they don't know anything about where their money is going; they don't have that plan," said Kevin Keith, 802nd Force Support Squadron personal financial manager. "Our responsibility is giving them the tools do that."

The counselors are able to help draft budget plans and provide one-on-one counseling as often as needed.

"We teach everything from basic military money to spending plans," Keith said. "We will help them contact creditors and outline repayment plans. We will very much get in the weeds with them."

Those joining the military right after high school may be relatively new at

being responsible for their expenses so paying attention to what they spend and how to save is key.

"Airmen who are living in dorms probably won't have this much money again for the rest of their lives because they don't have a great deal of other responsibilities," Keith added.

Some of the keys to financial success include making a financial plan, paying off any high-interest debts, and start saving and investing once they have paid off their debts, according to the U.S. Securities and Exchange Commission.

If someone is having a hard time figuring out where their money is going and they're at the end of the month with little or no money left, it's time to find out where all of the money went and put a plan in place to control the money flow for the future, Keith said.

For example, someone may have a problem spending too much money eating out. They can manage that by taking out a set amount for dining out at the beginning of the pay period and limit themselves to that amount, said Keith.

Along with managing a budget plan, it is also advisable to set aside money in



SENIOR AIRMAN STORMY ARCHER

Tom Manganello, Sr., U.S. Securities and Exchange Commission, Office of Education and Advocacy senior counsel, speaks to a group of Airmen April 23 at Joint Base San Antonio-Lackland.

savings at the onset and during wage-earning years.

"The key to savings is structure and automatic so that you never see it," Keith said. "To have that money later, you have to put money away now."

Tom Manganello, U.S. Securities and Exchange Commission, office of Education and Advocacy senior counsel, conducted financial readiness lectures here for military members and families and recommended a lifetime of saving

and investing.

"Younger enlisted folks haven't developed bad financial habits yet and haven't saddled themselves with too much debt at this point," Manganello said.

An example of a good habit would be being able to spot and avoid a scam as well as learn the red flags of fraud.

"When an investment sounds too good to be true it probably is," Manganello said. "Typically the potential for higher returns comes with higher risk."

Manganello also recommends that anyone planning to work with an investment professional conduct a background check at <https://www.investor.gov/>.

"It really does help people quickly and easily determine how much money they could invest and how that money could grow over time based on some assumed interest rates," Manganello said.

The M&FRC offers various financial readiness classes including home or car buying; savings accounts; establishing credit and reducing debt; and managing student loans. For more information, call 210-671-3722.

AFOSI seeks enlisted Airmen

From the 11th Field Investigations Squadron, Joint Base San Antonio-Lackland

The Air Force Office of Special Investigations is actively seeking enlisted Airmen in the ranks of senior airman through technical sergeant to cross-train into the 7SXXX Air Force Specialty Code and serve as AFOSI special agents.

Originally founded in 1948, AFOSI is modeled after the Federal Bureau of Investigation and investigates all felony-level crimes involving Air Force people and property.

As only one of 97 federal law enforcement agencies with criminal and counterintelligence authorities executed by an active duty, special agent workforce, AFOSI offers exciting opportunities for enlisted Airmen to investigate criminal, fraud, counterintelligence, and counterterrorism-related matters at more than 230 operating locations worldwide.

After 19 weeks of training at the



COURTESY GRAPHIC

Department of Homeland Security's Federal Law Enforcement Training Center, cross-trainees will be credentialed as federal agents. After which they will move to their new assignments.

For more information or to begin the application process, visit: <https://www.osi.af.mil/VACANCY/Enlisted/>. For specific questions regarding AFOSI or the application process, please call the 11th Field Investigations Squadron at Joint Base San Antonio-Lackland, Texas, at (210)-671-4231.

RANDOLPH

Class provides fathers with ‘the basics’ of parenting

By Robert Goetz

502ND AIR BASE WING
PUBLIC AFFAIRS

Fathers will learn how to become more attuned to the needs of their infants, improve their parenting skills and solidify their relationships with their spouses during a class this month at Joint Base San Antonio-Randolph.

“Dads: The Basics” will be presented from 3-6 p.m. May 30 at the Health Promotions facility on the south end of the Rambler Fitness Center, building 999.

One of the unique aspects of the class is that it is facilitated by fathers for fathers, said Audrey Thompson, 359th Medical Operations Squadron New Parent Support Program nurse.

“That’s the great thing about the class,” she said. “Men can more openly discuss their concerns and fears, and they’re able to bond with each other.”

Thompson’s husband, retired Air Force Master Sgt. Virgel Thompson, will facilitate the class, which is based on a curriculum developed by the National Center on Shaken Baby Syndrome.

“The center has determined through studies that dads may not have much experience handling infants and are often working against social expectations that challenge their ability to be nurturing fathers,” he said. “This program provides a training environment for them.”

The class, which is open to all fathers who are Department of Defense cardholders, will cover gender stereotypes, attachment, pregnancy, shaken baby syndrome, communication, parenting



Staff Sgt. Mikel Dualos, 20th Medical Operations Squadron medical technician, holds a mock baby during a Dad’s 101 class on April 13, 2018. The class provides attendees the opportunity to learn from experienced fathers about topics such as managing stress, infant care, shaken baby syndrome and bonding with the baby while gaining hands-on practice.

styles and resources available.

Men who are soon to become fathers face challenges, Virgel Thompson said.

“Pregnancy for a father is more abstract because they feel they don’t have to get involved until after the child is born,” he said. “Fathers sometimes feel out of place because they aren’t feeling the physical side of pregnancy.”

Challenges continue after the child is born, Virgel Thompson said.

“Fathers can feel overwhelmed because of lack of time due to the financial pressures of caring for a child,” he said. “In addition to feeling overwhelmed, they may experience loss of time and

friends, and suffer from stress.”

It’s important for new fathers to be wholly invested in their child’s upbringing by reading to them, holding them, changing their diapers, taking them for a walk in a stroller and performing other parental duties, Virgel Thompson said.

They should also communicate with their wives and be attuned to their feelings. “Be aware of any mood changes or your spouse to look for signs of postpartum mood disorders,” he said.

Research shows that a positive relationship between babies and their fathers increases a child’s future social competence, school

performance and empathy, Audrey Thompson said. That relationship also benefits fathers.

“When dads are involved, they are more sensitive with their infants, report more secure attachment relationships with their children, contribute to improvements in the mother-child relationship, feel more self-confident and effective as parents, find parenthood more satisfying and feel more intrinsically important to their children,” she said. “When their dads are involved, children have higher cognitive function at 6 months, are better problem solvers as toddlers, have a higher IQ by

“When dads are involved, they are more sensitive with their infants, report more secure attachment relationships with their children, contribute to improvements in the mother-child relationship, feel more self-confident and effective as parents, find parenthood more satisfying and feel more intrinsically important to their children.”

Audrey Thompson, 359th Medical Operations Squadron New Parent Support Program nurse

age 3, show more concern for others and are more empathetic.”

She also said children whose fathers are more involved in their upbringing have higher levels of self-reported happiness; are better able to handle strange situations and are more resilient; demonstrate a greater tolerance for stress and frustration; are more likely to do well academically, participate in extracurricular activities and enjoy school; and are better able to manage their emotions and impulses in an adaptive manner.

To register for the class, call 210-652-2448.