

JBSA

LEGACY

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JOINT BASE SAN ANTONIO

AUGUST 30, 2019



PHOTO BY MAJ. BONNIE CONARD

Brig. Gen. Walter Duzzny (left), deputy commanding general of U.S. Army North, listens to the stories of Tuskegee Airmen James Bynum and Theodore Johnson after a ceremony honoring World War II Veterans for their service and sacrifice Aug. 20 at the Military and Family Readiness Center at Joint Base San Antonio-Fort Sam Houston.

JBSA honors the "Greatest Generation"

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Commentary: I did it. On purpose

By Senior Master Sgt. Eric V. Reynolds
AIR FORCE TECHNICAL APPLICATIONS CENTER

You've probably heard the words, "I'm sorry, it was an accident" or some variation countless times throughout your life. I have five kids, so I hear it way too often.

I know I've used the phrase more than I'd like to admit, and after careful deliberation, I'm purposefully trying to eliminate the phrase from my thinking and will try to retrain my kids as well. Hopefully, after reading this commentary, you will want to do the same.

An accident is defined as "any event that happens unexpectedly, without a deliberate plan or cause." The way it is commonly used today generally implies something "wasn't my fault." We use it as an excuse — a way to avoid taking responsibility or being blamed — when the results of our actions don't match up with our intentions.

Consider this example. My kids run in the house all the time. My wife and I tell them not to, but they get excited and still run periodically despite our best efforts to explain the dangers and enforce our standards. Sometimes they will run into each other and ultimately someone gets hurt. When this happens, you might be

tempted to think of this as an accident, but it is not. While they did not intend to collide, they still chose to run despite the risk. They did it on purpose.

In this scenario, calling it an accident allows us to avoid accountability and ignore consequences. If it isn't our fault, we don't have to feel bad and our behavior doesn't have to change. This is a somewhat selfish and immature way of thinking. It stunts our development. It holds us back from reaching our full capability as leaders at home, work and in the community.

On the other hand, acknowledging the purposefulness of our actions and resulting consequences leads to a greater sense of conscientiousness and awareness of how our actions affect ourselves and others. Being "on purpose" means we accept the collision occurred only because we ran. We accept that the pain our sibling felt is only because we ran. It forces us to evaluate the disconnect between our intention (to get to the other room faster) and the results of our actions (hurting someone). We learn to evaluate and mitigate risks in the pursuit of our objectives.

It is generally understood that in our modern culture, the human brain doesn't mature to this basic level of understanding consequence until about age 25. The good

news is we can accelerate progress toward this skill earlier in life and develop even greater levels of cognitive skill at all ages through intentional development of a more conscientious mindset. The bad news is that we have to be willing to feel the pain as we learn through the experience.

Next time you find yourself in position where things didn't go as expected, instead of defensively calling it an accident, take ownership of it and simply apologize. An example might sound like this: "I'm sorry I did this. I was trying to accomplish (insert your objective), and I did not foresee where (insert situation) would occur. I didn't intend for anyone to get hurt and I'll try to be better next time by (insert a way to mitigate the risk)." It is a useful exercise in nearly all situations, not just when someone gets hurt physically.

Thinking things through in this way to understand the impact of your actions will make you a more critical thinker, better communicator, and a more effective leader. Ultimately, the more "on purpose" you become, the better you will get at seeing where problems could arise and make better decisions upfront. So start doing things on purpose and set the example for your family, peers, employees and maybe even your boss.

September is National Preparedness Month

By Greg Wilson
JBSA OFFICE OF EMERGENCY
MANAGEMENT

September is recognized as National Preparedness Month, which serves as a reminder to plan and prepare for emergencies that could impact our homes, workplace, schools, and communities.

Planning and preparation is essential in building resilient communities and coincides with this year's theme of "Prepared, Not Scared. Be Ready for Disasters."

People should take the necessary steps now to be prepared not just today, but throughout the year.

To assist in planning and preparations the following weekly themes have been developed:



COURTESY GRAPHIC

- ▶▶ Week 1 (Sept. 1-7): Save early for disaster costs
- ▶▶ Week 2 (Sept. 8-14): Make a plan to prepare for disasters
- ▶▶ Week 3 (Sept. 15-21): Teach youth to prepare for disasters
- ▶▶ Week 4 (Sept. 22-30): Get involved in your community's preparedness

The Air Force's "Be Ready," the Army's "Ready Army" and the Navy's "Ready Navy" awareness campaigns were

established to ensure military and civilian members have the knowledge they require to enhance resilience, equip their readiness and increase security by being prepared to respond and recover from any emergency situation that occurs at Joint Base San Antonio.

The end goal is to foster a culture of preparedness across the installation and in our

communities. It is a dedicated time to develop emergency response plans in our units and at home, and to join in local efforts to become a partner in our overall preparedness.

Commanders at all levels need to ensure the JBSA Emergency Management Program and the planning associated with it is a priority in September and maintained all year around. Failure to get the word out and get the planning in place could contribute to a potential negative impact on the installation's emergency preparedness and mission continuation.

Contact the JBSA Office of
Emergency Management at
210-671-2260 for more
information.

JBSA LEGACY

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Feedback Fridays

By Brig. Gen. Laura L. Lenderman
502D AIR BASE WING
AND JOINT BASE SAN ANTONIO COMMANDER

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

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

Mold Issues

Q. It was brought to my attention that Joint Base San Antonio-Fort Sam Houston barracks/dorms will be subject to mold remediation. Do you anticipate any displacement of service people? Secondly, what community resources are needed (if any) to address this issue?

A. Thank you very much for your questions. Earlier this month, we completed inspections of more than 8,000 barracks/ships/dorms across Joint Base San Antonio.

While we did not displace any servicemen and women at JBSA-Fort Sam Houston, we temporarily relocated roughly 525 Airmen at JBSA-Camp Bullis and JBSA-Lackland for several days while our Civil Engineers remediated and cleaned rooms that had the presence of mold or mildew.

Joint Base San Antonio is very grateful and proud to have such a supportive community around us. While we currently do not need any community resources to address this issue, I am extremely grateful for your support and will call on our community for help if needed in the future.

Personnel Issues

Q. I have a question, concerning surveys. Why are the results of surveys not revealed to us? I have done several, the last one concerning the option to telework. The survey was completed and no one in our office or surrounding offices have heard word one on what the results were. There have been other surveys asked but the results are never published. Is there a reason for that?

A. Great question. On many occasions commanders and senior leadership use



surveys to assist them with making critical management decisions within their organizations and JBSA. This gives our servicemen and women and government civilians the ability to provide valuable input without being put on the spot or feel pressured to answer how they think senior leaders may want them to answer certain questions.

While there are times when commanders and senior leaders do release the results of surveys and provide feedback to their military and civilian members, many times, they do not release the specific results but rather use the information to inform policy decisions.

That said, if you have a specific question in reference to the telework survey or would like seek the opportunity to telework, please let me or John "Carlos" Bassut, 502d ABW Vice Director and Senior Civilian Supervisor, know and we will do our best to provide you a specific answer to your question and/or work with your supervisor to accommodate your request.

Q. First, I acknowledge that we are almost at the end of the summer. Second, please know that I and my

children LOVE the staff at the JBSA-Randolph Youth Center.

That said, my question concerns programs for children ages 8-10 and the equal expense verses unequal services provided in the JBSA-Lackland vs. JBSA-Randolph Summer Care Programs.

My children attended JBSA-Lackland last year and JBSA-Randolph this year due to change of assignment. If you have ever visited the centers, you see right away the differences and availability of activities afforded at JBSA-Lackland.

JBSA-Lackland has an entire room dedicated to STEM (with an awesome teacher) along with multiple rooms for ART, Theater and Life Skills, and a central room for karaoke/dance, game tables and two multi-player video game system stations with leather sofas.

For security of our children, JBSA-Lackland maintains automated sign-in/out systems as well as color-coded wrist bands for field trip days. Their regular field trips consist of bowling, pool, roller skating and then there is usually a "big" trip.

JBSA-Randolph's center offers one crowded room, about the size of JBSA-Lackland's Life Skills room, with

one TV, tables, box games and puzzles, along with a very limited STEM corner. A second room offers a foosball table, two miniature standalone video games, music, tables and a lot of space. A third room is closed off for "REC" kids. Weekly, our kids bowl, swim and have a "big" trip. JBSA-Randolph only has manual sign-in/out and no wrist bands.

