

# JBSA LEGACY

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JOINT BASE SAN ANTONIO

JUNE 28, 2019



PHOTO BY GERARDO ESTRADA

Army Sgt. Kevin Ramirez assesses a casualty during the tactical combat casualty care portion of the Brooke Army Medical Center Best Medic Competition at Joint Base San Antonio-Camp Bullis June 12.

## Soldiers compete in BAMC Best Medic Competition

Page 6



SERE specialists showcase training for recruiters  
Page 17



149th FSS takes part in readiness training  
Page 18

# No CBD products on federal installations

By Jennifer Spradlin  
U.S. AIR FORCE ACADEMY  
PUBLIC AFFAIRS

CBD is turning up everywhere: Is it OK for service members and federal employees to use?

The cannabidiol industry has grown rapidly in recent years – popping up everywhere from gas stations to local drugstores. A derivative of the cannabis sativa L. plant, commonly known as marijuana, CBD is turning up in a variety of everyday products from coffee to lotion.

CBD is non-psychoactive and does not produce a high; however, it has been linked to other medical benefits by industry leaders. These claims range from pain and anxiety relief to suitability for treating serious medical conditions like cancer.

An Air Force Academy military justice attorney and adviser, Dominic Angiollo, said availability and legalization at the state level should not imply compliance with federal or military law.

“Even drugs you can purchase at Walgreens with a prescription — if you overuse them or use them contrary to how they were prescribed — can still be illegal,” Angiollo said.

CBD’s inundation of the marketplace has created a buyer-beware scenario not unlike workout or beauty supplements.

The Food and Drug Administration has approved the use of CBD in treatment for seizures associated with two rare and severe forms of epilepsy. Except for this specific drug formulation, CBD remains a Schedule I controlled substance, and is off-limits to service members and federal employees without a prescription.

Lack of oversight, incorrect labeling, and limited testing are at the heart of Department of Defense concern over CBD products. According to a 2017 study cited by the Air Force Administrative Law Directorate, some 21 percent of 84 CBD products sold online contained

THC — the principle psychoactive agent in marijuana. Additionally, only 31 percent of these products contained accurate levels of CBD per their labeling.

Lt. Gen. Jay Silveria, Academy superintendent, recently cautioned both service members and federal employees against CBD use.

“It is important for our civilian personnel to know that although they may not be covered by the Uniform Code of Military Justice, because CBD remains a controlled substance, it may not be brought onto the grounds of federal installations,” Silveria said in a base-wide email. “Its use during duty hours could be a basis for discipline, if the CBD is not FDA-approved and/or the employee does not have a prescription for its use.”

Service members and federal employees should remain diligent consumers and follow official guidance on CBD products.

# DOD seeks feedback from Airmen, families on Housing Resident Bill of Rights

By Zoe Schlott  
AIR FORCE INSTALLATION AND  
MISSION SUPPORT CENTER  
PUBLIC AFFAIRS

The Department of Defense is asking current residents of military privatized housing to provide feedback on a draft version of a Resident Bill of Rights.

The Air Force is part of a tri-service initiative to create a Resident Bill of Rights that identifies the basic housing rights of service members and their families living in privatized housing.

“Our most important resource is our people. We must protect our people — our Air Force family — by ensuring our privatized housing portfolio provides safe and healthy housing,” said Col. Michael Beach, Air Force Housing program chief. “We value the candid

input of our Airmen. This is a real opportunity for them to influence change within the (military housing privatization initiative) program for the better.”

Families living in privatized housing can expect to receive an emailed letter from the Office of the Secretary of Defense which provides instructions on how to complete the survey, which is being administered by CEL & Associates, Inc., a third-party consulting firm. CEL will collect resident feedback and analyze the information on behalf of the DOD.

All information collected through the survey is confidential. If you are a resident and have not received the emailed letter or you have questions and/or are experiencing technical difficulties, please call the toll-free helpline at (800) 482-6431, or contact CEL & Associates, Inc. via email at [BillOfRightsFeedback@celassociates.com](mailto:BillOfRightsFeedback@celassociates.com).



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ates, Inc. via email at [BillOfRightsFeedback@celassociates.com](mailto:BillOfRightsFeedback@celassociates.com).

Participation is voluntary, but the Air Force highly encourages its members to take this opportunity to contribute their voice to improving privatized housing experience for service members and their families, Beach said.

The Resident Bill of Rights is one of 60 initiatives the Air

Force will complete as part of its aggressive plan to address housing issues, Beach said. In February 2019, Air Force commanders conducted a health and safety review with all residents in Air Force family housing. The Air Force used this feedback and other internal reviews to identify systemic issues and plot an aggressive campaign to overhaul the program.

## JBSA LEGACY

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# Feedback Fridays

By Brig. Gen. Laura L. Lenderman

502D AIR BASE WING  
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](mailto:RandolphPublicAffairs@us.af.mil) using the subject line "Feedback Fridays." Questions will be further researched and published as information becomes available.

## Personnel Issues

**Q.** Why can't Yellow Cab drivers get monthly or annual passes at Joint Base San Antonio-Randolph the way they do at JBSA-Fort Sam Houston? Both JBSA-Randolph and JBSA-Fort Sam Houston are part of JBSA.

I was told that cabs are commercial vehicles, while Uber and Lyft use private vehicles. But Yellow Cab drivers have to pass the FBI fingerprint check, which is more than Uber or Lyft drivers do.

**A.** Thank you for your question. Yellow Cab service is managed through a contract secured by AAFES. As part of that service, drivers are vetted and issued one-year access credentials.

When AAFES renewed the contract last year, they chose not to expand service to JBSA-Lackland or JBSA-Randolph.

That said, since the vetting process to issue access credentials for Ft Sam is the same used for all JBSA locations, our Security Forces teams at JBSA-Lackland and JBSA-Randolph accept the JBSA-Fort Sam Houston credentials as long as there is an authorized credential holder in the Yellow Cab, or a valid sponsor has made a request for on-base pickup.

Alternatively, rideshare companies like Uber and Lyft are not issued long-term access credentials for any JBSA location. Instead, driver's attempting to pick up customers on base must first obtain a temporary pass from the respective Visitor Control Center.

I hope this information is helpful, but please don't hesitate to let us know if you have any additional questions.

**Q.** What is the policy on waste and abuse of government employee(s) time and resources by civilian personnel? What other options are available if we do not trust the anonymity of the Inspector General system?

**A.** I appreciate your question. Personnel should, but are not required to, attempt to resolve complaints of fraud, waste and abuse at the lowest possible level (appropriate for the circumstances) using supervisory channels before addressing them to higher-level command channels or the inspector general, or IG.

When an employee chooses to file a complaint with the IG, they have the right to submit the complaint anonymously. IGs at every level maintain a complaint hotline to assist anonymous filers.

Additionally, in accordance with Air Force Instruction 90-301, when the identity of a complainant is known, the IG shall not disclose the identity of the employee without the consent of the employee, unless the IG determines such disclosure is unavoidable during the course of an investigation. Consent is indicated in writing on the AF Form 102, Inspector General Complaint Form.

Complaint Hotlines:

- ▶ SAF/IGQ Hotline - <https://www.afinspectorgeneral.af.mil> (option to submit complaint electronically) or call 1-800-538-8429
- ▶ AETC/IGQ Hotline - 210-652-4460
- ▶ 502 ABW/IGQ Hotline - 210-808-1000

## Installation & Facilities

**Q.** I see the Selfridge Gate at JBSA-Lackland for southbound traffic on Southwest Military Drive/Highway 13 now has two right-turn lanes. Could we get lines painted at the intersection because the existing lines are nearly invisible?

Also, replacing the middle lane stop light with a signal that includes a right turn arrow would keep people from getting caught and blocking the intersection when the light changes.

**A.** A traffic focus group was conducted earlier this week on JBSA-Lackland to look specifically at how to resolve the morning traffic congestion along Military Drive at the JBSA-Lackland vehicle entry control points.

Your suggestions for improving the lines and signals at the Selfridge Gate were part of the discussion along with a number of other ideas that are in the



traffic management and gate security operations tool boxes.

The majority of the efforts outside our fence line have to be worked through our partners with Texas Department of Transportation, or TXDOT, and the City of San Antonio. We will engage through our Wing community partnerships office to investigate what improvements, both near and long term, can be made to address this problem.

**Q.** I work at JBSA-Fort Sam Houston at the AMEDDC&S, HRCOE where we train thousands of Soldiers, Sailors and Airmen in medical fields every year.

Thousands of students are constantly drinking from plastic, glass and cans every day, and there is not one recycle container in the school house or any of their barracks anywhere. Even hard to find one other than white paper recycling on post.

We live in San Antonio which offers FREE recycling to residents (meaning part of trash pick-up, no additional cost), so why isn't there an active recycling program visible at JBSA-Fort Sam Houston?

**A.** Thank you very much for your question. Currently there is an active recycling program at JBSA-Fort Sam Houston; however, the primary focus of this program is on bulk recycling. This decision is primarily driven by limited manpower and resources to run this program.

Recycling service at specific facilities is limited, and as such our CE team has relied on collection at designated central drop off points. CE recently published an article, entitled "JBSA recycling

contributes to environmental effort," in the June 14, 2019, JBSA Legacy newspaper, on page 6, and can also be found online at <https://www.jbsa.mil/News/News/Article/1867542/recycling-allows-jbsa-community-to-contribute-to-environmental-effort/>.

If you have specific questions or requests for consideration to improve the program, the POC for the CE Environmental Office is Alvin Brown at 210-671-5499 or e-mail [alvin.brown@us.af.mil](mailto:alvin.brown@us.af.mil).

**Q.** Our directorate recently had an official function at Eberle Park at JBSA-Randolph. We noticed that many of the gorgeous old oak trees near the front of the park had been cut down and we're curious as to why such beautiful trees would be cut down.

Going further into the park near the pavilions, there are several oak trees that are in dire need of trimming. Some of branches are hanging so low, you literally have to step around them. They offer wonderful shade and relief from the sun.

We're hoping that those trees aren't being slated to be cut down as well. Given the size of their trunks, they have to be very old. It would be sad to see these beautiful trees being cut down.

**A.** Thank you for your question. Our wing environmental office always strives to preserve natural infrastructure at all locations, especially at our parks.

Unfortunately, in addition to all the amazing features the trees have to offer,

FEEDBACK FRIDAYS continues on 19

# U.S. Army announces Expert Soldier Badge

From U.S. Army Training and Doctrine Command Public Affairs

In conjunction with the U.S. Army's 244th Birthday, the Army announced a new proficiency badge June 14 called the Expert Soldier Badge.

The ESB is designed to improve lethality, recognize excellence in Solder combat skills and increase individual, unit and overall Army readiness. The ESB is the equivalent of the Expert Infantry Badge and Expert Field Medical Badge but for all other military occupational specialties in the Army.

Commanders will soon be able to use the badge to recognize Soldiers who attain excellence in physical fitness and marksmanship and a high standard of expertise in land navigation and performing warfighting tasks.

"The ESB will be an important component of

increasing Soldier lethality and overall readiness to help achieve the vision for the Army of 2028," said Sgt. Maj. of the Army Daniel A. Dailey. "The EIB and EFMB have supported the Infantry and medical fields with distinction, ensuring their Soldiers maintain critical skills, while recognizing the very best among them. The ESB will achieve the same for the rest of the Army."

The Army will implement the ESB in early fiscal year 2020, with the standards and regulation to be finalized by September 2019. Earning the badge will test a Soldier's proficiency in physical fitness, marksmanship, land navigation and other critical skills, and demonstrates a mastery of the art of soldiering.

