

JBSA LEGACY

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JOINT BASE SAN ANTONIO

SEPTEMBER 27, 2019



COURTESY PHOTO

Lt. Gen. Laura Richardson (right), U.S. Army North commander, talks to Soldiers during her visit with leaders of states impacted by Hurricane Dorian at Homestead Air Reserve Base, Florida, Sept. 6. Army North helps protect the nation by coordinating active duty military support to state and federal partners during disasters.

Army North responds to Hurricane Dorian

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School dedicated to fallen Air Force captain

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149th Fighter Wing hosts S.A. meteorologist

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Operation Supplement Safety provides up-to-date information

By Airman Brooke Moeder
56TH FIGHTER WING PUBLIC AFFAIRS

Operation Supplement Safety, or OPSS, is a Department of Defense educational program under the Consortium for Health and Military Performance at the Uniformed Services University of the Health Sciences to increase awareness within the DOD community.

It provides information about how to evaluate dietary supplements by outlining the potential red flags and health risks that may be associated with them.

OPSS, an enduring educational program, provides military members and their families, healthcare providers, and leaders, up-to-date information about DS to promote human performance optimization.

"Dietary supplements refer to any vitamin, mineral, botanical, amino acid or other substance taken by mouth and labeled on the front of the product stating it's a dietary supplement," said Deborah Robinson, 56th Operational Medical Readiness Squadron health promotion dietitian at Luke Air Force Base, Arizona.

OPSS hosts a website at <https://www.opss.org> which provides a DOD prohibited ingredients list to help military members be aware of ingredients to avoid when considering dietary supplements products. The OPSS website also hosts a high-risk supplement list identifying DS products that may be a potential risk to a service member's health or career.

"Supplements are buyers beware," said Yyolany Caffrey, 56th OMRS health promotion coordinator. "It's up to the consumers to do the research on their own. The OPSS website provides evidence-based research and they're not trying to sell us anything."

An individual may use an interactive supplement scorecard to assess their own supplement for safety. Also, questions sent through the 'Ask the Expert' feature provides more information about supplement ingredients and product benefits or adverse effects.

"Dietary supplements don't have to be tested for safety or effectiveness before they're put on the market," Robinson said. "One important point is to select

products that have third-party certification seals. The manufacturer sends the ingredients to an independent organization that tests the purity and quality of the product."

The concentration focus of OPSS is based on the idea of eating "real food." Dietary supplements are not a substitute for good eating, Robinson added. If requested, the health promotion team can provide on-site education about DS to units on base.

"Safety is number one," Robinson said. "A 2017 survey stated that 66 percent of Air Force members use dietary supplements. We have a high usage and some of those products can contain illegal or dangerous ingredients. We want to make sure that Airmen have the tools they need to do their research first and evaluate why they're taking it."

More information on dietary supplements can be found on the OPSS website at <https://www.opss.org>. OPSS is a program under the Consortium for Health and Military Performance at the Uniformed Services University of the Health Sciences.

Air Force fields new hiring process for new first sergeants

By Kat Bailey
AIR FORCE'S PERSONNEL CENTER
PUBLIC AFFAIRS

The Air Force has implemented a new hiring process for new first sergeants with the Fall 2019 First Sergeant assignment cycle.

Rather than the current nomination-only process, the Air Force has removed the first sergeant from Developmental Special Duty and is using a combination volunteer and nomination process when bringing on first sergeants for their initial assignments in the career field to ensure the right Airmen are selected and assigned to these special duty positions.

"Leadership teams, to include the commander, superintendent and first

sergeant are charged with screening and nominating highly-qualified master sergeants to serve in first sergeant positions across the Air Force, while enabling Airmen to volunteer for such a time-honored position," said Master Sgt. Shannon Tabor, First Sergeant Functional Assignment Manager at the Air Force's Personnel Center.

The volunteer and nomination period is open via myPers advertisement and runs year-round to garner prospective volunteers for first sergeant special duty. AFPC will conduct two first sergeant assignment cycles per year, a spring and a fall cycle, to fill seven First Sergeant Academy classes across the fiscal year.

No longer on the DSD list, the new hiring process will

simply be known as the First Sergeant Assignments Program. According to Chief Master Sgt. Manny Pineiro, Headquarters Air Force First Sergeant Special Duty Manager, this change reinforces the critical role of first sergeants to ensure the well-being of Airmen and their families and represent the enlisted corps and the Air Force by leading and mentoring their units.

"The Air Force has identified the first sergeant as a key leader serving in a time-honored special duty position, rich in custom and tradition, due to the unique leadership role and the responsibility to mentor and develop Airmen," Pineiro said. "First sergeants are a dedicated focal point for all readiness, health, morale, welfare and

quality-of-life issues within their organizations."