I understand there are more children at JBSA-Lackland, however, with the parent/guardian expense being the same, my expectation is to have similar accommodations. Is there a reason for the differences? When I asked the staff, it was offered that JBSA-Lackland has priority for funding.

A. Thank you for your patronage and support of JBSA Youth Programs! The 502d Force Support Squadron works very hard to ensure consistent programs and opportunities are provided at all JBSA programs.

While we strive to provide equitable quality of childcare and youth programs, we unfortunately have limitations as a result of infrastructure. JBSA-Randolph's youth buildings were constructed in the 1930s and 1990s,

FEEDBACK FRIDAYS

From page 3

whereas JBSA-Lackland's building was constructed in 2007.

The JBSA-Lackland facility is larger and was designed with a current perspective on what better meets the needs of school age youth, pre-teens and teens in the same facility. While JBSA-Randolph's facility lacks some of these features, we take pride in offering a robust Open Recreation and Teen Program to share space with school age population.

To accommodate all ages of youth at JBSA-Randolph, the staff has worked hard to maintain separation between age groups by assigning spaces/rooms for them. Although the specific room might not be as clear as to what youth development aspect it supports, the staff are intentional in meeting the diverse interest of children/youth at JBSA-Randolph as well. Programming supports the youth's development through STEM, fine arts, physical activities, educational and recreational field trips and so much more.

In terms of accountability, our JBSA-Randolph youths are supplied with shirts to identify them on field trips as a quick method of visibility. There is good news on the automated sign-in/out system. JBSA has been selected by Air Force Child & Youth Programs as the test installation for a new online system that will manage sign-in/out, child/youth records, and payments. We are eager to move forward on this as it will assist staff and families tremendously.

I sincerely apologize for any perception of funding differences between the youth centers. I am happy to confirm that all of the Youth Programs at JBSA receive equitable funding to purchase supplies, materials, and equipment to operate. When there are additional needs outside of the typical scope (i.e. accreditation, large equipment needs), funding has been set aside to cover these expenses.

For example, since the JBSA-Randolph School Age program is due for re-accreditation in the coming months, additional funding is being supplied to the program in order to pay for the accreditation process and prepare the facility and staff so we can continue to provide the best services to our youth.

Thank you for your question and concern regarding the different programming going on at our JBSA

Youth Programs. If you have any further concerns please don't hesitate to reach out to one of our youth directors for assistance.

Q. As a deaf civilian, I would like Joint Base San Antonio to spread and increase awareness of deaf issues, people and culture. National Deaf Awareness Month will be next month. I am pretty sure there are more deaf employees at JBSA-Lackland, JBSA-Fort Sam Houston and JBSA-Randolph.

I haven't seen any deaf people in the public since November 2018. It would be nice to host an ASL (American Sign Language) event. The purpose would be to learn how to request an ASL interpreter for interview and staff meetings, how to communicate between hearing and deaf employees and meet all deaf GS civilians from JBSA installations.

If an ASL event is highly considered, please do not hesitate to contact me or other deaf civilians for further information. I would like to be involved in committees. I am pretty sure that human resources offices from different bases have numbers of the deaf civilians.

Lastly, National Deaf Awareness Month is significant to spread the word for deaf community. I am looking forward to reading a new post on the JBSA Legacy newspaper.

A. Thank you very much for your question — I greatly appreciate you bringing National Deaf Awareness Month to my attention.

After speaking with our team, I learned that October is designated as National Disability Employment Awareness Month, which is a national campaign that celebrates the many and varied contributions of America's workers with disabilities.

The observance also emphasizes the importance of guaranteeing that all Americans have access to the services necessary to enable them to work. I'd like to include your ideas in support of raising awareness of the deaf community during our recognition of National Disability Employment Awareness Month.

I'll also let the committee know you are interested in supporting their efforts. For others interested in working with the committee supporting Disability Employment Awareness Month, please reach out to our Equal Opportunity Director, Pedro Canabal at pedro.a.canabal.civ@mail.mil or 210-808-0029. Thank you again for taking the time to share your concerns and ideas.

Installation & Facilities

Q. My question concerns Eberle Park at JBSA-Randolph. I recently noticed that a number of beautiful trees in the park have been cut down. Does the base intend to cut down all the trees in the park?

What is the reason tree removal is being done at Eberle Park? The trees provide great shade and add so much to the park. A number of years ago, a beautiful strand of oaks were removed near the perimeter fence next to Lower Seguin Road.

A. Thank you for your questions. The installation's environmental office always strives to preserve natural resources at all locations, especially our parks.

Unfortunately, in addition to all the wonderful features the trees offer, the Eberle Park trees also pose a hazardous situation for flying operations at JBSA-Randolph in regards to Bird Airfield Strike Hazard, or BASH.

A flight safety survey identified 24 trees to be removed as well as 12 additional trees needing to be pruned and trimmed in order to reduce the bird population that could damage aircraft in the area. An additional challenge is that the trees reside within the accident potential zone, or APZ, for flight line activity.

For public awareness, we advertised prior to the removal of the trees; however, your question highlights that we need to step up our efforts. As always, our goal is to minimize impacts to natural resources while maintaining mission requirements.

Q. I moved to San Antonio in 1961 when my father was transferred to Kelly Air Force Base. We made many, many trips to JBSA-Fort Sam Houston over the years, and too many to count over the last 5 years as my husband is being treated for cancer at Brooke Army Medical Center.

The condition of the roads on post is embarrassing and I feel have not improved over the past 60 years. I thought for sure that when JBSA-Fort Sam Houston received the billions of dollars for BRAC that the roads would have been repaired to go along with the many new barracks, etc., but no. Will JBSA-Fort Sam Houston ever see any road improvements?

A. Thank you so much for your question and your family's service. I share your concerns and our Civil Engineer team has been working aggressively to get contracts resourced to improve all JBSA roadways.

Specifically for JBSA-Fort Sam Houston, we have two projects ready to award, valued at over \$2 million, to do repairs to Stanley and Corporal Johnson Roads. Additionally, we recently established a partnership with the City of San Antonio to do work through their road repair contract, and we completed our first effort though this mechanism on JBSA-Fort Sam Houston by repairing Parker Hill Road.

We also have projects planned for Wilson Road and Winans Road next year, and 18 more projects targeted for JBSA-Fort Sam Houston roads over the next five years, all of which are resource dependent. In the meantime, our Civil Engineer team will continue to work to address pot holes as they are identified.

Miscellaneous

Q. I have a comment/question about the civilian dog handlers working the night shift, specifically. I had a customer come into the office yesterday, and we got to talking and his wife was a dog handler, but quit because of things she witnessed, and another member ended up quitting also.

She allegedly witnessed one handler kicking a dog and another handler lifting the dog up by the leash with it being around his neck and the dog was shaking and trying to get down. Animal cruelty in this world is bad and shouldn't happen. Is there a way that someone could do a no-notice inspection?

A. Thank you very much for sharing your concern about our four-legged defenders. We treat our Military Working Dogs, or MWDs, with the same dignity and respect as any and all members of JBSA. Regarding your specific question, our MWDs are not handled ("cared for and trained") by civilian officers — they can only walk or escort them. Handling is done only by our trained and certified military handlers.

I assure you our MWDs are well cared for, and I have zero tolerance for animal cruelty, which results in decertification and administrative action.

To your suggestion of no-notice inspections, we have an oversight program in place where supervisors, commanders, and I can make unannounced visits or "checks" at any time — day or night. I've made my MWD commanders aware of your message and they will continue to ensure our MWDs are treated, trained and cared for properly so they are "fit to fight!"

JBSA program provides information, resources on suicide prevention

By David DeKunder

502ND AIR BASE WING
PUBLIC AFFAIRS

Active-duty members, military family members, Department of Defense civilians and veterans who are experiencing thoughts of suicide can turn to a program at Joint Base San Antonio that will connect them with the resources they need to get help.

The JBSA Suicide Prevention Program provides resources and information to members of the JBSA community and is committed to preventing suicides among service members, their families, DOD civilians and veterans.

September is Suicide Prevention Month during which the Department of Defense brings added awareness to the complex issue

of suicide and emphasizes resources and supports that are available. This year's Suicide Prevention Month theme, "Small Steps Save Lives," focuses on safety precautions that service members and their families can put into place at home to reduce the risk for suicide.

"Anybody can reach out to me, or this office, and we will provide the resources to a person, a unit or an organization that is needed to assist them with the help that they need," said Sabine Ward, JBSA Suicide Prevention Program manager.