The ESB training and testing will be extremely challenging,



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mission-focused, and conducted under realistic conditions. Those in the Infantry, Special Forces, and Medical career management fields are not eligible for the ESB.

"Like the EIB and EFMB, the ESB test will be a superb venue for individual training in units and the badge will recognize a Soldier's mastery," said Gen. Stephen J. Townsend, commanding general, U.S. Army Training and Doctrine

Command. "And it will be just as tough to earn as the EIB and EFMB because the Soldier will have to demonstrate fitness, weapons proficiency, navigation and warrior task skill at the expert level."

Standards for the ESB are still being refined but they will not be adjusted for age, gender or any other criteria. The test will share about 80 percent of the same warrior tasks as the EIB and EFMB, and is designed so it can be administered

alongside and together with them. Brigade commanders will decide if and when to schedule the test so it best fits their training schedules.

Under the ESB test process, Soldiers will demonstrate mastery of individual skills through different evaluations over a five-day period. The standards for the ESB place candidates under varying degrees of stress that test their physical and mental abilities as

**BADGE continues on 8**

## Army Emergency Relief offers funds for spouse relicensing

By Thomas Brading  
ARMY NEWS SERVICE

Army spouses can now apply for reimbursement of up to \$2,500 in professional relicensing expenses through Army Emergency Relief when they move to another state.

Last month, top Army officials announced a \$500 limit on relicensing costs for military spouses for permanent change-of-station moves. However, if additional funds are needed for relicensing, AER will help offset those costs for eligible spouses.

The new category of AER assistance went into effect June 5.

"We at AER are constantly looking to expand our categories of assistance to even better support the Army team," said retired Lt. Gen. Raymond V. Mason, AER director. "One key is the

challenge of PCS moves and the demands that it places on Army Families; this is especially true for working spouses whose jobs require certification/licensing for every new state they live in.

"This is the right thing to do for our Families who give so much to their Soldier and our nation," he added Wednesday during the Association of the U.S. Army "Hot Topic" symposium on installation management.

The first step for spouses is knowing the certification requirements in their new state. If assistance is necessary, spouses who are eligible for the reimbursement will need their Soldier - whether active-duty, National Guard or Reserve - to apply for the reimbursement at their command.

They will need a completed SF 1034 form, known as a Public Voucher for Purchases

and Services Other Than Personal form; a copy of their PCS orders; and copies of the old state license or certification, the new license or certification, marriage certificate, and proof of fees paid.

Soldiers and their spouses will be able to apply for this assistance within 180 days of arrival to their new location by presenting the license or certification from the previous state along with their application, which they can find on [aerhq.org](http://aerhq.org).

"AER will provide a loan for the initial \$500 up front, so spouses are able to enact their recertification or licensing right away, knowing the Army will reimburse them," said Krista Anderson, military spouse ambassador for AER.

"If the costs exceeds \$500, they'll be able to apply through AER for additional funds. The

application process better determines if it should be a loan, grant, or combination of both."

The change came as a response to multiple surveys that show the rate of underemployment among military spouses increases exponentially with each move and that it's a top stressor according to Soldiers and their Families. AER hopes that with this new category of assistance in place, more spouses will be able to gain or maintain employment with each move.

The program is intended to assist Army Families by lessening the financial burden faced when moving to a new duty location. The requirements for local and state-level occupational licenses and certifications can vary depending on the career. Many spouses are unable to practice their professions until

they meet the requirements of the new state. The financial strain of regularly relicensing can take a toll on talented, professional individuals.

"How this helps spouses is assistance in certification licenses portability," said Col. Steve J. Lewis, chief of family programs for the Office of the Assistant Chief of Staff for Installation Management. "Community partners are investing in human capital and the talents military spouses have. Employers benefit from their skills."

AER is the Army's emergency financial assistance organization and is dedicated to "helping the Army take care of its own." AER financial assistance is conducted within the Army structure by mission commanders and garrison commanders through AER sections located at Army installations worldwide.

# Summer safety tips for cars, recreational vehicles

From 502nd Civil Engineer Squadron  
Fire & Life Safety

With summer around the corner the freedom to go on road trips, excursions on the lake, family fun on boats, camping sites galore, the list is endless.

But safety should be foremost in any family summer event whether you're road tripping it or just driving a few miles. Summer months are fraught with potential concerns, especially when you and the kids pile in the family car.

## Vehicle safety tips:

Do you know what to do if your car or RV is on fire?

- ▶ Pull over as quickly as it is safe to do so, be sure to use your signal as you make your way to a safe location off the road such as the breakdown lane or rest stop.
- ▶ Once you have stopped, turn off the engine.
- ▶ Get everyone out of the car/recreational vehicle. Never return to a burning car or recreational vehicle for anything. Get out and stay out.
- ▶ Move everyone at least 100 feet from the burning car / recreational vehicle and well away from traffic.
- ▶ If the fire is small and you can extinguish it without putting yourself in danger, put it out with a fire extinguisher, but do not risk your safety.
- ▶ Call 9-1-1. Know your exact location so firefighters can find you.

## Boating safety tips:

- ▶ Operator inexperience, inattention, recklessness and speeding are the four leading causes of watercraft crashes and the leading cause of death is drowning.
- ▶ Crash statistics indicate boaters who wear U.S. Coast Guard-approved life jackets and take boater safety courses are most likely to stay safe.
- ▶ Never use drugs or alcohol before or during boat operation. Alcohol's effects are greatly exaggerated by exposure to sun, glare, wind, noise and vibration.
- ▶ Have a fire extinguisher.
- ▶ Have operable boat lights and always test boat lights before the boat leaves the dock and carry extra batteries. Keep emergency supplies on board in a floating pouch: cell phone, maps, flares and first-aid kit.

## Recreational vehicle safety tips:

In America, fire is one of the major causes of RV loss. An estimated 20,000 RV fires transpire yearly according to



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the National Fire Protection Association. Don't let yours be one of them.

In an article written by Kathy Komatz, National Structural Fire Training Specialist, from August 2012, RV fires can start when your RV is moving or when it is parked. The following tips can help you prevent the most common RV fire hazards:

- ▶ Make a pre-trip checklist and inspect your RV every time you hit the road.
- ▶ Have three fire extinguishers for your RV — one in the kitchen, one in the bedroom and one outside in an unlocked compartment or in your tow vehicle. Make sure every traveler knows where they are located and how to use them.
- ▶ Test your smoke detector.
- ▶ Have at least two escape routes and an escape plan. Practice it with your travelers.
- ▶ Make sure all travelers can open the front door, hatches and emergency exits.
- ▶ Ensure that your RV's carbon monoxide and the propane detectors are properly located and functioning.
- ▶ Ensure that the power cord for connecting your RV to a campground's electricity supply is in good condition and of suitable gauge wire to handle the electrical load. Replace damaged cords immediately.
- ▶ Proper maintenance will help reduce your chances of having malfunctions on the road.
- ▶ While you are camping (or parked)
- ▶ Never leave cooking unattended.
- ▶ Never leave appliances that are plugged in and on unattended.
- ▶ Turn off overhead exhaust fans when you leave the RV.
- ▶ Don't leave 12-volt lights on. Keep clothing and other burnable things away from them (like in storage spaces)

because they get very hot.

- ▶ If the flame on your galley stove goes out while in use, unless you have run out of fuel, the gas will continue to flow and could result in an explosion. Turn off the stove and air out the RV before trying to relight.
- ▶ Keep all combustibles — from paper towels to curtains — far enough away from your stove that they cannot catch fire.

- ▶ Gasoline and propane can pose an immediate, explosive danger. Deal at once with any leaks or spills, and use all fuels in adequately vented areas. Operate your generator in an area where gasoline fumes cannot reach an ignition source.
- ▶ Keep your campsite fire sources such as fire rings, tiki torches and lanterns away from all vehicles.
- ▶ RVs often have a very limited number of electrical outlets, and sometimes RVers use power strips to plug more things in. Don't overload the electrical outlets. Circuit breakers don't always prevent overloads from starting fires.
- ▶ It's best never to use an extension cord in an RV. If you must, make sure you use a heavy duty extension cord, and make sure the load you put on it is well within its safe load capacity. Don't run any electrical cord under a carpet or floor mat.

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



# FORT SAM HOUSTON

## Soldiers compete in BAMC Best Medic Competition

By Lori Newman

BROOKE ARMY MEDICAL CENTER PUBLIC AFFAIRS

Joint Base San Antonio-Camp Bullis was the location of a grueling competition June 12-13 to determine who would earn the title of Brooke Army Medical Center Best Medic.

In the end, Army Sgt. Samantha Delgado, a radiology department technician, and Army Sgt. Kevin Ramirez, a laboratory technician from the pathology department and area lab services, were victorious.

The event included the Army Combat Fitness Test, warrior training, obstacle course, M-16 qualification, warrior tasks and battle drills, day and night land navigation, a Tactical Combat Casualty Care assessment and 20-kilometer foot march.

Ramirez and Delgado will go on to compete in the Regional Health Command-Central Best Medic competition later this year.



Army 1st Lt. Samantha Frank low crawls during the Brooke Army Medical Center Best Medic Competition at Joint Base San Antonio-Camp Bullis June 12.



Soldiers participate in an M-16 qualification during the Brooke Army Medical Center Best Medic Competition.



PHOTOS BY GERARDO ESTRADA

Army Col. Joseph Novack (left), deputy commander for medical services, and Command Sgt. Maj. Thomas Oates (right) present Army Commendation Medals to Army Sgt. Samantha Delgado (second from left) and Army Sgt. Kevin Ramirez (second from right) during the Brooke Army Medical Center Best Medic Competition award ceremony at Joint Base San Antonio-Camp Bullis June 14. Delgado and Ramirez won the competition and will go on to represent BAMC in the Regional Health Command-Central competition later this year.



Army Sgt. Kevin Ramirez assesses a casualty during the tactical combat casualty care portion of the Brooke Army Medical Center Best Medic Competition at Joint Base San Antonio-Camp Bullis June 12. The competitors were tested on both warrior and medic skills during the competition.

# BADGE

From page 4

they execute critical tasks to an established set of standards.

To qualify to take the ESB test, Soldiers must pass the Army Combat Fitness Test, or ACFT, qualify as “Expert” on the M4/M16 rifle and be recommended by their chain of command.

The test itself consists of another ACFT, day and night land navigation, individual testing stations, and culminates with a 12-mile foot march. ESB test stations include warrior tasks laid out in the ESB regulation and may also include five additional tasks selected by the brigade commander from the unit’s mission essential task list. Example tasks include:

- ▶▶ React to an Improvised Explosive Device (IED) Attack
- ▶▶ Construct Individual Fighting Positions
- ▶▶ Search an Individual in a Tactical Environment
- ▶▶ Employ Progressive Levels of Individual Force
- ▶▶ Mark CBRN-Contaminated Areas

“We worked tirelessly on the ESB to ensure we got it right,” said Command

Sgt. Maj. Edward W. Mitchell, Center for Initial Military Training Command. “We wanted to provide commanders the opportunity to recognize their top Soldiers who have met the highest standard of performance in physical fitness, warfighting tasks and readiness.”

Each ESB task will be evaluated on a “go” or “no-go” basis. Pass rates during the ESB pilot testing were similar to that of the EIB and EFMB.

“The ESB is all about increasing the readiness of our Army. It will provide commanders outside the Infantry, Special Forces and medical communities the opportunity to recognize Soldiers who best demonstrate excellence in their fields,” said Command Sgt. Maj. Timothy A. Guden, TRADOC Command Sergeant Major.