Ward said she goes to units and organizations within JBSA to educate active-duty members, their families and units on the warning signs and risk factors that may contribute to suicide and provide them with the resources that are available to

them and connect them to get the help that they need in order to get involved so they can help save lives.

She said relationship and financial issues are the No. 1 causes that can lead to suicide among service members, their families, DOD civilians and veterans.

"There are different factors that contribute to suicide," Ward said. "It's not just one thing; it's layers of different things such as, but not limited to, personal trauma, severe and prolonged stress, transitioning, redeployment, separations, loss, and history of alcohol and substance abuse."

Ward said individuals who have suicidal thoughts may have behave in ways that are unlike them. By recognizing and knowing the warning signs and risk factors, people will be more prepared to reach out to help someone and

receive the help that they need in order to help someone.

"Suicide is not an easy conversation to have, so open dialogue is the most important," Ward said. "We need to be open and talk about it, and we can only change things if we acknowledge them. I'm trying to reach as many people as possible, whatever is necessary to give that person that help."

Ward is a former military spouse whose husband, retired Sgt. 1st Class Clay Ward, a former Army medic, died by suicide on May 16, 2013. Her husband served for 20 years, including two tours of duty in Iraq, and did not return the same man after his second deployment.

"I feel privileged to work in this position and be able to assist others who find themselves in similar situations," Ward said. "I hope

that my story can help others and therefore reduce the number of suicides we are currently facing. It is a disease that spreads throughout our communities, and only if we work together and are aware of the risk and warning signs and have the necessary resources are we able to make a difference. Small steps save lives. That is the goal."

Active-duty service members, military family members, veterans and DOD civilians seeking help and resources for suicidal behaviors, substance abuse problems or risky behaviors can contact members of the Army Substance Abuse Program, or ASAP, including Ward at 210-221-2093; Leslie Noel, ASAP prevention coordinator, at 210-221-0326; or Alicia Cline, ASAP risk reduction coordinator, at 210-221-1696.

FORT SAM HOUSTON



LAUREN PADDEN

Members of Joint Base San Antonio and the San Antonio community greet and thank World War II veterans after a ceremony honoring their service and sacrifice Aug. 20 at the Military and Family Readiness Center at Joint Base San Antonio-Fort Sam Houston.

JBSA honors the ‘Greatest Generation’

By Lauren Padden
U.S. ARMY NORTH PUBLIC AFFAIRS

The Joint Base San Antonio-Fort Sam Houston Survivor Outreach Services Support Program, in partnership with the Fort Sam Houston Gold Star Families, hosted a ceremony recognizing World War II Veterans for their service and sacrifice at the Military and Family Readiness Center at JBSA-Fort Sam Houston Aug. 20.

“When the 75th Anniversary of D-Day happened in June, we

knew that there were some WWII vets here in San Antonio that were unable to travel to attend, we thought it would be a nice idea if we honored them somehow, and so the Fort Sam Houston Survivor Outreach Services council elected to do this ceremony,” said Cindy Hildner, Gold Star Spouse and SOS member.

Fifty WWII veterans attended the ceremony, including five centenarians, two Tuskegee Airmen and one member of the British Royal Air Force. Keynote speaker

Brig. Gen. Walter Duzzny, deputy commanding general of U.S. Army North, said he felt privileged and honored to be in the presence of these heroes.

Duzzny said the legacy and the standards set by the WWII generation still resonates with the service members today.

“We remain forever in debt to the World War II veterans who demonstrated selfless service, sacrifice and dedication to duty that really characterize what we call the ‘Greatest Generation.’ ”

One of the members in attendance was 93-year-old

veteran Clark Wilson, who served in the 283rd Combat Engineer Battalion. As a private in the Army, he said he was glad to serve at 18, bushy-tailed and ready to go. Despite removing mines on the beaches of Normandy 22 days after D-Day, fighting in the Battle of the Bulge, and sitting in on the Nuremberg Trials, Wilson said he feels like the moniker of the ‘Greatest Generation’ is a little overrated.

“I didn’t feel like I was the Greatest Generation that’s ever been,” Wilson said. “I think

that can apply to a lot of people now and since then, I never really did buy into that. I felt like we did our job, what we were expected to do, so I accept it, but I don’t know if it’s really describing me. Just like any job you are hired to do and you do it, but we had a lot laying on us.”

The “Fort Sam’s Own” 323rd Army Band concluded the ceremony with a medley of each military branch’s song — a tribute which was met by waving hats and salutes from the veterans.

BAMC oxygen therapy helps patient heal after multiple surgeries

By Lori Newman

BROOKE ARMY MEDICAL CENTER
PUBLIC AFFAIRS

The Undersea & Hyperbaric Medicine Clinic at Brooke Army Medical Center at Joint Base San Antonio-Fort Sam Houston uses oxygen therapy to treat patients who have a wide range of illnesses and injuries.

According to the Undersea & Hyperbaric Medical Society, or UHMS, hyperbaric oxygen is an intervention in which an individual breathes nearly 100 percent oxygen while inside a hyperbaric chamber that is pressurized to greater than sea level pressure. The clinic at BAMC received a four-year reaccreditation with distinction from UHMS in April 2018.

A recent patient, retired Army Lt. Col. Charlotte Weiss, said she will be the clinic's self-proclaimed "poster child" because of the miraculous results she experienced after receiving the treatment.

Weiss was injured during a deployment and has since required multiple surgeries to repair her wounds. After her most recent surgery, the area was not healing properly due to scar tissue from prior surgeries.

"There were complications with the tissue being oxygenated, and the tissue around the wound area was dying," Weiss said. "The surgeon thought very quickly and knew the hyperbaric chamber would be the best course of treatment to have the best probable results."

Initially, Weiss said, she was a little apprehensive of the chamber.

"It was a little scary at first, because you have to hold your breath and pop your ears," she said. "After that it was very relaxing. I found the treatments were fun and something I looked forward to because the results seemed pretty immediate."

The clinic, which is located next to the main entrance to the hospital, houses a multi-person hyperbaric oxygen chamber, which can accommodate up to six patients at one

time. While in the chamber, patients can recline in a comfortable chair and watch TV or read. A single chamber is also available for an individual patient to receive the treatment.

"I had no idea this chamber could help with the results and they would be so immediate," Weiss said. "My sense is that had I not been referred to the Hyperbaric Medicine Clinic as quickly as possible, I would be facing another surgery. I don't have to have any more surgeries and I'm really grateful."

Generally, a treatment plan consists of 90 minutes of hyperbaric oxygen daily for up to six weeks or more.

"I was pretty amazed after the third treatment," Weiss said. "The doctors began to see a noticeable difference in the oxygenation of the skin. The dead skin was coming to life."

Many patients come to the



COURTESY PHOTO

hyperbaric clinic to enhance the healing of chronic wounds or injuries from radiation therapy. Other illnesses and injuries that can be treated with oxygen therapy include air or gas embolism, carbon monoxide poisoning, decompression sickness, crush injuries, arterial insufficiencies, severe anemia and acute thermal burns.

"Another unique aspect to the Undersea & Hyperbaric Medicine Clinic here is the clinic offers 24-hour emergency care and in-chamber critical care capabilities, which are only offered

"I am very grateful that I received this treatment. Once patients experience the positive results, they are going to be so grateful that they were referred to the Hyperbaric Medicine Clinic."

Retired Army Lt. Col. Charlotte Weiss



JAMES CAMILLOCCI

A staff member places a patient into the single hyperbaric oxygen chamber at the Undersea & Hyperbaric Medicine Clinic at Brooke Army Medical Center.

Force Hyperbaric Medicine Center opened at the former Brooks Air Force Base in 1974. It later moved to Wilford Hall Medical Center and then to Brooke Army Medical Center in June 2017.

Weiss said the clinic staff were "very pleasant and professional."

"The staff were wonderful and without a doubt I can say the treatments totally changed my life," she said. "I'm happy with the results and the entire process."

Providers can refer their patients to the Undersea & Hyperbaric Medicine Clinic.

"We usually get referrals from specialty clinics," Hodgson said. "The referrals are reviewed by an Undersea & Hyperbaric Medicine physician to see if hyperbarics would be a good treatment modality for the patient's condition. Then patients are called for an initial consultation to make sure that they are a good candidate for the hyperbaric oxygen treatments."

"I am very grateful that I received this treatment," Weiss said. "Once patients experience the positive results, they are going to be so grateful that they were referred to the Hyperbaric Medicine Clinic."

at a few centers within the United States," said Air Force Lt. Col. (Dr.) Joni Hodgson, Undersea & Hyperbaric Medicine Clinic chief.

Hyperbaric chambers and hyperbaric oxygen therapy have been in use for centuries, but it wasn't until the early 1930s that the military developed and tested hyperbaric oxygen for purposes specifically in the area of deep sea diving and later in aeronautics.

Hyperbaric medicine also has a rich history in San Antonio. The first Air



Joint Base San Antonio FORCE SUPPORT SQUADRON

Monthly Events

September

Aquatics

Pools change up the triathlon format

Join us for the JBSA-Fort Sam Houston's Aquatic Center last summer triathlon to compete as an individual or in a relay Sept. 8, 7:30 a.m. The reverse triathlon starts with a three-mile run followed by a 10-mile bike ride and finishes with a 200-meter swim. The cost is \$20 per person and entries are accepted until the morning of the race. For more information, call 210-221-4887.

Operating hours change at the pool

JBSA-Fort Sam Houston Aquatic Center opens its swimming pool on weekends, Labor Day through Sept. 28, noon to 8 p.m. for recreational swimming. Monday-Friday adult lap swim hours are 5-8:30 a.m. and lap swim and shallow end recreational swimming is 11:30 a.m. to 8 p.m. For more information, call 210-221-4887.

Bowling

Special rates for Labor Day

Come to the JBSA-Fort Sam Houston Bowling Center Labor Day weekend during normal business hours to bowl for the special rate of \$2.50 per game, per person and \$2.75 shoe rental. For more information, call 210-221-4740.

The JBSA-Lackland Skylark Bowling Center offers a special for Labor Day Sept. 2 from 2-8 p.m. pay only \$20 for two hours per lane with up to six bowlers per lane. Shoe rental is \$2 per person. For more information, call 210-671-1234.

Grandparents go bowling

The JBSA-Randolph Kendrick Club invites all grandparents to come out Sept. 8, from 1 to 4 p.m. to celebrate grandparents day with an afternoon of fun and companionship. Bowling and shoe rental is free for grandparents for up to three games. Everyone else may bowl for \$3 per game, per person with a \$2.75 shoe rental. For more information, call 210-652-6271.

Parties held every week

Get the party started at the JBSA-Fort Sam Houston Bowling Center every Saturday from 5-10 p.m. with high tempo pop music, bowling and a glowing light show. The cost is \$3.75 per person, per game. For more information call, 210-221-4740.

Monthly tournaments held

The JBSA-Lackland Skylark Bowling Center holds a 9-Pin no tap tournament the third Saturday every month at 4 p.m. Knock down nine pins and be credited with a strike. Early entry is \$20 per person or \$25 the day of tournament. Cash prizes for men and women paid immediately following

event. Bowl five of eight monthly events (Sept.-April) and qualify for the May Super Tourney. Check-in begins at 3 pm. For more information, call 210-671-1234.

Unit functions and holiday parties hosted

The JBSA-Lackland Skylark Bowling Center is the ideal spot to host your family get-togethers, unit functions, and holiday parties. Groups of all sizes are welcome, and weather need-never deter party plans. For those looking to make their event truly memorable, we can create a VIP experience just for you. For more information, call 210-671-1234.

Canyon Lake

Grandparents day is celebrated

The JBSA Recreation Park @ Canyon Lake hosts a grandparents day tea party Sept. 8 from 9:30-11:30 a.m. Celebrate grandparents day at pavilion 1 at Hancock Cove. Tea, cookies, blankets and fun board games will be available for guests to enjoy. Normal entrance fees are required to enter the park, but there is no additional fee to attend this event. Patrons must sign up prior to the event. For more information, call 830-964-3576.

Family fishing night held

Come celebrate the first weekend of autumn at the JBSA Recreation Park @ Canyon Lake Sept. 28 from 5-8 p.m. Fish at the lake and enjoy the sunset by the water. Bring your own poles or rent them from any of the JBSA outdoor recreation locations. Entry to the park is free. For more information email jbsalodgingres@gmail.com or call 830-964-3576.

Summer comes to a close

Don't miss the last holiday of this summer season. Come out and enjoy scenic JBSA Recreation Park @ Canyon Lake. The season to enjoy all of the water recreation activities like boating and swimming will not be around much longer. So come out to stay at the park in one of our many lodging facilities and give the family one last chance to make summer memories. For more information and reservations, call (830) 226-5357 or (800) 280-3466 or email us at jbsalodgingres@gmail.com.

Patrons make 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. To reserve a boat, or for more information, call 830-964-3544.

Clubs

Football season kicks off at the club

The JBSA-Randolph Kendrick Club kicks off the 2019/2020 football season Sept. 5 at 6 p.m. in Gil's Pub and the patio with the Green Bay Packers hosting the Chicago Bears. Members are entered to win Yeti cups, large screen TV, jerseys and hats. Members also receive a complimentary BBQ plate, which includes grilled chicken, pulled pork, baked beans and coleslaw. The cost of the BBQ for nonmembers is \$8. For more information, call 210-652-3056.

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 Sept. 15, 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. Ask for the frequent brunch card and after a required number of paid brunches patrons get one free For more information, call 210-658-7445.

Sept.ember birthdays are celebrated with a buffet

The JBSA-Randolph Parr Club offers a complimentary buffet Sept. 18 from 11 a.m. to 1:30p.m. There is no cost for the birthday member. The cost is \$12 for adult guests and \$6 for their children ages 6-12. Club members that are not celebrating are invited as well and the cost is \$10 for adults, \$5 for their children ages 6-12 and kids 5 and younger eat for free. Everyone is welcome. Coupons not accepted. For more information, call 210-658-7445.

Live music is played in the ballroom

Visit the JBSA-Randolph Kendrick Club Sept. 20 at 6 p.m. for band night. Come out for good music and lots of fun when Roger Tamez and the Show Band perform live. Doors open at 5 p.m.

Sept. 28 at 5 p.m. for Jazz and R&B Night. Social hour is 5-7 p.m. and live music starts at 6 p.m. by The Show Band. For more information, call 210-652-3056.

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 Sept. 20, 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

Entertainment offered at the club

The JBSA-Randolph Kendrick Club invites patrons to come out Friday nights for Unwind Fridays at 5 p.m. and stay late for delicious food, professional bartenders and

hot dance music with D.J. Scandalous. Social hour food is served 5-6 p.m. and the Grill is open 4-9 p.m. every Friday. For more information, call 210-652-3056.

Bingo fun is at the club

Join the JBSA-Kendrick Club for Bingo Extravaganza Sept. 9 and 23 with \$15,000 in total jackpots, a complimentary buffet at 5 p.m. and Early Bird bingo at 6 p.m. Free admission for members, and nonmembers pay \$10.

Bingo takes place every Sunday at 3 p.m. and Monday through Thursday at 7 p.m. in the Ballroom. Free admission for members and nonmembers pay \$10. Members have the chance to win the full jackpot and nonmembers can win a half jackpot. Don't forget to play every Tuesday and Wednesday to qualify for the monthly member prize give-away.

Birthday Bingo is held Sept. 10, 7 p.m., at the JBSA-Randolph Kendrick Club. Birthday members receive a complimentary bingo machine and cake. This event is for Randolph Club members only and an ID card is required. For more information, call 210-652-3056.

Community Programs

Music is played at the theater

The JBSA-Fort Sam Houston Harlequin Theatre presents Peace, Love, Rock and Soul Sept. 19-Oct. 19. This is a concert-style revue highlighting the sound and soul of the 1960s and features music written and performed by legendary artists including Otis Redding, The Temptations, Diana Ross and the Supremes, Smokey Robinson and the Miracles, Stevie Wonder, Aretha Franklin, Gladys Knight and the Pips, Ray Charles and many more icons of the decade.

Cost for military is \$20, Civilians \$22 and students \$18. These shows are sponsored by The Gunn Automotive Group. No federal endorsement of sponsor intended. Make your reservations today. Group rates available and shows are open to the public. To make reservations and for more information on the show, season tickets, Flex Passes and children's tickets, call 210-222-9694.

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 Department of Defense ID cardholder, eight-person Relay teams (must have at least two Department of Defense 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 <http://bit.ly/rambler120>. 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.