“This is not a badge to award so that the entire Army now has an ‘expert’ badge to wear. As it is now, not every Infantryman or Special Forces Soldier earns the EIB and not every medic earns the EFMB. Keeping with the same mindset, this is a badge to award to those who truly deserve recognition as an expert in their career field; for those who have achieved a high level of competence and excellence in their profession.”



# Missions honor Sailors, baseball-military bond

By Petty Officer 1st Class David Kolmel

NAVY MEDICINE EDUCATION,  
TRAINING AND LOGISTICS COMMAND  
PUBLIC AFFAIRS

Navy Medicine Education, Training and Logistics Command's deputy commander threw out the traditional first pitch for the San Antonio Missions' minor-league baseball game as part of the Missions' Military Appreciation Night June 12.

Pregame activities were wrapped up by the Navy Information Operations Command Texas color guard presenting the colors and the Navy Medicine Training Support Center student choir performing the national anthem following Capt. Tim

Richardson's first pitch.

"It was great to represent the Navy and NMETLC team at the Missions baseball game," Richardson said. "This is Military City, USA, and it was a great honor."

Missions manager Rick Sweet spoke briefly with Richardson just before the first pitch. He discussed the long history between baseball and the military, saying the pitch represents that bond.

"It always means a lot to me, being an ex-military guy myself," said Sweet, a Goodyear, Arizona, native who lives in San Antonio during the six-month baseball season. "I understand the importance of our military. I think the military and baseball have always gone together. It's always worked together. You



PETTY OFFICER 1ST CLASS DAVID KOLMEL

*Capt. Timothy Richardson (right), Navy Medicine Education, Training and Logistics Command deputy commander, talks with Rick Sweet, San Antonio Missions baseball team manager, after throwing out the first pitch at the Missions baseball game in honor of Military Appreciation Night June 12.*

think about all of the baseball players that fought in WWII and had to put their careers on hold."

Like Sweet, many are surprised to learn about the

large Navy footprint in Military City, USA. More than 10,000 active, reserve and student Sailors, family members, and federal/civilian employees are stationed in San Antonio or pass

through for Navy training.

Among those trained are hospital corpsmen and master-at-arms, the Navy's two largest enlisted career fields, or "ratings," who receive all entry-level and most of their advanced training in San Antonio.

Among San Antonio's 11 Navy commands, detachments and activities, NMETLC is led by the Navy's senior officer in San Antonio, Rear Adm. Tina Davidson. NIOC has the largest Navy permanent-party population, and NMTSC the largest Navy student population. Teamwork, planning and coordination between the three Navy commands and the Missions ensured players and fans witnessed firsthand the bond that Sweet described.

For Richardson, it was a rewarding night: "I was very proud to see the students singing the national anthem and the great work by the NIOC color guard."

# Navy Recruiting District San Antonio welcomes new commander

By Burrell Parmer

NAVY RECRUITING DISTRICT SAN  
ANTONIO PUBLIC AFFAIRS

A new commanding officer took command of Navy Recruiting District San Antonio during a change of command ceremony at the Alamo June 7.

During the ceremony, Cmdr. Jeffrey Reynolds of Raleigh, N.C., relinquished command to Cmdr. Nicholas Gamiz. Commanding the NRD SA since Aug. 4, 2017, Reynolds was responsible for more than 217 recruiters, support personnel and civilians, who all assisted in making the Navy's recruitment annual mission.

Reynolds' area of responsibility included 34 Navy Recruiting Stations and Navy Officer Recruiting Stations spread throughout 144,000 square miles of Texas territory, spanning from Waco, west to Midland-Odessa, southwest toward El Paso,



ANDREW PATTERSON

*Cmdr. Nicholas Gamiz (right) assumes command of Navy Recruiting District San Antonio during a change of command ceremony at the Alamo June 7.*

southeast along the Rio Grande Valley, and west of College Station.

Capt. Glen O'Loughlin, commodore, Region West, Navy Recruiting Command,

officiated the ceremony.

Remarking on his tenure as commanding officer, Reynolds spoke about the numerous accomplishments of his team.

"I can't imagine no better way to end my Naval career than in command of the exemplary Sailors and civilians at NRD San Antonio," said Reynolds, a Naval aviator. "This command team has done nothing but exceed my expectations every single day, and words cannot adequately express my pride in their accomplishments."

Under Reynolds' command, the NRD shipped 3,090 highly qualified young men and women for service in the U.S. Navy and Navy Reserve. For his superior performance of duty, he was awarded the Meritorious Service Medal.

Gamiz, a Naval aviator, thanked all for attending the ceremony and for Reynolds' service.

"I have had the honor and privilege of serving alongside

Skipper Reynolds this past two years," Gamiz said. "It has been humbling to witness first hand his leadership which has guided NRD San Antonio to the success we are enjoying today.

"You have answered the call to excellence and conquered each challenge presented in front of you, and for that I commend you," Gamiz added. "However, we are not done yet. I sincerely hope you will not be satisfied with anything other than number one in the nation, so let's get to work and finish what Skipper Reynolds started!"

Following the ceremony, Reynolds retired from America's Navy with nearly 21 years of service.

NRD consists of a command headquarters, three Navy Recruiting Regions, 18 Navy Recruiting Districts and eight Navy Talent Acquisition Groups that serve more than 1,300 recruiting stations across the world.



# Health Readiness Center of Excellence commander educates the educators

By Tish Williamson

HEALTH READINESS CENTER OF EXCELLENCE PUBLIC AFFAIRS

During a recent question-and-answer session with Maj. Gen. Patrick D. Sargent, commander, U.S. Army Medical Department Center & School, Health Readiness Center of Excellence, or HRCoE, a visiting community educator asked what they should tell their students who think of the military as “their last resort,” in case they don’t get into college.

The educator was part of a group of more than 70 high school administrators, teachers and college professors visiting from across Wisconsin, Northern Illinois and Ohio, sponsored by the Cleveland and Milwaukee U.S. Army Recruiting Battalions. The

visits to Joint Base San Antonio-Fort Sam Houston are part of an annual initiative sponsored by the U.S. Army Recruiting Command.

“Those students who think they are saving the military as their backup plan need to know that they will still need quality math and English skills to serve in the Army,” Sargent said.

The general explained that joining today’s Army, particularly in such a highly technical and specialized field as Army medicine, is highly selective. The Army has made it a priority to ensure the quality of officers and soldiers by identifying and assessing the right talent, skills and credentials to help win the nation’s wars and then come home safely.

More than 70 percent of America’s youth do not qualify

for military service at all. Some disqualifying factors include obesity, drug use, non-waiverable health problems, misconduct or lack of aptitude.

Sargent suggested that the best thing the educators could do to help their students who may be interested in serving in the Army is to link them up with their local recruiter or Junior Reserve Officer Training Program early so they can better understand the qualifications and requirements to serve, as well as some of the typical challenges and many benefits they can expect.

The overall purpose of the visit was to ensure that these community leaders learn about the countless opportunities available to high school students, college students and citizen providers and to depart JBSA-Fort Sam Houston with a shared purpose of informing Americans about the many benefits the Army and Army Medicine have to offer.

The HRCoE is the Army’s largest civilian-accredited service school and trains more

than 35,000 students annually through 192 health-related programs of instruction at JBSA-Fort Sam Houston. The center’s trainees represent soldiers in 109 officer and warrant officer medical areas of concentration and 24 enlisted medical military occupational specialties.

During the two-day event, attendees received overview briefs and tours on key specialty areas, programs and courses that highlight the HRCoE as a premiere 21st century medical education institution to include critical care flight paramedics, tactical combat medical care, dental laboratory assistants, veterinary assistants, radiography technicians, respiratory laboratory technicians, surgical technicians, physical therapists and physician assistants.

Some attendees also observed joint military training at the Medical Education and Training Campus, or METC. Visitors also got a better idea of the size and scope of the Army Medicine mission and the world class health care being

provided to our soldiers, retirees and veterans through tours at Brooke Army Medical Center, or BAMC, the Vogel Resiliency Center and the Center for the Intrepid.

In his closing remarks, Sargent thanked the educators for all that they do to help their students figure out what it is they are meant to do in life.

“That is a powerful and noble mission, and you have my utmost respect,” he said.

Sargent also noted that there are many intangible qualities that help ensure success in the Army like accountability, responsibility and motivation that teachers, professors and administrators are uniquely equipped to assess in young adults.

“Building upon these qualities that are required and honed as a result of serving something larger than yourself is something that I think all Americans would benefit from experiencing,” the general added.

*To learn more about careers available in Army medicine, visit [www.goarmy.com/amedd](http://www.goarmy.com/amedd).*

# BAMC Pride Month observance celebrates LGBT community

By Lori Newman

BROOKE ARMY MEDICAL CENTER PUBLIC AFFAIRS

Brooke Army Medical Center celebrated Pride Month June 19 with an observance in the fourth-floor auditorium.

Pride Month honors lesbian, gay, bisexual and transgender people, and is celebrated each year in the month of June to honor the 1969 Stonewall Uprising in Manhattan. The Stonewall Uprising was a tipping point for the gay movement in the United States.

“Our nation and our military’s greatest strength is our diversity,” said Brig. Gen. George Appenzeller, BAMC commanding general. “We have made great strides toward inclusivity, but we are not there yet.

“We shouldn’t be measured

by race, our background, ethnicity or sexual orientation,” Appenzeller said. “We should be measured by our capabilities.”

The guest speaker for the event was Army Capt. Ellen Simpson, a perioperative registered nurse at BAMC.

“When I commissioned into the military in 2009, I never would have imagined that we would be observing Pride Month on a military installation, let alone that I would be asked to be a guest speaker at such an event,” she said.

Simpson reflected on how the military has changed during her 10-year career.

“I began serving in 2009 when ‘Don’t Ask, Don’t Tell’ was still in full swing,” she said.

“Don’t Ask, Don’t Tell,” or

DADT, was the official United States policy on military service by gays, bisexuals and lesbians. The policy prohibited military personnel from discriminating against or harassing closeted homosexual or bisexual service members or applicants, while barring openly gay, lesbian or bisexual persons from military service.

“My wife, Shannon, and I had recently started dating, so once I began working in the hospital at Fort Bragg, I was very selective of what I said when I was asked about personal relationships,” Simpson said. “I knew the consequences of coming out during that time could result in being kicked out simply for loving another female.”

Simpson said they would attend social gatherings together, but Shannon was

considered her roommate by the people they met.

The couple got engaged in February 2011, and DADT was repealed Sept. 20, 2011.

“Although we were safe to come out without reprimand, not everyone welcomed us with open arms, because as we all know, attitude changes do not automatically come with policy changes,” she said. “I did have a few great supervisors at the time who were supportive of Shannon and I, but there was still an overall stigma against gays in the military by many.”

Simpson was stationed at Keller Army Community Hospital at West Point, N.Y., in December 2011.

“It wasn’t long before everyone we met would learn the truth of our relationship,” she said. “Most were surprisingly accepting and

made us feel very comfortable.”

“In September 2013, the Department of Defense began recognizing same-sex military couples, which in my eyes, was revolutionary,” Simpson said. “Shannon was finally able to have a DOD Dependent ID card and I could list her as a ‘next of kin’ on my SGLI (Servicemembers’ Group Life Insurance) paperwork. I finally felt equal to my heterosexual counterparts.”

Army Sgt. Maj. James Brown, BAMC chief clinical noncommissioned officer, reiterated the general’s comments.

“What really makes our military great is truly the diversity in it,” he said. “We have to continue to foster an environment that is of open mindedness, tolerance and patience.”



# Joint Base San Antonio FORCE SUPPORT SQUADRON

## Monthly Events

July

### Aquatics

#### Patrons compete in a triathlon

Join the JBSA-Fort Sam Houston Aquatic Center for the second summer triathlon July 14, 7 a.m. The triathlon can be completed as an individual or as a relay and includes a 300 meter swim, 10 mile bike and 2 mile run. The cost is \$20 per person. Registration deadline is July 10. Packet pickup begins at 5:30 a.m. on race day. For more information, call 210-221-4887.

#### Dive in movie night offered

Bring the family for a fun night floating in the pool and watching family friendly movies at the JBSA-Lackland Warhawk Pool Tuesdays, 7:30-10 p.m. Participants need to bring their own clear colored tubes. Cost is \$3 for adults, \$2 for children 10 years and younger and free for season pass holders. For more information, call 210-671-3780.

#### Volleyball is played Thursday nights

Join the JBSA-Lackland Warhawk Pool Thursdays, 7:30-10 p.m., in the pool for pick-up water volleyball games. Balls are available at the pool. There are no referees, so please play fair and when forming teams, make sure everyone that has come to play has a chance and both sides have a mix of all ages. If there are a lot of people, the winning team stays on after each game. For more information, call 210-671-3780.

#### Customers participate in water aerobics

Come to the JBSA-Lackland Skylark Pool for water aerobics, every Monday, Wednesday and Friday, from 5-6 p.m. The cost is \$3 per session. For more information, call 210-671-3780.

### Bowling

#### Beat the heat with bowling

Beat the heat this summer at the JBSA-Fort Sam Houston Bowling Center. Bring the party indoors with one of the three available party packages offered during regular operating hours. For more information, call 210-221-4740.

#### Kids bowl for free

The JBSA Bowling Centers invite registered kids to receive two free games of bowling; rental shoes are not included. Register at [www.kidsbowlfree.com](http://www.kidsbowlfree.com), select Military Bowling Centers then select the JBSA-Location desired. Once registered view the available times to receive the two free games of bowling. For more information, call the JBSA-Fort Sam Houston Bowling Center at 210-221-3683 or 210-221-4740, the JBSA-Lackland Skylark Bowling Center at 210-671-1234 or the JBSA-Randolph Bowling Center at 210-652-6271.

#### Strike Club offers bowling fun

Come party with the JBSA-Randolph Bowling Center at the Strike Club every Saturday, 6-10 p.m. The Strike Club features a the newest bowling experience; Hyperbowling or BESX Madd Games. These games are not the traditional 10 frame bowling games but instead interactive games for all ages and experiences. For more information, call 210-652-6271.

### Clubs

#### Guests fly into the Auger

Join the party at the JBSA-Randolph Parr Club Auger Inn for "old school" camaraderie, free light refreshments and great music July 19, 5 p.m. Meet neighbors, folks from other squadrons and leadership. There is no cover to join the fun. For more information, call 210-658-7445.

#### Club offers Sunday brunch

Club members and all Department of Defense ID cardholders are invited to enjoy brunch at the historic JBSA-Randolph Parr Club July 21, 10 a.m. to 1 p.m. The cost is \$23 for members, \$25 for nonmembers, \$12 for members' children, 6-12 years, \$15 for nonmembers' children, 6-12 years, and free for children 5 years and younger. For more information, call 210-658-7445.

#### July birthdays are celebrated with a buffet

The JBSA-Randolph Parr Club offers a complimentary buffet every month for members with birthdays in that month. Members with July birthdays are honored July 25, 11 a.m. to 1:30 p.m. This is free for birthday members. Cost is \$10 for members without a birthday in June, \$5 for members' children, 6-12 years, \$12 for nonmembers and \$6 for nonmembers' children, 6-12 years. Children 5 years and younger eat for free. Coupons are not accepted. For more information, call 210-658-7445.

#### Bingo fun is at the club

Join the JBSA-Randolph Kendrick Club for Bingo Extravaganza July 1 and 15 with \$15,000 in total jackpots, a complimentary buffet at 5 p.m. and Early Bird bingo at 6 p.m.

Bingo takes place at 3 p.m. every Sunday and at 7 p.m. Monday through Thursday. Come to the JBSA-Randolph Kendrick Club in the ballroom. Admission is free to members and \$10 for nonmembers.

Birthday Bingo is held July 9, 7 p.m., at the JBSA-Randolph Kendrick Club. Birthday members receive one free machine and cake. This event is for Randolph Club members only and an ID card is required. For more information, call 210-652-3056.

#### Weekly food specials offered

Stop by the JBSA-Randolph Kendrick Club for weekly food specials. Every Tuesday enjoy \$1.50 beef or chicken tacos in Gil's Pub from 5:30-7:30 p.m. On Wednesdays, in a sports bar atmosphere, enjoy flavorful 50 cent wings from 4:30-7 p.m. A minimum of 10 wings must be purchased. For more information, call 210-652-3056.

#### Patrons unwind on Fridays

Unwind after a busy work week Fridays at the JBSA-Randolph Kendrick Club. Come early at 5 p.m. and stay late for food, professional bartenders and dance music with DJ Scandalous. The Grill is open from 4-9 p.m. For more information, call 210-652-3056.

### Community Programs

#### Teams compete in the Rambler 120

Calling all athletes. Start assembling your teams and training for this stimulating race through the Texas Hill Country. The event consists of a 22 mile bike ride, a 6 mile run and a 2 mile raft at the JBSA Recreation Park @ Canyon Lake on Oct. 5.

This adventure race has several team categories such as four-person Xtreme teams (must have at least one DOD ID cardholder, eight-person Relay teams (must have at least two DOD ID cardholders), and all active duty military Xtreme/Relay teams. There will be male, female and coed divisions for the categories, as well as the opportunity for individuals to compete.

The Early registration fee is \$100 for Xtreme teams, \$150 for Relay teams and \$25 for Individuals. The registration fees go up to \$120 for Xtreme teams, \$180 for Relay teams and \$30 for Individuals after Sept. 13. The fee covers lunch, commemorative T-shirt and awards for the top three teams in each category.

Interested participants can register and pay online at <https://www.athleteguild.com/adventure-racing/canyon-lake-tx/2019-rambler-120-team-challenge>. The deadline to register is Sept. 25.

This event is sponsored by Randolph-Brooks Federal Credit Union, THE GUNN AUTOMOTIVE GROUP, First Command and Silver Eagle. No federal endorsement of sponsors intended. For more information, call JBSA Community Programs at 210-652-5763 or email them at 502FSS.FSK.JBSACommunityevent@us.af.mil.

### Equestrian Center

#### Trail rides are for all ages

JBSA-Fort Sam Houston Equestrian Center offers trail rides for patrons 7 years and older for \$30. Departures are at 8:30 a.m., 10 a.m., 12:30 p.m. and 2 p.m., Saturdays and



Sundays by appointment only. No experience is required. Adults must accompany children under 13 years. Riders must be at least 4 feet, 6 inches tall and weigh no more than 200 pounds. Call to make reservations. For more information, call 210-224-7207.

### Pony rides available

The JBSA-Fort Sam Houston Equestrian Center offers parent-led pony rides Saturdays and Sundays for patrons 6 years and younger for \$10. Adults must accompany children and availability is on a first-come, first-served basis. For more information, call 210-224-7207.

### Riding lessons offered

The Equestrian Center offers horseback riding lessons for beginners and advanced riders in both English and Western-style riding. Therapeutic riding lessons are also available and taught by certified instructors. Horses, saddles and tack for lessons are provided if needed. Patrons must be at least 7 years old. The price is \$60 per hour for a private lesson, \$50 for semi-private lessons and \$40 for group lessons. Lessons are available most days of the week and in the evenings. For more information, call 210-224-7207.

### Fitness

#### Independence Day is celebrated with a run or walk

Celebrate the country's independence at the Stars and Stripes 5K run or walk July 3, 7:30 a.m., with the JBSA-Randolph Rambler Fitness Center at Eberle Park. This event is sponsored by Randolph Brooks Federal Credit Union. No federal endorsement of sponsor intended. For more information, call 210-652-7263.

#### Runners celebrate freedom

Join the JBSA-Fort Sam Houston Jimmy Brought Fitness Center July 6, 7 a.m., for the Freedom 5K run or walk. Show freedom colors and come dressed in red, white, and blue. This is a free event and open to all Department of Defense ID cardholders. Pets are permitted on the run route and must be on a leash. For more information, call 210-221-1234.

#### Indoor Biathlon offers encourages daily workout

Participate in the Indoor Biathlon July 8-12, during normal business hours, at the JBSA-Randolph Rambler Fitness Center. Each participant completes a 15 mile run and a 30 mile bike ride. Pick up a challenge booklet from Fitness Center staff. As each challenge is completed, have a fitness team member initial the item and move on to the next one. Once all activities are completed, turn the booklet in to staff. This event is sponsored by Randolph Brooks Federal Credit Union. No federal endorsement of sponsor intended. For more information, call 210-652-7263.

#### Patrons compete in pushup challenge

The Chaparral Fitness Center on JBSA-Lackland hosts push up competition July 8. Stop by any time during normal business hours to participate in this free event. Each contestant starts from behind the baseline in a push up position. After every pushup the contestants have five seconds to advance as far as they can up the court in a bear

crawl position. Once the whistle is blown, contestants must complete another pushup and continue to advance up the floor. Deadline for entry is July 5. For more information or to sign up, call 210-671-2401.

### Golf

#### Independence Day comes with golf

The JBSA-Randolph Oaks Golf Course hosts a two-person Big Six tournament July 4, with 7-9 a.m. tee times. The format is a scramble on holes 1-6, best ball on holes 7-12 and modified alternate shot on holes 13-18. Cost is \$20 plus green fee and cart fee. Find a partner and sign up by calling or stopping by the Pro Shop. For more information, call 210-652-4653.

#### Firecracker open held

Join the JBSA-Fort Sam Houston Golf Course for the Firecracker Open July 4, 7:30 a.m. This four-person scramble costs \$25 for members, \$35 for nonmembers and includes green fee, cart rental, prize money and a social after the round. For more information, call 210-222-9386.

#### Golfers compete in a scramble

Golfers are invited to play in the monthly JBSA-Fort Sam Houston Golf Course Warrior Four-Person Scramble July 5, with a 12:30 p.m. shotgun start. Cost is \$25 for members and \$35 for nonmembers. The fee includes green fee, golf cart, prize money and a social after the round. For more information, call 210-222-9386.

#### Red, white, and blue golf tournament held

Patrons are invited to play in the JBSA-Lackland Gateway Hills Golf Course Red, White and Blue golf tournament July 6, with tee times starting at 8 a.m. This is an individual stroke tournament. Golfers tee off 6 holes each from the red, white and blue tees. For more information, call 210-671-3466.

#### Golf camps offered for youth

Youth, 6-14 years, can learn the game of golf at the JBSA-Lackland Gateway Hills Golf Course July 8-10, 8:30-9:30 a.m. and 10-11:30 a.m. The classes cover golf basics, grip, stance, swing, chipping and putting. The cost is \$100 if youth bring their own clubs or \$200 for youth with no clubs. For more information, call 210-671-3466.

#### Golfers play with the pros

The JBSA-Randolph Oaks Golf Course hosts the British Open Blind Draw Tournament July 20, with 7-9 a.m. tee times. This is an individual, low-net, low-gross tournament. Scores are combined with a Professional Golfers Association pro from the British Open. Entry fee is \$10 plus green fee and cart rental. For more information, call 210-652-4653.