Calling all thrill seekers

The third annual JBSA-Fort Sam Houston Zombie Run will take place November 16 from 4-8 p.m. in. Run through three miles of dilapidated, brain eating monster infested terrain all while trying to make it to the finish line unscathed.

Volunteer sign ups are now being accepted for anyone looking to participate in the event. There are openings for participants to play the roles of zombies during the run, as well as makeup artists to transform participants into zombies. To sign up or for more information, call 210-652-5763 or email 502FSS.FSK.JBSACommunityevent@us.af.mil.

JBSA RECREATION PARK AT CANYON LAKE

RAMBLER
Oct. 5 120



**For more information, call
(210) 652-5763
Register and pay Online at
<http://bit.ly/rambler120>**

RBFCU 

Equestrian Center

Horseback riding lessons offered

The JBSA-Fort Sam Houston 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.

FREE



Oktoberfest

JBSA Lackland Amphitheater
Sept. 20 • 4:30 - 8:30 p.m.

Trail rides are for all ages

The JBSA-Fort Sam Houston Equestrian Center offers trail rides for patrons ages 7 and older for \$30 Saturday and Sunday. Departures are at 10 a.m. 12:30 p.m. and 2 p.m. Adults must accompany children under the age of 13. Riders must be at least 4 feet, 6 inches tall and weigh no more than 200 pounds. Weekday trail rides, group rides and team-building rides area available by appointment for \$40. To make reservations, call 210-224-7207. 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 from 10 a.m. to 2 p.m. for patrons 6 years and younger for \$10. Adults must accompany children and availability is on a first-come, first-served basis. Pony rides can also be coordinated for weekdays on an appointment basis as well as for parties or other special events held on site. A covered deck is available for parties for half day use for \$50. For more information, call 210-224-7207.

Fitness

Patrons predict game outcomes

Patrons encouraged to choose their picks every week during NFL Weekly Pick'em Contest at the JBSA-Fort Sam Houston Medical Education Technical Center Fitness Center starting Sept. 5. Each week participants choose which NFL teams will win their match-up. The person with the

most correct picks wins a prize. Tie breakers are decided by guessing the total score for the Monday night football match-up. Picks are due every Thursday by 3 p.m. For information call 210-808-5709.

Freedoms are celebrated with a 5K

The Rambler Fitness Center is hosting a 5K run/walk at Eberle Park Sept. 11 at 7:30 a.m. in remembrance of 9-11 and in celebration of the freedoms we all enjoy. Sponsored by Randolph-Brooks Federal Credit Union. No federal endorsement of sponsor intended. For more information, call 210-652-7263.

Racquet ball tournament held

JBSA-Fort Sam Houston Jimmy Brought Fitness Center hosts a Singles Racquetball Tournament Sept. 14, 9:30 a.m. All DoD ID cardholders age 16 and older are invited to compete in this free double-elimination singles tournament. Sign up deadline is Sept. 12. For more information, call 210-221-1234.

Families participate in a 5k

Grab your family and friends and come out for the JBSA-Fort Sam Houston Medical Education Technical Center Fitness Center Family Fun Run/Walk Sept. 14, 8 a.m. The event begins at Aquatic Center parking lot. It is free and open to all DoD ID card holders and their guests. Register on the day of the event. There will be fun prizes for everyone. For more information, call 210-808-5713.

Pull up contest held

The JBSA-Lackland Chapparral Fitness Center challenges patrons to test their strength at the Pull Up Challenge held Sept. 16 during normal business hours. Clear the bar with as many reps as possible, and set the bar for the competition. This is a free event. Resister no later than Sept. 13. For more information, call 210-671-2401.

Patrons participate in a triathlon

Everybody is invited to participate in this fun but challenging event at the JBSA-Rambler Fitness Center Sept. 16-20 during normal operating hours. Each participant must complete the 15-mile treadmill/indoor track walk/run, 30-mile stationary bike ride and five-mile row in order to complete the challenge. Pick up the indoor triathlon challenge tracking booklet from the Fitness Center staff. As each challenge is completed, have a fitness team member initial that item before moving on. When the total challenge is completed, turn in the booklet to the fitness center staff. Sponsored by Randolph-Brooks Federal Credit Union. No federal endorsement of sponsor intended. For more information, call 210-652-7263.

Three point shooting contest held

Come to the JBSA-Lackland Kelly Fitness Center Sept. 20 from 11 a.m. to 1 p.m. and show off your 3-point shooting skills. No pre-registration is required. The shooter who makes the most three-point goals from the five designated locations is the new Champion. This event is free and a prize is awarded to the winner. For more information, call 210-925-4848.

Golf

Golf Tournament held on Labor Day

Join the JBSA-Randolph golf course on Labor Day, Sept. 2 at 7 a.m. for a two-person team Big Six tournament. This is an entertaining format where holes 1-6 are played as a scramble, 7-12 are played as best ball, and holes 13-18 are played as modified alternate shot. Net and gross are paid, and the team handicap is the lowest of the two handicaps. The cost to enter this tournament is \$20. For more information, call 210-652-4653.

Adult golf lessons offered

The JBSA-Lackland Gateway Hills Golf Course will have golf lessons for adults Sept. 9-11 and 16-18, from 5:50 to 6:30 p.m. The cost for the classes is \$200 per person. Package includes five days of lessons with one play day. Class covers the basics in grips, stance, swing, chipping, putting and driving. Class is limited to the first 10 paid individuals. Students each receive a set of clubs to keep. For more information, call 210-645-7035.

Championship golf tournament held

Join the JBSA-Lackland Gateway Hills Golf Course Sept. 7-8 and 14-15 at 8 a.m. to participate in the club championship. This is a four-round individual stroke play tournament. Field is reduced after first two rounds of play for the second week. Cuts depend on number of players playing. Flights are also based on the number of participants. Entry fee is \$50 for the event plus green fees and cart rental. Entry fee includes tee prize for players, lunch on the second day for everyone and on the fourth day for everyone who made the cut, and prizes. The entry fee after Sept. 5 is \$60 per person. Pro Shop makes the groupings for the first round

and the groups are paired by score for the following rounds. For more information, call 210-671-3466.

Wine and wedges night hosted

Ladies, gather your friends and join the JBSA-Fort Sam Houston Golf Course for wine and golf Sept. 13, 6 p.m. This event is \$10 per person and includes wine, cheese and golf instruction. For more information, call 210-221-5863.

Championship held to find the best of the best

Come to the JBSA-Randolph golf course Sept. 21-22, at 7 a.m. for the club championship. Find out who is the best golfer at Randolph Oaks in this unique championship game. This is an individual tournament that consists of three groups: championship, open and senior. The number of flights in the open and senior division depend on participation. All flights are net and gross so verifiable handicaps are required. The cost is \$60 for members and \$90 for nonmembers. The price includes lunch upon completion of the first round, green fees cart fees and gift certificates paid to those who place. For more information, call 210-652-4653.

Couples participate in a scramble

Join the JBSA-Fort Sam Houston Golf Course Sept. 22, 1 p.m. to enjoy golf with a friend, spouse or significant other. The cost is \$30 for members and \$50 for nonmembers and includes fee, cart prize fund and social after play. For more information or to sign up visit the Pro Shop or call 210-222-9386.

Warrior golf scramble held

The JBSA-Fort Sam Houston Golf Course Warrior Golf Scramble is held Sept. 6, 12:30 p.m. The cost is \$25 for members and \$35 for nonmembers. The fee includes green fee, golf cart, prize money, and social after the round. For more information, call the Pro Shop at 210-222-9386.

Information, Tickets and Travel

Vacation Expo offered

Join JBSA-Lackland Information Tickets and Travel office Sept. 13 from 10 a.m. to 1 p.m. at the Arnold Hall Community Center for the annual Vacation Expo. Visit with experts from the travel and tour industry including theme parks, attractions, hotels, Chamber of Commerce offices from various cities, travel and tour vendors and so much more. Door prizes are awarded every 30 minutes throughout the event. A free lunch is provided on a first come first served basis. For more information call, 210-671-7111 or email, info@jbsatravel.com.

Patrons take a trip to Fredericksburg

Join the JBSA-Randolph Information Tickets and Travel office Sept. 21 on a trip to Fredericksburg Texas. Shop and eat along Main Street from 9:30 a.m. to 5 p.m. The trip costs \$35 per person. For more information, call 210-652-5142.