#### Couples enjoy a scramble

Come enjoy an afternoon on the golf course with a friend, coworker or significant other July 21, 1 p.m., at the JBSA-Fort Sam Houston Golf Course for a couples' scramble. The cost is \$30 for member teams and \$50 for nonmember teams. Price includes green fee, cart, prize fund and a social after the round. To sign up, call 210-222-9386.

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**CUSTOMER APPRECIATION WEEK**  
**JULY 16-20**

**FSS gift cards, Funko Pops and Echo Dots will be given out on the following dates and at the specific locations:**

**July 16 from 10 a.m. to 2 p.m.**  
JBSA-Fort Sam Houston Jimmy Brought Fitness Center, the JBSA-Lackland Warhawk Fitness Center, the JBSA-Medina Fitness Center and the JBSA-Randolph Fitness Center.

**July 17 from 4-8 p.m.**  
JBSA-Fort Sam Houston Aquatic Center, the JBSA-Lackland Warhawk Pool and the JBSA-Randolph Center Pool

**July 18 from 4-6 p.m.**  
Summer Camp at JBSA-Fort Sam Houston Youth Programs (Bldg. 1703), JBSA-Lackland Youth Programs (Bldg. 8420) and JBSA-Randolph Youth Programs (Bldgs. 584/585)

**July 19**  
JBSA-Lackland Arnold Hall from 1-5 p.m. and at the JBSA-Lackland Skylark Community Center from 3-7 p.m.

**July 20**  
JBSA-Fort Sam Houston Student Activity Center from 3-7 p.m. and at the JBSA-Fort Sam Houston Bowling Center, the JBSA-Lackland Bowling Center and the

This is our way to give back and say thank you to our amazing customers!

Come out and visit one of our programs and have a chance to win some great prizes.

For more information about Customer Appreciation Week or other FSS/MWR activities, visit [JBSAtoday.com](http://JBSAtoday.com)





## Information, Tickets and Travel

### Kickapoo Casino trip

Travel to the biggest casino in Texas with the JBSA-Randolph Information, Tickets and Travel on July 14. This turn-around trip includes motor coach transportation, and friendly service from the bus driver and tour guide. The bus departs at 7 a.m. and returns at approximately 7 p.m. Cost is \$30 per person. For more information, call 210-652-5142, option 1.

### Cancun summer getaway offered

The JBSA-Lackland Information, Tickets and Travel Leisure Travel offers a trip from San Antonio to Cancun Mexico July 28 to August 1. The trip includes round trip airfare, travel protection, hotel accommodations and airport transfers. Rates start at \$900 per person. Full payment and a \$10 service fee are due at time of booking. For more information, call 210-671-7111.

### Patrons attend a baseball game

The JBSA-Lackland Information, Tickets and Travel

office is offering discounted tickets to every home game for both the Texas Rangers and Houston Astros. Rangers games start at \$11 per seat and Astros games at \$15. For more information, call 210-671-3059.

### Tickets for Texas attractions offered

If heading to the Houston or Corpus Christi area, stop by the JBSA-Fort Sam Houston Information, Tickets and Travel office for discounted tickets to the Houston Space Center, Texas State Aquarium, U.S.S. Lexington or the Aransas Queen Casino Boat. For more information, call 210-808-1378.

### Local attraction tickets available

JBSA-Fort Sam Houston Information, Tickets and Travel office offers discounted tickets for local attractions like the San Antonio Zoo, Buckhorn and Rangers Museum, Laser Quest, ZDT Amusement Park, Ripley's Believe it or Not®, Natural Bridge Caverns and more. Discounted tickets to the San Antonio Tours includes the Tower of Americas Observation Deck, Trolley Hopper, Rio River Boat and more. ITT also has discounted tickets for Six Flags® Fiesta Texas and SeaWorld®. For more information, call 210-808-1378.

### ITT is the summer fun headquarters

Before heading out this summer check with the JBSA-Lackland Information, Tickets and Travel for discounted tickets prices to local area and state attractions as well as out of state attractions. ITT constantly has new tickets so check with them before buying elsewhere. For more information, call 210-671-3059.

## Military & Family Readiness

### Focus group held for Armed Forces Action Plan issues

The JBSA-Fort Sam Houston Military & Family Readiness Center invites Department of Defense ID cardholders to participate in a brainstorming session to discuss and identify issues that could improve the readiness or well-being of our military community. This group meets July 10, 9-11 a.m. For more information, call 210-221-2705.

### Workshop for exceptional families held

Exceptional Family Members attend a social security retirement, disability, survivors, and medicare workshop, July 11, 11 a.m. to 12:30 p.m., at the JBSA-Randolph Military & Family Readiness Center. For more information, call 210-652-5321.

### Co-parenting workshop helps separating families

The JBSA-Lackland Military & Family Readiness Center hosts a three-part training. One Heart Two Homes, July 16, 23 and 30 from 11 a.m. to 1 p.m. Participants develop co-parenting strategies while keeping the best interest of the child in mind. This workshop may be accepted as an approved co-parenting course by the Texas courts. To register or for more information, call 210-671-3722.

### Workshop offers home buying strategies

Participants review information to help navigate the buying process during a Home Sweet Home-Home Buying Strategies workshop, July 19, 10-11:30 a.m., at the JBSA-Randolph Military & Family Readiness

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Website: [www.jbsatoday.com](http://www.jbsatoday.com)

Center and July 25, 11:30 a.m. to 1:30 p.m., at the JBSA-Fort Sam Houston M&FRC. To reserve a seat, call JBSA-Randolph at 210-652-5321 or JBSA-Fort Sam Houston at 210-221-2705.

### Career planning for service members offered

Service Members who have completed the Transition GPS workshop may register for the Career Exploration and Planning track, July 25-26, 8 a.m. to 4 p.m., at the JBSA-Randolph Military & Family Readiness Center, to review training and credential programs to achieve future career goals. To register, call 210-652-5321.

### PCS preparation seminar offered

The JBSA-Lackland Military & Family Readiness Center invites all service members E-4 and below that are relocating for the first time and all ranks PCS'ing overseas for the first time to attend the Plan My Move-Smooth Move Relocation briefing, July 23, 10 a.m. to 12:30 p.m., at the JBSA-Lackland Gateway Club. To register, call 210-671-3722.

### Naturalization ceremony held

A Citizenship and Immigration Service Officer is on-site July 23, 9 a.m. to noon, at the JBSA-Fort Sam Houston Military and Family Readiness Center, to

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assist with applications. A Naturalization Ceremony is held at 2 p.m., join us to witness service members and their families take the Oath of Allegiance. For details, call 210-221-2418.

## Outdoor Recreation

### Concealed handgun license class offered

The JBSA-Camp Bullis Rod-N-Gun Recreation Center offers concealed handgun license classes July 13 and 17, 8 a.m. to 1 p.m. Successful completion of this class is required for a Texas CHL. To register for a class, visit <http://www.chlregistration.com>. Once on the website, select "register for class." Then select "Dan Willis-Leatherneck Arms." Class details are available online at <http://www.jbsatoday.com>. For more information, call 210-363-2332.

### Paddles rented for free

The JBSA Recreation Park @ Canyon Lake invites customers to come out July 19 from 9 a.m. to 4 p.m. for free paddle rentals. This is a first come, first serve special and all guests must wear the provided life jackets. Paddle equipment is limited so guests are encouraged to be conscious of others and limit usage to a reasonable amount of time. For more information, call 1-830-226-5357 or 1-800-280-3466.

### Archery takes on another dimension

The Camp Bullis Rod-N-Gun Recreation Center hosts a 3-D archery competition July 27 and 28. Competition registration is 8-10 a.m. and Fun Shoot registration is 8-11 a.m. The Fun Shoot cost is \$5 for E1-E4 active duty or medically retired and \$15 per person for all others ages 13 and older. Youth 12 and younger shoot for \$5. The Competition fee is \$10 for E1-E4, active duty or medically retired, and \$20 per person for all others ages 13 and older. For more information, call 210-295-5777.

### Patrons enjoy paintball parties

JBSA-Lackland Outdoor Recreation paintball field is the perfect place for parties, squadron events, training days, birthday and moral events. A group of 15 people minimum is required to reserve the field. Games cost \$20 per person and come with a paintball maker, air tanks, face mask and 500 rounds per player. For dates and availability or more information, call 210-925-5532 or 210-925-5533.

### Sunset cruises offered at the lake

Head to the JBSA Recreation Park @ Canyon Lake Friday evenings in July for a sunset cruise on the lake. Start off from the Hancock Cove Marina at 7:30 p.m. and take a scenic ride around the lake on the chartered pontoon boat. This ride lasts approximately one and a half hours. Cost is \$10 for adults and \$6 for children 11 years and younger. Guests may bring drinks and snacks, but Styrofoam and glass are prohibited. Reservations are required. For more information, call 830-226-5357.

### Now accepting boat rental reservations

The JBSA Recreation Park @ Canyon Lake is now accepting reservations for boat rentals. There is a \$25 deposit fee for reservations and reservations can be made up to 30 days in advance. A valid

Department of Defense ID and Boater's Safety card must be presented before the rental boat is checked out. For more information, send an email to [jbsamarinasuper@gmail.com](mailto:jbsamarinasuper@gmail.com). To reserve a boat, call 830-964-3544.

### The weather is great for being outdoors

The JBSA Outdoor Recreation locations have the equipment to enhance summer plans with sporting and camping goods for whatever plans are made. Take the family or go camping with friends with travel trailers that can sleep five to eight people. Hit the water with one of the wide array of speedboats, fishing boats and pontoon boats. For parties, barbecues and group gatherings, Outdoor Recreation has popcorn machines, chocolate fountains, champagne fountains and margarita mixers as well as sporting equipment for the more active bunch. Add more fun with bouncy castles and sumo wrestling suits. For more information, call JBSA-Fort Sam Houston ODR at 210-221-5224, JBSA-Lackland ODR at 210-925-5532 and JBSA-Randolph ODR at 210-652-5142.

### Boater's safety class offered

Come to the JBSA-Randolph Outdoor Recreation Monday, Wednesday and Friday 9 a.m. to 2 p.m. to take the boaters safety course. Get ready to enjoy the summer by taking the boater's safety class required for boat rentals at the JBSA Recreation Park @ Canyon Lake. Take the safety class before heading out to the lake, and spend more time on the water. The classes are \$2 per person, and grant a pass that is good for two years. Please allow at least two hours to complete this course. For more information, call 210-652-5142, option 2.

## Youth and Children

### Fall soccer registration begins

Register youth, 5-14 years, for fall soccer with the JBSA-Lackland Youth Programs July 1-31. Cost is \$50 and current immunization records, physical and up to date Youth Programs membership are required to register. For more information, call 210-671-2388.

### Sports registration begins

Register youth for JBSA-Randolph Youth Sports July 8 to Aug. 9. Flag Football is for youth 5-18 years; cost is \$50 per child. Volleyball is for youth 9-18 years; cost is \$50. Cheerleading is for youth 5-18 years; cost is \$45. First Steps soccer is for youth 3-4 years; cost is \$35; this is a six-week introductory sport. For more information, call 210-652-3298.

The JBSA-Fort Sam Houston Youth Sports invites youth to register for flag football or cheerleading Aug. 5 for the fall season. Cost is \$50 per child. Registration is held at the Youth Center, building 1630. A shot record and health assessment is required at the time of registration. For more information, call 210-221-5513 or 210-221-3502.

### Youth participate for free

Celebrate recreation and summer fun and participate in the JBSA-Randolph Youth Programs for free July 8-13. Youth Programs has a lot of activities, programs, camps and classes to enjoy over the summer and during the

school year. Stop by Youth Programs, building 585, to check out everything offered. For more information, call 210-652-3298.

### School age before and after school registration begins

Beginning July 8, slot requests for the 2019-2020 Before and After School Age Program for children 5-12 years can be submitted by logging on to [www.militarychildcare.com](http://www.militarychildcare.com). Once a slot is offered, parents need to visit Youth Programs to complete the registration. Cost varies by total family income and all required paperwork must be on file in advance to include immunization records with a flu vaccination. For more information, call JBSA-Fort Sam Houston School Age Program at 210-221-5151, JBSA-Lackland School Age Program at 210-671-2388 or JBSA-Randolph School Age Program at 210-652-3298.

### Families are invited to Bistro Night

Dinner is served at the JBSA-Fort Sam Houston Youth Center July 10, from 5-7 p.m. The night features a family game night or a family movie night after dinner. For more information, call 210-221-3502.

### Parents offered a break

JBSA Youth Programs offers parents a break through the Give Parents a Break or Parent's Night Out program. July 20, 1-5 p.m. at JBSA-Lackland, and July 19, 6-10 p.m. at JBSA-Randolph and JBSA-Fort Sam Houston. The cost is \$25 per child with a sibling discount or free with a Give Parents a Break referral. The last day to register is the Wednesday prior to the event. Pre-registration and a minimum number of participants is required. To register with JBSA-Lackland, call 210-671-2388 for youth ages 5-12 and for infants/children ages 6 weeks to 4 years, call 210-671-2366. For JBSA-Randolph call 210-652-3298 to register children ages 3-12 and for ages 6 weeks to 2 years, call 210-652-1140. To register with JBSA-Fort Sam Houston call 210-221-3836 for children ages 6 weeks to 4 years old. And 210-221-5151 for children 5 years and older.

### National Hot Dog Month is here

Celebrate National Hot Dog Month with the JBSA-Fort Sam Houston Youth Programs July 19, 3 p.m. Youth Programs staff are making hot dogs with all the fixings for youth and their families. For more information, call 210-221-3502.

## STAY CONNECTED

Stay current on Joint Base San Antonio 502d Force Support Squadron events, specials and daily activities.

<https://www.jbsatoday.com/>



**502d**  
**FORCE**  
SUPPORT SQUADRON

# METC physician assistant helps save man hit by lightning

By David DeKunder

502ND AIR BASE WING

PUBLIC AFFAIRS

A physician assistant from Joint Base San Antonio-Fort Sam Houston is being lauded for his efforts and quick action in helping to save a life of a man struck by lightning.

Capt. Robert Blume, Medical Education and Training Campus Department of Combat Medic Training Officer in charge, Whiskey 2 training team, was on his way home from work on the evening of June 6 when he came on a chaotic scene in his north San Antonio-area neighborhood.

"I had seen from the distance the bad weather," Blume said. "The sky was black and there was lightning. I pulled into the neighborhood. I see a fire truck, two police cars and an ambulance. I slow down and it's raining and lightning still, and a (Bexar County Sheriff's Office) deputy is in the street.

"I roll down the window and I asked her, 'What is going on?' I'm an Army P.A. (physician assistant)," Blume added. "She said a man was struck by lightning on that rooftop, and she gestured behind me."

The man struck by lightning was 21-year-old Joshua Favor, who law enforcement officials said was delivering roofing material when he was struck.

Blume, a 26-year Army Soldier, got out of his vehicle and ran through the yard to a ladder going to the back of the roof. He climbed the ladder, and when he got up to the rooftop, Blume saw a paramedic doing chest compressions on Favor. Blume told the paramedic he is an Army physician assistant with trauma experience who could help.

When Blume first saw Favor, he noted burn exit wounds on both of his legs. Blume said Favor's eyes were pinpointed, which meant his pupils were constricted, and he was lifeless. The physician assistant felt for a pulse and found none.

Blume told the paramedic

that in addition to the chest compressions, a bag valve mask was needed. A bag valve mask is a balloon or bag type hand-held device that provides ventilation to patients who are not breathing or not breathing adequately.

Blume then told the paramedic that an airway device was needed to open the patient's airway.

Blume, who is certified to operate an airway device, instructed a Bexar County Sheriff's deputy who was on the roof to hold Favor's head so he could insert the airway. He and the paramedic continued to do chest compressions and ventilations on Favor, but the patient still did not have a pulse.

The next procedure Blume brought up to the paramedic was to shock the patient. But since it was still raining and lightning, it would have been dangerous to do the shock treatment because it would have endangered Blume and the first responders on the roof. Doing shock treatment required moving Favor to a drier environment.

With the permission of the battalion fire chief, who was on the ground, a safety harness was brought up the ladder to move the patient. Favor was put on the harness and brought down the ladder by the firefighter, with Blume, the paramedic and the deputy holding the climbing rope used to move the safety harness with the patient to the ground.

Once Favor was off the roof, he was put on a gurney and taken by ambulance to a local hospital. Later, he was transported to the U.S. Army Institute of Surgical Research Burn Center, located at Brooke Army Medical Center at JBSA-Fort Sam Houston.

At the time Favor was transported to the USAISR Burn Center, Blume said he did not think that Favor would survive.

"I had a hard time sleeping that night," Blume said. "I was



COURTESY PHOTO

*Capt. Robert Blume, a physician assistant from Joint Base San Antonio-Fort Sam Houston, is being lauded for his quick action in helping to save the life of a man struck by lightning June 6 in a north San Antonio-area neighborhood.*

me to see that our interventions gave him a chance."

Reflecting on the situation in which he wound up helping Favor, along with first responders, Blume said his instincts as a servicemember to do his duty took over even though he knew the risks to his safety as he went up to the roof.

"Honestly, I said a prayer and I always firmly believe if you are doing the right thing for the right purposes, you'll be OK," Blume added. "I didn't want to see him suffer; you hate to see other people suffering and you do what you can to help."

He credited his training and experiences working in austere environments with frontline units when he was deployed in Afghanistan and previously as a scout reconnaissance first sergeant, for guiding his actions in helping to save Favor's life.

"As a scout you're trained to develop and take charge of situations," Blume said. "As a physician assistant, you are always by yourself, most of the time with a number of medics and you are forward with the most forward troops at combat outposts in an austere environment. You're always using critical thinking. You are forced to think outside the box."

Blume praised the paramedic, the firefighters and deputy who were on the roof with him working to save Favor, despite putting themselves in a dangerous situation. Despite not having worked with the first responders before, Blume said they all worked well together in caring for Favor.

"They worked fluidly well," he said. "They all were very focused on the patient, not themselves. They were actively only considering Josh and his condition. You can truly see they care about human life. I was very impressed. I'm kind of in awe that people go out every day in the worst elements and do that."

As of last week, Favor was listed in critical condition.

coincidence, Favor's family members were also there.

"The lady at the front desk says, 'Well, everybody sitting behind you is his family,'" Blume said. "And then she introduced me to the family, which was emotional."

After being introduced to the family, Blume spoke to Favor's older sister.

"You're our guardian angel," said Blume, recalling what the sister said to him. "Is it OK if I give you a hug?"

He then met Favor's fiancée, who had just found out she was pregnant. Blume said she cried and gave him a hug.

When he looked at the report on the incident, Blume found out that Favor started responding to the airway that he had put in while in the ambulance.

"I feel like it was a miracle because the last thing I saw of him was when they were loading him into the ambulance," Blume said. "Right before we took him down the ladder, we still had not gotten a pulse on him. It was nice for

just thinking, replaying in my head, what could we, as a team, have done better? I felt horrible because I told my wife, this 21-year-old gentleman, he didn't get up thinking this was his last day on earth."

The next day Blume returned to work and to his surprise, as he was reading a media report about the incident, he found out Favor was still alive.

"I couldn't believe it," he said. "I was like, there was no way because I could not get a pulse on him. When I got up there (on the roof) I thought that he was not with us, I thought he was dead at the time. I was nearly overwhelmed the next day when I found out he was still alive. It made me feel better because you don't want to see any loss of life. I was pleased to see a positive outcome. Any time somebody's life is saved is positive."

After reading the news report, Blume went to BAMC to confirm Favor was alive. A volunteer at the hospital directed him to the front desk of the USAISR Burn Center. By



# LACKLAND

## SERE specialists showcase training for recruiters

By 1st Lt. Kayshel Trudell

AIR EDUCATION AND TRAINING COMMAND  
PUBLIC AFFAIRS

Special operations recruiters from the 330th Recruiting Squadron were welcomed by survival, evasion, resistance and escape cadre from Det. 3, 66th Training Squadron, to learn more about SERE's Evasion and Conduct After Capture, or ECAC, course at Joint Base San Antonio-Lackland June 3.

ECAC was the first stop for recruiters from the 330th RCS who travelled from across the United States to attend this biannual squadron training intended to immerse recruiters into SERE training in order for them to be better able to recruit Air Force SERE candidates.

"Today you experienced a half day's worth of what ECAC students are exposed to," said Senior Master Sgt. Brian Kemmer, ECAC superintendent. "It is our job as SERE specialists to ensure the tactics, techniques and procedures we teach gives anyone who goes through our course the necessary skills and confidence needed to return with honor, regardless of the circumstances of their isolation."

ECAC is a four-day course and is the Air Force's level-B SERE training, provided to military members who will operate in high-risk locations or may find themselves in environments with increased risk of isolation or capture.

"The knowledge and insight we gained today and every time we partner with the SERE team at JBSA-Lackland, is absolutely vital for guiding our future warriors to their calling," said Lt. Col. Heath Kerns, 330th RCS commander. "When our recruiters get this type of hands-on engagements, they gain crucial experience to inspire the next generation. It helps us not only understand what SERE candidates will do but also the character and passion needed for them to succeed. The SERE community fully supports our specialized recruiting and makes us better every time we come

**"It is our job as SERE specialists to ensure the tactics, techniques and procedures we teach gives anyone who goes through our course the necessary skills and confidence needed to return with honor, regardless of the circumstances of their isolation."**

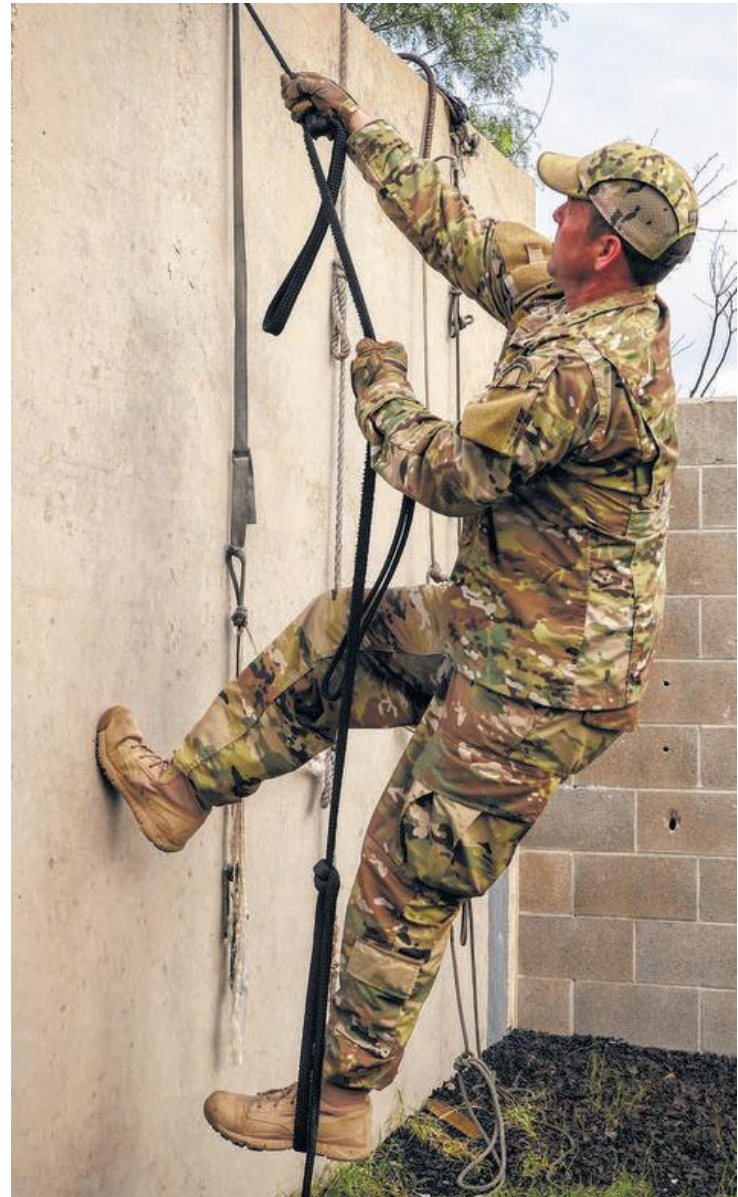
Senior Master Sgt. Brian Kemmer,  
ECAC superintendent

together. Thank you for always having open doors for us; we greatly appreciate you (Det. 3)."