Local attraction tickets offered

The JBSA-Fort Sam Houston Information, Tickets and Travel office has discounted tickets for local attractions like the San Antonio Zoo, Buckhorn and Rangers Museum, Mirror Maze/Laser Vault, Laser Quest, ZDT Amusement Park, Ripley's Believe it or Not®, Natural

Bridge Caverns, Natural Bridge Wildlife Ranch, SeaWorld San Antonio and Six Flags® Fiesta Texas. In addition to local attractions, ITT has many out of town tickets like Disneyland®, Universal Studios Hollywood™, San Diego Zoo, Legoland® California and much more. For more information call, 210-808-1378.

Halloween Horror Nights at Universal Studios

Stop by JBSA-Lackland Leisure Travel any time between Sept. 6 – Nov. 2 and pick up tickets to Universal Studios. The streets come alive with all-new hordes of horrifying mutants, monsters and maniacs. Explore nine terrifying haunted houses, brave five creature-filled scare zones, enjoy two outrageous live shows, and experience many of the park's most exciting rides and attractions. Military discounted hotel and ticket packages are available. For more information, call 210-671-7111 or email: info@jbsatravel.com.

Military & Family Readiness

Haunted history tour offered

Learn about the eerie history of Fort Sam Houston during the Halloween edition of Trails & Tales. The Haunted History Tour is slated for Sept. 11, noon to 2 p.m. Due to limited seating, registration is required. Call 210-221-2705.

Discover steps to manage debt

Participants review debt reduction and debt management strategies, tips for preventing debt, and building credit during the Debt Reduction & Credit Building class, Sept. 12, 10:11:30 a.m. at the JBSA-Lackland Military & Family Readiness Center. To register, call 210-671-3722.

Early planners reap holiday relief

The How to Survive the Holidays Financially workshop slated for Sept. 17, 1:30-3 p.m., at the JBSA-Randolph Military & Family Readiness Center provides participants with resources to help avoid the holiday financial blues and alleviate stress by escaping mounts of debt. To register, call 210-652-5321.

Blood drive hosted for blood cancer awareness

Nearly 1.3 million people in the U.S. are affected by a form of blood cancer. In coordination with the Armed Services Blood Program, the JBSA-Fort Sam Houston Exceptional Family Member Program hosts a blood drive to give back to military-affiliated families, Sept. 19, 8-11 a.m. To donate, schedule an appointment at <https://militarydonor.com> and use the sponsor code "fshemp".

Key Spouses attend training

Newly assigned Key Spouses and KS mentors attend a mandatory Initial Training Sept. 19, 8:30 a.m. to 3 p.m., at the JBSA-Randolph Military & Family Readiness Center. To register, call 210-652-5321.

Federal employees get familiar with TSP

Participants review the different aspects of a Thrift Savings Plan like contribution limits, return rates, tax-deferred investments, and more, Sept. 26, 10-11:30 a.m. at JBSA-Lackland Military & Family Readiness Center. To register, call 210-671-3722.

Workshop helps military spouses find a career

The JBSA-Lackland Military & Family Readiness Center hosts a Military Spouse Professional Development workshop Sept. 26, 11 a.m. to 3 p.m., in building 5616, to help spouses find a career that best fits their interests and traits. To register, call 210-671-3722.

Stand-alone workshop provided for transitioning warriors

JBSA-Randolph Military & Family Readiness Centers host a VA Benefits and Services Stand Alone workshop Sept. 27, 8 a.m. to 3 p.m., for those exempt from the five-day Transition Goals, Plans, Success class. To register, call 210-652-5321.

Outdoor Recreation

Concealed handgun license class offered

The JBSA-Camp Bullis Rod-N-Gun Recreation Center, bldg. 6215, provides License to Carry classes Sept. 14 and 28, 8 a.m. to 1 p.m. Successful completion of this class is required to apply for a Texas CHL. To register, go to: <http://www.chlregistration.com> and select "Register for Class" and then select "Dan Willis - Leatherneck Arms." Class details are available on-line at <http://www.jbsatoday.com>.

Archery takes on another dimension

The JBSA-Camp Bullis Rod-N-Gun Recreation Center hosts a 3-D archery competition Sept. 28-29, 8 a.m. to 1 p.m. 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, \$15 per person for all others ages 13 and older and youth ages 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 210-295-7577.

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.

Patrons gather at the park

Salado Park at JBSA-Fort Sam Houston is perfect for family fun and events and is located adjacent to Salado Creek. The 13-acre park has 10 picnic areas available for rent, two large patio areas, and a covered pavilion. Reservations can be made up to 30 days in advance at the Outdoor Recreation Center and include picnic tables and a BBQ stand. The park also features a volleyball court and

playground areas. The park is open 8 a.m. to 9 p.m. For more information, call 210-221-5225 or 210-221-5224 for reservations.

Youth and Children

Youth go on a camping trip

Youth, ages 11 and older are invited to participate in a fun camping trip at Canyon Lake with the JBSA-Fort Sam Houston Patch/Chaffee Youth Program (YP-2) Sept. 13-14, 5 p.m. to 8 a.m. Trip activities include swimming, "camping" food and many more fun-filled activities. The deadline to sign up is Sept. 7. For more information call 210-221-3630.

Youth participate for free

Celebrate recreation and fun and participate at JBSA-Randolph Youth Programs for free Sept. 16-20. Youth can participate in clubs, activities and open recreation. If youth want to become members the cost is \$40 per year. Stop by Youth Programs, building 585, to check out everything offered. For more information, call 210-652-3298.

Kids play all day

Join the JBSA-Youth Programs Sept. 27 from 4-5:30 p.m. for Nickelodeon's annual "World-wide Day of Play". This special event is designed to influence kids to turn off their television and be active, healthy and have lots of fun. For more information, call 210-652-3298.

Both the JBSA-Fort Sam Houston Patch/Chaffee and W. Ed Parker Youth Centers Sept. 20 from 4:30-6 p.m. Take part in a fun filled afternoon with games, contests, special food and more for youth age 9 and older. This is an opportunity to turn off all electronic devices, phones, video games, computers and have some great interactions with friends, family and staff. Join our youth and staff as we engage in fun, interactive games, have a great time, learn some new games and play. For more information, call 210-221-3630 or 210-221-3502.

The JBSA-Lackland Youth Programs celebrates Worldwide Day of Play Sept. 27 from 4-5:30 p.m. This is an annual event designed to encourage children to get away from the TV and be physically active indoor/outdoors. This year's event includes many fun and exciting indoor/outdoor activities. Healthy snacks and door prizes are provided. For more information, call 210-671-2388

STAY CONNECTED

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

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



NMETLC Sailors conduct community volunteer project

By Petty Officer 1st Class David Kolmel
NAVY MEDICINE EDUCATION, TRAINING AND LOGISTICS COMMAND PUBLIC AFFAIRS

Sailors assigned to Navy Medicine Education, Training and Logistics Command at Joint Base San Antonio-Fort Sam Houston performed volunteer work at Patrolman Guadalupe Martinez Park July 30.

The 12 volunteers painted picnic tables, trimmed trees, cleaned playground equipment and picked up litter.

“Knowing that I participated in this event so kids and teens have a safer area to play outside is an amazing feeling,” said Lt. Kimberly Melin, assigned to the NMETLC operations department. “I volunteer in another area of the city, but because San Antonio is so large, it also allows me to see and help other places.”

Melin is also the NMETLC 360 lead. The Sailor 360 program is a command-level program for junior enlisted, senior enlisted and junior

officers, designed to strengthen and develop leadership through outreach events, classroom discussions and physical training.

Petty Officer 1st Class Christopher Viveiros, a hospital cCorpsman, agreed with Melin.

“Serving the community as a team is a great feeling,” Viveiros said. “It increases our awareness of the needs of the people around us, and demonstrates how we can provide just a little bit more happiness in the world.”

NMETLC Sailors conduct a quarterly community volunteer project in San Antonio.

“This is our second time at Martinez Park this season,” said Petty Officer 1st Class Amity Montoya, NMETLC Sailor 360 Community Relations lead and hospital corpsman. “We also volunteered at the San Antonio Food Bank, where we sorted food and checked expiration dates. All of these events teach us to work together, communicate and build camaraderie while we help the local community.”



SEAMAN JODIANN TRACEY
Petty Officer 1st Class Raynier Cruzborroto, from left, Petty Officer 2nd Class Tony Lenard and Petty Officer 2nd Class Noe Lopez pick up litter at Patrolman Guadalupe Martinez Park July 30 during a community volunteer project.