The immersion was not only a chance to educate 330th RCS recruiters, it also gave SERE specialists an opportunity to showcase what it means to be a SERE specialist.

"You are the ones who are building our Air Force," said Lt. Col. Patrick Graham, former Det. 3, 66th TRS commander. "We are an interesting and small career field. Today you saw the type of person it takes to be a SERE specialist and we hope that you can take this experience and leverage it to find motivated individuals who are up to the challenge. Thank you for what you are doing to help build SERE, special warfare Airmen and our Air Force."

The ECAC training facility opened at JBSA-Lackland in October 2011 and about 6,000 students graduate each year. Since there are no designated SERE career field in other military branches, Air Force SERE specialists assist with conducting SERE training for the Army, Navy, Marines, Coast Guard, National Guard, Reserves and other requesting agencies. Service members from other branches, train at the ECAC training facility.



1ST LT. KAYSHEL TRUDELL

Master Sgt. Travis Mooney, 66th Training Squadron, Det. 3 cadre, demonstrates how to use survival items or debris to safely scale a wall in an isolation or evasion-type environment, June 3.

# 149th Force Support Squadron takes part in readiness training

**From 149th Fighter Wing  
Public Affairs**

The 149th Force Support Squadron, with the 149th Fighter Wing at Joint Base San Antonio-Lackland, took part in Home Station Readiness Training in California at March Air Reserve Base June 17-22. During the training, small shelter systems, or tents, were set up. These shelters can be used for lodging, fitness or recreation when permanent facilities are not available. Heavy equipment vehicle operation was also part of the annual readiness training that FSS members receive to better perform their primary mission during any contingency operation. Members also trained on preparing containerized kitchen units that can be set up quickly and efficiently in remote locations, disaster areas or field training sites.

*Airman Brion Flores, a member of the 149th Force Support Squadron, cooks a meal in a containerized kitchen during Home Station Readiness Training in California at March Air Reserve Base June 17-22.*



COURTESY PHOTOS



*Tech. Sgt. Shasta Pesquera, 149th Force Support Squadron, assembles a small shelter system during Home Station Readiness Training in California at March Air Reserve Base.*



*Staff Sgt. Ryker Deguzman, a member of the 149th Force Support Squadron, performs forklift operations during Home Station Readiness Training at March Air Reserve Base, California.*



## FEEDBACK FRIDAYS

From page 3

the Eberle Park trees also pose a hazardous situation for the flying operations on JBSA-Randolph in regards to Bird Airfield Strike Hazard, or BASH. As part of a flight safety survey, 24 trees were identified to be to be removed as well as pruning and trimming of 12 additional trees in order to reduce the bird population that could damage aircraft in the area.

This action was advertised by CE prior to the removal for public awareness. An additional challenge is that the trees reside within the accident potential zone, or APZ, for flight line activity. As always, CE aims to minimize impacts to natural infrastructure while maintaining mission requirements.

**Q.** Good morning, just a quick question regarding the JBSA-Fort Sam Houston Schofield gate near the Fire Department.

The Rideshare Program is such a success and has many military members gathering there in the evenings and on weekends.

On Monday mornings, it is an eyesore to see the trash and debris in the covered area where the pickup location is located. Currently, it looks like there are three concrete containers that are there but not doing the job.

Can larger containers be placed there, or more containers as this has become a weekly eyesore.

**A.** Thank you for your suggestion and assistance in helping to keep our installation looking great. The Civil Engineer team has identified three additional waste cans that will be placed at the Uber site. They expect to have this completed by the end of this week.

CE will also ensure that the service contract for waste collection will increase monitoring at that site to ensure it is being properly serviced.

### Miscellaneous

*I recently received a question asking for clarification regarding supervisors and hiring procedures regarding family members. Additionally, the question asked about applicant qualifications and the advertisement of any such positions.*

**A.** Great question! With regard to hiring relatives, Federal law, 5 U.S.C. § 310, generally prohibits federal officials from appointing, promoting, or recommending for appointment or promotion any “relative” of the official

to any agency or department over which the official exercises authority or control.

The statute defines a relative as “an individual who is related to the public official as father, mother, son, daughter, brother, sister, uncle, aunt, first cousin, nephew, niece, husband, wife, father-in-law, mother-in-law, son-in-law, daughter-in-law, brother-in-law, sister-in-law, stepfather, stepmother, stepson, stepdaughter, stepbrother, stepsister, half brother, or half sister.” The law bans the employment only of these specifically named relatives.

### Exceptions:

» 5 U.S.C. 310(d) authorizes the Office of Personnel Management, or OPM, to prescribe regulations authorizing the temporary employment of relatives, in certain conditions, notwithstanding the restrictions. This is allowed when necessary to meet urgent needs resulting from an emergency posing an immediate threat to life or property, or a national emergency as defined in 5 U.S.C. § 230.402(a)(1). In this instance, a public official may employ relatives to meet those needs without regard to the restrictions on the employment of relatives. Such appointments are temporary and may not exceed 30 days, but the agency may extend such an appointment for one additional 30-day period if the emergency need still exists at the time of the extension. A qualifying emergency, for example, may be a natural disaster or similar unforeseen event or circumstance.

### Unique situations that may appear unauthorized:

» The law does not prohibit an individual from employing two individuals who are related to each other, but not to the supervisor.  
 » If an individual becomes the supervisor of a relative (other than a spouse) who was hired by someone else, the relative may remain on the payroll. However, the supervisor may not then give that individual further promotions or raises, other than cost-of-living or other across-the-board adjustments.  
 » Changing an employee's status from part-time to full-time would not be considered a raise or promotion and, therefore, would be permitted under 5 U.S.C. § 310.

### Applicant Qualifications and Advertisement:

Title 5 U.S.C. §3304 provides agencies

with the authority to appoint candidates directly, without use of standard hiring procedures, to jobs for which OPM determines there is a severe shortage of candidates or a critical hiring need to fill positions that traditional hiring procedures cannot fill, e.g., information technology specialists.

There are several types of appointing authorities available to selection managers.

### Flexibility Use Cases Availability Length of Employment

Direct Hire Used when a severe recruiting difficulty or critical hiring need exists according to regulatory criteria established by OPM Granted by OPM on an Agency specific or government-wide basis Temporary, Term, permanent basis

Excepted Service When it is not feasible to use government-wide qualification standards, hold a competitive examination, or competitive procedures make it impractical to recruit students and recent graduates Government-wide; OPM can grant Agency-specific Schedule A and B authorities if certain criteria are met. Varies depending on appointment type

Temporary/ Term Appointment Position within the competitive service for positions lasting between one and four years (with the ability to be extended up to six years if necessary) Government-wide One to four years (with the ability to be extended up to six years if necessary)

Even though OPM has given the Department of Defense various hiring flexibilities, individuals being placed into positions must still meet the OPM qualification standards for the position and the Air Force Personnel Center, or AFPC, verifies the qualifications prior to extending a tentative job offer. Under no circumstances are qualification standards being waived or overlooked when hiring under these circumstances. All individuals hired into positions must be able to perform the essential functions of the position for which selected.

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*References: 5 U.S.C. § 310, Employment of relatives; Restrictions; 5 U.S.C. § 230.402, Agency Authority to Make Emergency-Indefinite Appointments in a National Emergency; 5 U.S. C. Subchapter I, Examination, Certification, and Appointment.*

# RANDOLPH

## Informational campaign at JBSA-Randolph focuses on PTSD studies

By Robert Goetz  
502ND AIR BASE WING  
PUBLIC AFFAIRS

A federally funded, multi-institutional research group focused on combat post-traumatic stress disorder and related conditions in active-duty military members will soon conclude a monthlong informational campaign at Joint Base San Antonio-Randolph.

A Mental Health Month initiative, the campaign of the South Texas Research Organizational Network Guiding Studies on Trauma and Resilience, also known as STRONG STAR, strives to raise awareness about the availability of participation in research studies testing treatments for PTSD, said Amanda Flores, STRONG STAR community outreach coordinator.

"We are able to share information about treatment options, advocate for mental health care and counteract the stigma that may make it hard for some to seek help," she said.

STRONG STAR's outreach throughout June consists of an information table below the bulletin

board near the family health section of the JBSA-Randolph Medical Clinic. In addition, Flores and Gina Ramirez, JBSA-Randolph Mental Health Outreach coordinator, were on hand at the clinic June 12 to provide information and answer questions on PTSD and STRONG STAR's efforts; they also were to visit the Rambler Fitness Center on June 26.

"The response was very positive when we visited the clinic," Flores said. "We were able to connect with clinicians, staff, active-duty military personnel, veterans and families."

The STRONG STAR Consortium works to develop and evaluate the most effective early interventions possible for the detection, prevention, diagnosis and treatment of PTSD and related conditions in active-duty military members and recently discharged veterans.

The world's largest combat-related PTSD research group, STRONG STAR comprises more than 150 collaborating investigators from more than 40 military, Department of Veterans Affairs and civilian institutions.

"Under the leadership of The University of Texas Health Science



COURTESY GRAPHIC

Center at San Antonio, STRONG STAR brings together the expertise of a world-class team of military, civilian and VA institutions and investigators and one of the largest populations of post-9/11 military service members and veterans in the nation," Flores said. "With the critical mass of talent required to make major scientific advances in combat-related PTSD research, STRONG STAR investigators hope to improve countless lives by preventing the development of chronic PTSD and related problems in a new generation of veterans."

PTSD affects hundreds of thousands of past and current service members, including many living in the San Antonio area, Flores said.

"Of the nearly 3 million U.S. service members who have deployed since Sept. 11, 2001, an estimated 14 percent, or more than 400,000, are believed to have PTSD," she said. "The

percentages are similar for the San Antonio area."

STRONG STAR's efforts are helping veterans and guiding policymakers, Flores said.

"More than 6,000 military service members and veterans have received treatment for PTSD directly through our clinical research trials evaluating evidence-based treatments tailored to the needs of the military," she said. "The goal is to return these individuals to their work and families with a higher quality of life."

"In addition, the findings from our research studies are guiding military and VA policy on treatment of PTSD and related conditions, such as sleep disorders, chronic pain and suicidality."