Army North civilian receives national-level award at ceremony

By Sgt. Maj. Faith Laughter
U.S. ARMY NORTH PUBLIC AFFAIRS

Amid the vibrant chatter that floats through the mammoth halls of the Walter E. Washington Convention Center in our nation's capital sat a quiet woman waiting to receive a national-level award.

Martha Wilkins, U.S. Army North Emergency Preparedness Liaison Officer, or EPL, Program Manager, waited patiently to be recognized as one of the 2019 Joint Women's Meritorious Service Award recipients at the Joint Women's Leadership Symposium hosted by the Sea Service Leadership Association.

Her career began in the Cold War era. Then, she was a commissioned officer serving in a NATO Special Weapons unit. Partnered with the Dutch and French armies, she credits this assignment as her first cross-cultural interaction and a peek inside some of the trials



SGT. MAJ. FAITH LAUGHTER

Martha Wilkins (center), Emergency Preparedness Liaison Officer, U.S. Army North, was recognized as one of the 2019 Joint Women's Meritorious Service Award recipients, at the Joint Women's Leadership Symposium held in Washington, D.C., Aug. 23.

that women in uniform faced.

“This was the early '90s and it was interesting to see the role that women played, or didn't, in their ranks. It was a challenge to be a female officer providing training and leadership in a culture that was not used to having women in leadership roles,” Wilkins said.

Understanding she could make a difference, Wilkins decided to give back.

“Once I achieved the grand rank of captain, I tried to mentor female Lieutenants about boundaries, conduct, and preventing and responding to

sexual harassment,” she said.

An advocate for both men and women, Wilkins adds that it is important to set an example of how to treat everyone with dignity and respect, regardless of gender, rank, color or creed.

Years later in Afghanistan, she was asked to be a guest speaker at a women's equality event on her forward operating base. There, Wilkins says, her message was simple: “Thoughts become words, words become deeds, and they all define how a person is perceived and treated.”

Over the years, Wilkins has repeated that mantra time and again.

Since 9/11, Wilkins has served in various roles ranging from supporting the Homeland Defense Division at U.S. Army Forces Command to standing up Civil Support Teams. In her current job at U.S. Army North, she works with EPL Officers and Defense Coordinating Officers throughout the U.S. to support contingency operations.

At Joint Base San Antonio-Fort Sam Houston, Wilkins shines and is recognized throughout her command for her initiative, commitment to the mission and servant leadership — all the qualities of a JWLS award candidate.

The JWLS Meritorious Service Award is a prestigious honor that recognizes nominees who exemplify a personal and professional commitment to leadership, mentoring and equality in the ranks. This year marks the 32nd annual JWLS event. Fitting, as Wilkins celebrates just as many years of being a good teammate.

When asked who her greatest influences were, she credits God, her mom and wise women along the way.

“You have to surround yourself with positive people who share common goals and values. Life is not a race; it is a team event. Be the teammate and trust in God.”

Joint Base San Antonio community celebrates women's equality

By Ryan Mattox

MISSION AND INSTALLATION CONTRACTING
COMMAND PUBLIC AFFAIRS OFFICE

The Joint Base San Antonio community celebrated Women's Equality Day with its annual observance at the Fort Sam Houston Theater Aug. 22.

This year's theme, "Celebrating Women's Right to Vote," is based on the U.S. Congress designation of Aug. 26 as Women's Equality Day in 1971. The date commemorates the ratification of the 19th Amendment to the Constitution, which gave women the right to vote in 1920.

Brig. Gen. Christine Beeler, commanding general of the Mission and Installation Contracting Command, was the keynote speaker. Beeler took command of the MICC July 9.

"The observance of Women's Equality Day not only commemorates the passage of the 19th Amendment, but also calls attention to the necessity for continuing active pursuit of a future that allows every member of the human race to become fully functioning adults, to make choices at every level of society, to participate in decision-making that affects their lives, to be financially independent, to be safe on the streets, secure in their homes, to have a voice in the courts and constitutional bodies of the world — to enjoy, in other words, full and equal civil rights," Beeler said.

Beeler also noted the right to vote was a great step in women gaining equality and resulted in historic change for every class forming our nation and allowed for women to seize that opportunity and shape America in all walks of life.

Those cultural changes can be witnessed at JBSA today. From Lt. Gen. Laura Richardson taking command of



Brig. Gen. Christine Beeler offers remarks during the Joint Base San Antonio-Fort Sam Houston Women's Equality Day observance Aug. 22 at the Fort Sam Houston Theater.

U.S. Army North (Fifth Army) and Rear Adm. Tina Davidson commanding the Navy Medicine Education Training and Logistics Command to Brig. Gen. Wendy Harter leading Brooke Army Medical Center and Brig. Laura Lenderman commanding the 502nd Air Base Wing, women play vital roles in today's military.

From seats in Congress and military leadership to the rising numbers of

leaders in business and other industries, the fight for equality has created numerous advantages for women today.

During the observance, members of MICC presented the reading of the 19th Amendment and a proclamation from the mayor of San Antonio.

A special Women's Equality Day video featuring perspectives from local military and civilian leaders was also presented during the observance. The

"Celebrate the changes made to date, celebrate that the Army, Navy, Air Force, Marines and Coast Guard recognize not only the significance of women's contributions, but also value diversity in gender and thought to solve our toughest challenges and defend our Constitution and our way of life."

Brig. Gen. Christine Beeler, commanding general of the Mission and Installation Contracting Command

video featured Richardson, Delia Adams, the Installation Management Command senior contracting official; Harter; Chap. (Col.) Leslie Janovec; and Chief Master Sgt. Sheris Poisson from the 802nd Force Support Squadron at JBSA-Lackland.

Beeler ended the observance by encouraging attendees to not only remember the past contributions but also recognize the value of diversity.

"Celebrate the changes made to date, celebrate that the Army, Navy, Air Force, Marines and Coast Guard recognize not only the significance of women's contributions, but also value diversity in gender and thought to solve our toughest challenges and defend our Constitution and our way of life," she said.

LACKLAND

AFCYBER presents, participates in DEF CON 27

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

Editor's note: Some names have been removed due to the sensitivity of the Air Force cybersecurity mission.

Spread across several hotels on the Las Vegas strip, nearly 30,000 cyber enthusiasts gathered for the 27th annual DEF CON Hacking Conference, Aug. 8-11.

Throughout the four-day event, attendees could learn new skills from industry professionals, test those skills during capture-the-flag competitions, network with others, interview for jobs and test out products and simulators, among other things.

Of those in attendance were several Air Forces Cyber Airmen who presented their technologies or participated in cyber competitions. The 90th Cyberspace Operations Squadron showcased their "Bricks in the Loop" cyber-physical display.

"What we have is a toy brick model of an Air Force base," said Scott Thompson, 90th COS systems engineer. "On it you can see approach lights, runway lights, taxiway lights. You see a hangar. We have a terminal. The bricks actually light up."

The reason for this automation is simple, or rather, Thompson puts it simply.

"If there's some sort of interruption ... it causes an effect on the model itself," he explained. "This cyber-physical interface provides the ground truth for our operators."

The 90th COS Airmen presented BIL to thousands of



Cyber warfare operators set up their computer stations before a capture-the-flag competition during DEF CON 27 Hacking Conference in Las Vegas Aug. 8.

attendees, including dozens of reporters and one distinguished visitor.

"We got to showcase BIL to Dr. Will Roper, (assistant secretary of the Air Force for acquisition, technology and logistics)," Thompson said. "It was great because it gave us the chance to talk about the importance of Industrial Control Systems and Supervisory Control and Data Acquisition across the Department of Defense."

Not too far away Air Force cyber warfare operators competed against some of the nation's best hackers in several CTFs. According to one participant, there was plenty more to gain from competition than just the first place "black badge" — a lifetime's free admission to DEF CON.

"This helps build our comradery as a unit, similar to a temporary duty assignment or deployment," said a 67th Cyberspace Wing CWO master

sergeant. "Some of us work together, but some don't, so the CTFs gives us the opportunity to come together, build on our skill sets or learn new skills. It's a very good form of training that's hard to replicate anywhere else."

The master sergeant's team held the second place position within the Industrial Control Systems CTF for much of the competition. At one point first was just barely out of reach, but when the competition

"All in all, this builds a lot of confidence. When you don't have the answer, you have to break the problem down and figure it out. That's what our jobs are all about."