Flores said she hopes the informational campaign at JBSA-Randolph will help educate people on the signs and symptoms of PTSD.

"We want our military personnel to feel that there are options for treatment and that there is no shame in asking for help," she said. "We will continue to accomplish this with ongoing outreach about our research, not only on our military bases, but within the San Antonio community and beyond."

Some of the other resources available to those affected by PTSD include the Department of Veterans Affairs National Center for PTSD, Military OneSource, Association for Behavioral and Cognitive Therapies, Military Pathways and the Veterans Crisis Line at 1-800-273-8255.

## 'Learning 2030' latest topic of 'Developing Mach-21 Airmen'

From Air Education and Training Command  
Public Affairs

Episode 11 of Air Education and Training Command's "Developing Mach-21 Airmen" professional development podcast series, released June 10, dives into learning trends today that will help the command shape the learning environment of the 2030s.

On the podcast, Dr. Stephanie Covas-Smith, from the Headquarters, AETC Future Environments division, discusses where the command needs to head in terms of learning in the future and why we have to

consider the trends now to shape learning in 2030.

Covas-Smith then moves into the trends, going in depth into several areas of learning, including the advantages and implications of each, as well as applications of those trends happening now. The trends discussed include the proliferation of artificial intelligence; the use of virtual reality and augmented reality, as well as mixed reality; the increase in open-source environments such as Air Force content on hubs like YouTube, Code Project and Bright Hub; and social media — and how that fits into AETC's Strategic Plan in terms of multidevice implementation.

Other topics include collaborative learning trends, talking directly to what classrooms will look like, team cognition (training as we fight and considering teams as the unit), as well as performance optimized teams, the science of game-based learning, including the critical components and advantages, as well as the implications of using games in the learning environment.

The professional development podcasts can be listened to on the government network on the AETC website (<https://www.aetc.af.mil/News/Developing-Mach-21-Airmen-Podcast/>), or via mobile application, as well as on Apple Podcasts (iTunes).



# Regular medical checkups vital for men's health

By Robert Goetz  
502ND AIR BASE WING  
PUBLIC AFFAIRS

Women have long outpaced men when it comes to life expectancy, so it may come as no surprise that they are more proactive than men when it comes to taking care of their health.

Studies indicate that women are much more likely than men to see a doctor for routine health checkups.

One of the goals of Men's Health Month, which is observed in June, is to close this gender gap by encouraging men and boys to seek regular medical advice and early treatment for disease and injury.

There are a number of reasons why men are more reluctant than women to see a physician, said Dr. (Lt. Col) Brandy Lybeck, 359th Medical Group chief of medical staff.

"There is a lot of focus on female-associated health screenings that men can think there isn't a need to see a doctor until something is wrong," she said. "Furthermore, there is an internal struggle with any patient to acknowledge and accept something may be wrong and then to seek out help. Lastly, I think that certain symptoms are shrugged off as 'normal aging' when it may be an indication to get screened and routinely evaluated."

Screenings for a variety of conditions often prove to be lifesaving.

Heart disease is the leading cause of death for men in the United States, accounting for one in every four male deaths, according to the Centers for Disease Control and Prevention, so screenings that target cardiovascular issues such as high cholesterol and high blood pressure are highly recommended, Lybeck said.

"Depending on other risk factors, we recommend cholesterol screenings for men starting at the age of 40," she

said. "Blood pressure screenings should start earlier, beginning with pediatric patients."

Cholesterol — a soft, waxy, fat-like substance in the bloodstream and in all body cells — comes in two forms: LDL (low-density lipoprotein), or bad cholesterol, which forms a thick, hard substance that can clog blood vessels and block the flow of blood to the heart or brain, and HDL (high-density lipoprotein), or good cholesterol, which helps the body get rid of LDL cholesterol. Triglycerides are another form of fat in the bloodstream.

The LDL level should be less than 100 milligrams per deciliter of blood for those with the most risk factors, less than 160 mg/dL for people with minimal risk and less than 130 mg/dL for those with moderate risk, while the triglyceride level should be less than 150 mg/dL. Total cholesterol should be less

than 200 mg/dL. The HDL level should be greater than 40 mg/dL.

After skin cancer, prostate cancer is the most common cancer among men, but Lybeck said there is no routine screening for the disease.

"This is a discussion that should occur with your doctor or health care provider if you have a family history of prostate cancer," she said.

The prostate-specific antigen, or PSA, test is often used for prostate cancer screening, but Lybeck said it is no longer recommended in all men solely based on age.

"The recommendation is to discuss family history and symptoms and take a risk-based screening approach," she said. "Average-risk men should start having a discussion around age 50, and a high-risk man should start the discussion at age 40."

High-risk categories are men with a family history of prostate

cancer, particularly if the person with prostate cancer is younger than 65; African-American men; and men with a known mutation in either of the BRCA1 and BRCA2 genes, which are tumor suppressor genes.

Lybeck said other recommended screenings for men include those for skin cancer; colon cancer, which should start at age 50; aortic aneurysm at age 65 for all males who have ever smoked; hepatitis C, a one-time screening for anyone born between 1945 and 1965; and diabetes mellitus at age 40 for anyone who is overweight or obese.

"For skin cancer, there is no routine screening, but you should talk to your primary care manager if you have a family history or lesion you are concerned about," she said. "For lung cancer, any male 55 to 80 years old who has a 30

pack-year smoking history and currently smokes or has quit within the past 15 years should be screened. A pack-year equals the number of packs per day times the number of years of smoking."

Men are also reluctant to address mental health issues, but these can be alleviated with professional help, Lybeck said.

"Depression and suicidal thoughts are also under-reported and are thus a common cause of death and disability," she said.

Male patients should always consult with a physician about any symptom that occurs abruptly and hampers their ability to function, Lybeck said, but she also emphasized the importance of regular routine exams.

"When medical providers are able to see and examine a patient in a routine, healthy state, it helps make noticing differences easier," she said.



COURTESY GRAPHIC

# 12th Flying Training Wing historian recognized by AETC

By Benjamin Faske

12TH FLYING TRAINING WING  
PUBLIC AFFAIRS

The preservation of Air Force history is an important task that allows Airmen to look back in time and remember milestones and events that were important to the identity of a unit. For the last 13 years, Lane Bourgeois, 12th Flying Training Wing historian at Joint Base San Antonio-Randolph, has ensured the 12th's history lives on forever.

With file folders stuffed to the brim, and binders full of base papers and photographs, it is easy to get overwhelmed at the sheer volume of data that has been collected over the

years. That is where Bourgeois comes in, meticulously cataloging and researching every nook and cranny of the wing to ensure nothing falls through the cracks and is lost to history.

"Normally what we write as historians is a dissertation; it takes seven months really to write a good history, and what it requires is for me to put my head down and lock myself in an ivory tower and just plug away and go through thousands of documents," Bourgeois said. "Everything a historian documents is off the mission, it is mission focused, and you have to capture the documents as they're being produced today because tomorrow they will be history."

Recently, Bourgeois was awarded the 2019 Wing Excellence in History Programs award from Air Education and Training Command. The award recognized him for his critical thinking presentation and for his wing being the first to produce a historical study in the new preservation format.

"As a historian, to be able to get paid for what you love to do and get an award is just awesome; I'm very grateful," he said.

The new format seeks to produce historical products in a faster and more efficient way so they are more readily available and can be shared with the unit throughout the year as opposed to one yearly dissertation.



BENJAMIN FASKE

Col. Mark Robinson (left), 12th Flying Training Wing commander, presents Lane Bourgeois, 12th FTW historian, with the 2019 Wing Excellence in History Programs award from Air Education and Training Command at Joint Base San Antonio-Randolph June 12.

## The story of 'Mom and Pop': Pride in Air Force service

By Airman 1st Class Shelby Pruitt

502ND AIR BASE WING PUBLIC AFFAIRS

Three wars. World War II, the Korean War and the Vietnam War. For some, these conflicts that shook the world may be hard to imagine, but for 92-year-old Gwyneth Johnson, all three were nothing less than reality.

It was 1943, in the midst of World War II coming to a close, when 17-year-old bright-eyed, curly-haired Gwyneth Baker took a break from high school to serve her country and assist the war effort at Hill Field, Utah.

"I worked in Pratt and Whitney engine repair and disassembly where I took large reciprocal engines apart to clean them," she said.

After a few years, Gwyneth exchanged her "Rosie the Riveter" persona for a school uniform and went back to finish high school.

Upon graduation, Gwyneth jumped right back in at Hill Field in sub assembly, then assembly of the large engines commonly used in heavy bombers, such as the B-24 and B-17.

During her time at Hill Field, she shifted to flight clothing, where she sewed, cleaned and organized military uniforms. Little did she know that while there, she'd meet a handsome young

Airman who she would later marry.

"I was drying my clothes and I got my shirt stuck in the wringer. I couldn't get it out. Then the most beautiful woman I ever saw came over to help me get it out," remembered Robert Lee Johnson, a retired United States Air Force chief master sergeant and husband to Gwyneth.

Before their lives collided, Robert's story started in a small town in Nebraska. He enlisted March 6, 1953.

Robert joined the munitions maintenance career field and stayed in munitions his entire Air Force career.

"I loved it," he said. "I enjoyed it because I like to work, and in munitions during that time, there was a lot of work."

For the remainder of Robert's time in service, the pair traveled to more than 10 military installations in different countries all over the world, where they were dedicated to serving the military and their nation during the Vietnam War.

Although Robert remained in the same career field, Gwyneth had many roles in the war effort. While stationed in California, she returned to her trade in engine repair, this time for the Navy's 2B-4Y. After that, she tried her hand in parachute manufacturing for a few years.



COURTESY PHOTO

Gwyneth and Robert Johnson at the time Robert was nominated for Outstanding Airman of the Year in 1970.

"What I did during the war was very important. It was a different world entirely back then. People were working together. It was important to everyone," she said.

Meanwhile, in 1970, Robert was nominated for Outstanding Airman of the Year in his unit.

Toward the end of his career, Robert was stationed at Lackland Air Force Base, Texas. During their time there, Gwyneth joined the Aero Club on Randolph Field where she obtained her private pilot license at the age of 65. The club offered various small planes to "check out" and take for trips. The couple took advantage of this opportunity and flew to Kansas and back.

After a fulfilling 26 years climbing the enlisted ranks of the Air Force, Robert retired out of Kelly Air Force Base, April 1, 1979. He and Gwyneth decided to stay in Universal City, Texas, where their two daughters attended high school.

Here, they enjoy the numerous veteran benefits and resources provided for them, including the base exchanges and top-of-the-line medical facilities and pharmacies.

After the death of one daughter and the moving of the other, the couple were "adopted" by another Air Force family in Universal City.

To retired Master Sgt. Gary Clark and his wife, Dang, Robert and Gwyneth are "Mom and Pop."

"These people are a blessing to us," Gwyneth said. "They're what keeps us going."

Gary retired in 1986 as an Air Force recruiter. Unlike Robert, during his career he wore many hats. Some included an aircraft mechanic, an aircraft engine mechanic and a disaster preparedness technician, in addition to serving as a recruiter.

One thing the two couples do share is the love for the Air Force.

"You're going to have your ups and downs, but it's worth staying in," Gary advised. "It's just like any job; you have to get up in the morning and go to work, but the Air Force takes good care of you. I would not have the things I have today if I didn't join."

Robert agreed. "If you go in, work at it and stay in. It's a good life. Be proud to serve."

For these two couples, having an Air Force family is nothing but true. The four take pride in their service and encourage any young person to take the step in their life.