A master sergeant with the 67th Cyberspace Wing CWO (name withheld)

wrapped, the team placed third overall.

"Competing can be frustrating at times, but when you're brought up against a challenge, you have to have an attitude to beat that challenge before moving on to the next challenge," the master sergeant said. "All in all, this builds a lot of confidence. When you don't have the answer, you have to break the problem down and figure it out. That's what our jobs are all about."

According to Thompson, the conference provided many opportunities to showcase the Air Force's advances in aviation and cybersecurity.

"As I look around I see that our Air Force is represented on over half of this floor, including [BIL] and an F-35 simulator," Thompson said. "How cool of a dialogue is that? Our presence shows others what we're trying to do — protect the nation."

AFIMSC-BESPIN alliance improves mission support capabilities

By Steve Warns

AIR FORCE INSTALLATION AND
MISSION SUPPORT CENTER
PUBLIC AFFAIRS

An alliance between the Air Force Installation and Mission Support Center at Joint Base San Antonio-Lackland and the Business and Enterprise Systems Product Innovation office is improving mission support capabilities.

BESPIN and AFIMSC are partnering to develop two mobile applications: an app connecting the military community to base events and an app to improve contractor accountability. The apps were two of the top three ideas chosen during AFIMSC's inaugural Innovation Rodeo March 1.

"The standup of the BESPIN office connects the entire installation and mission support enterprise to an opportunity to develop apps, sustain apps and make Airmen's lives better," said Marc Vandever, AFIMSC chief innovation officer. "This is our very first partnership with the brand new Air Force office, and the sky's the limit on how we can change Airmen's lives this year, next year and for years to come."

Vandever said one message was clear to the innovation office during the 2019 Call for Innovation campaign — Airmen want mobile apps, and they want the apps to improve their jobs and daily lives.

"Mobile apps have become ubiquitous throughout the world," Vandever said. "The Air Force has been late to adopt mobile platforms, so

development and sustainment of these apps has been minimal. It has struggled to develop quality apps that benefit Airmen and families worldwide."

BESPIN, located at Maxwell Air Force Base Gunter Annex, Alabama, is an Air Force organization connecting government operations with developers from the private sector. The office uses an agile development methodology to quickly implement ideas that will ultimately support the service and the Department of Defense. Agile development methodology — based on lean principles — keeps the user, acquirer and developer working together throughout every stage of development so adjustments can be made quickly.

"We're leading a digital transformation from a compliance-driven culture into one built around a user-centered approach," said Christina Rhylander, BESPIN strategy and innovation chief. "We partner with multiple Air Force divisions to deliver exceptional digital experiences and bring modern digital delivery solutions into the government space from nationwide talent hubs."

Rhylander said agile development methodology is a big reason why BESPIN is able to develop, test and deliver new apps in weeks instead of months and years, which was common under the old framework.

"We implement digital transformation in many small, coordinated, rapid-fire acts and deliver pieces of the larger whole very quickly," Rhylander said.

AFIMSC discovered BESPIN



TANYA LAMBERT

An Air Force Business Enterprise Systems Directorate coding team discusses a mobile app they are developing for the Air Force during a recent huddle in Atlanta.

during its monthly innovation working group. Trish Marshall, AFIMSC innovation program analyst, helped facilitate the partnership.

"We reached out to Christina Rhylander and then hit the ground running with them," Marshall said. "Defining your innovation ecosystem is talking to a lot of people and connecting the dots. It was serendipitous, really."

So far, it has been a mutually beneficial partnership aimed at finding innovative solutions to improve the Air Force.

"We feel empowered by our leadership, and we act empowered," said Tanya Lambert, BESPIN chief of business transformation. "That's what has made it a great relationship."

Marshall echoed that

sentiment.

"BESPIN is agile and innovative ... they think ahead and they're willing to work with you to solve the problem," Marshall said. "Both organizations want to get to yes to make Airmen's lives better."

The community events app, tentatively called the "What's Up" app, won first place at the Innovation Rodeo and received a total prize of \$250,000. It was submitted by Col. Houston Cantwell, U.S. Air Force Academy vice superintendent, and U.S. Air Force Academy Cadet 1st Class Yann Wollman, director of the cadet center for innovation. The app aims to build a sense of community and camaraderie among Airmen by being a centralized bulletin board that includes information relevant to an Air Force base

community.

"The more our Airmen feel a part of their organization, the better they perform at work, the more they want to stay in our ranks," Cantwell said.

BESPIN helped connect the Innovation Office to the SO Company, a digital content company based in New York. The app is expected to debut by fall.

The second app, known as the Wing Feedback app, is in the early contract stages. It will help contracting officer representatives better perform their duties, provide more accurate information gathering and improve contract performance while saving taxpayer dollars.

BESPIN is currently accepting bids and plans to award a contract this month.

RANDOLPH

Air Force pilot trainee accepts tennis award

By 2nd Lt. Robert Guest
AIR EDUCATION AND TRAINING
COMMAND PUBLIC AFFAIRS

Second Lt. Isaac Perez, a former tennis player at the U.S. Air Force Academy, has been named a 2019 Arthur Ashe Jr. Leadership and Sportsmanship Award recipient by the National Collegiate Athletics Association.

Perez will be presented with the award during the U.S. Open tennis tournament in New York Aug. 24, 2019.

“Isaac was a role-model for my team the day he stepped on our courts and has always displayed the utmost respect and sportsmanship while representing the Academy,” said Dan Oosterhous, head men’s tennis coach at the Academy.

In a release announcing his selection, it noted that Perez was a four-year varsity starter at the Academy, finishing his career with a 37-35 singles record and 43-39 mark in doubles play. In addition to his position as team captain and during his senior season, Perez served on the Cadet Wing staff, the highest level of the academy’s chain of command, as a public affairs officer where he became a visible and trusted presence on campus. He was also the vice commander of the Air Force Summer Sports Camps.

Perez originally intended to apply for a human intelligence officer position in the Air Force, to take advantage of his current dual-language ability—he speaks English and Spanish—and his ethnic appearance. However, Oosterhous would occasionally talk to Perez about his time as



U.S. Air Force 2nd Lt. Isaac Perez celebrates the end of a match in this undated photo while a member of the United States Air Force Academy men’s tennis team.

COURTESY PHOTO

a C-5 pilot before he retired from the Air Force.

“Coach was very open to questions about being a pilot and he encouraged us,” Perez said. “He never pushed but he told us that if we wanted a constant challenge, the pilot career field would challenge us every day.”

While his coach spurred Perez’s interest in becoming an aviator, he said his desire to serve as a pilot in the Air Force

was solidified through USAFA’s parachuting and powered flight programs.

Originally from San Antonio, Perez was fortunate enough to be selected to attend pilot training in his hometown, and he will begin his time as a student in version three of “Pilot Training Next.” PTN is the Air Force’s experiment-driven pilot training program that falls under Air Education and

Training Command’s Detachment 24.

While he awaits the start of his pilot training in January 2020, Perez works as a staff officer and studying aviation in an informal, self-directed way. There is a quiet workspace at Det. 24 where lieutenants awaiting training can study as well as a virtual reality simulator room where they can practice self-guided, virtual flights before their training

officially begins. “I’m open to flying any airframe when I graduate from pilot training,” Perez said. “But I’d like to fly the F-35 Lightning II because of its versatile mission sets.”

The future pilot, who was a two-time recipient of the Coach Gugat “Attitude is Everything” award at the Academy, was humble in accepting the award and hopes people know what the award stands for.

“It’s really not a big deal,” Perez said of receiving the award. “What I really want people to be aware of is the story and meaning behind the award. Ashe was a revolutionary tennis player who showed us how important it is to treat not just other players but everyone with respect, dignity and care.”

Ashe was the only African American to win the U.S. Open, Australian Open and Wimbledon, according to the International Tennis Hall of Fame’s website. That site also points out that “Ashe was much more than a storied tennis player; he was an activist, author, educator.”

In honor of his achievements in tennis, the main stadium for the U.S. Open is called the Arthur Ashe Stadium. In honor of his life legacy, Arthur Ashe Kids’ Day will be celebrated at the Open August 24 and is the largest grass-roots tennis event in the world according to the Arthur Ashe Kids’ Day website. As part of the weekend’s events, Perez will be volunteering his time during the Arthur Ashe Kids’ Day event.

“Challenges drive me,” Perez said. “It is service that makes it all worth it.”