Most first sergeant positions will be filled through the volunteer, nomination and selection process. Short tour positions will be advertised and filled via EQUAL-Plus ads while local positions will make use of volunteers and nominees for no-cost or low-cost moves.

The rank requirement for initial selection to a first sergeant special duty position is one year time-in-grade as a master sergeant prior to nomination. For more information about the first sergeant hiring process, visit myPers and search "First Sergeant."

For more information about Air Force personnel programs, visit AFPC's public website at <http://www.afpc.af.mil/>.

JBSA LEGACY

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Feedback Fridays

By Brig. Gen. Laura L. Lenderman

502D AIR BASE WING
AND JOINT BASE SAN ANTONIO COMMANDER

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

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

Personnel Issues

Q. I booked a Labor Day weekend trip to Joint Base San Antonio Recreation Park at Canyon Lake thinking it was the best of all worlds; a military environment for my husband with fun activities for my college age children.

Let me say, it was not the best of any world. From both the perspective of a military spouse and customer service expert (held executive positions) I thought you might want to be aware of the three main issues I noticed:

1. CUSTOMER SERVICE — there is very little evidence of proper training or execution. For example:

A. Our lodge/loft was infested with ants. After complaining to management, we were told we would receive a refund for one night. Most of my time spent in the cabin was scooping up ants with wet paper towels.

B. Maintenance is lacking or nonexistent. On Sunday evening, the gate to our area was difficult to enter because the key pad was nonfunctioning, or functioning poorly. When the instructions on the handwritten note did not work, I called via the call box. I was met with a very rude employee; he was so rude, I just walked away from the call. It took more than 10 tries (between my husband and myself) to get the gate to open. Interestingly enough, on the morning of our departure the exit gate was open.

2. EMPLOYEE MORALE — There is an issue with how employees treat each other and, in turn, how this spills over to treatment of customers.

3. FINANCIALS — I've overseen many a budget and feel like something is off at this site. It took months to book a

reservation and when doing so, I was told most weekends were booked. Staff was turning away cars for the beach area because of capacity issues. Yet, basic safety items like a working gate or pest control are not covered. It would seem that with revenue generated on site and funds from federal recreational budgets, there would be more than adequate resources (both financial and staff) to cover basic needs. For the lodge/loft we stayed in we were actually overcharged for a night, even though I confirmed the early leave several days in advance (twice), cleaned and turned in the key on time, and management was aware of our issues and check out. I did receive a refund for the overcharge. However, many families might not notice or just give up. The financials here just seem messy.

A. Thank you very much for bringing your concerns to my attention. I sincerely regret your unpleasant experience at our JBSA Recreation Park at Canyon Lake, and how long it took for you to make a reservation.

Availability at the park during peak season, from Memorial Day to Labor Day, is very limited. The Canyon Lake housekeeping staff cleans each lodging unit after customer check-out, but the staff was unaware of the ant problem in this particular unit until it was brought to their attention. We apologize we missed the infestation during the cleaning process; however, the unit was deep cleaned upon departure and the ants are now gone.

Regarding the gates, we do have periodic problems with our gates and key pads due to the heavy use, and sometimes the weather. We are working with our civil engineers in the off season to complete a review of the gates and key pads to ensure they are in good working order to preclude future problems. The good news is the gates and key pads are currently operational as civil engineers made the needed repairs.

While all of our dedicated employees complete customer service training, we will ensure we complete refresher courses. In the interest of patron safety and in coordination with law enforcement officials, we do limit the number of cars we allow into the Jacobs Creek Park. We reached our maximum capacity during Labor Day weekend and were required to inform patrons the park was full. Again, this is in the

interest of patron safety.

In terms of financials, a review of internal controls will be conducted in the coming weeks to ensure compliance with cash handling procedures, payments and reservations. We also recently hired a new park manager who has extensive experience managing off-base recreation parks and outdoor recreation programs, and will focus on improving customer service and team morale.

Thank you for bring these concerns to our attention. Customer satisfaction is one of our top priorities. Please allow us another opportunity and visit the park as our guest. If you have any further questions, please contact Harry Gilbert, Manager JBSA Recreation Park at Canyon Lake, directly at 210-902-7260 and he will assist you.

Installation & Facilities

Q. Why are Uber and Lyft drivers not able to pick up on base at our homes? My husband and I couldn't get a ride from our home to a restaurant on the Riverwalk. We want to enjoy a drink or two with dinner, but being that we are responsible adults know it is a bad idea to drink then drive; the solution would be to take an Uber or Lyft ... wrong. We have to drive to the pickup location off base which means that we would have to drive home after being dropped off which defeats the purpose, since we will have already consumed alcohol.

A. Thank you very much for this great question and for setting the example of enjoying a good time responsibly! Your question comes at a relevant time, as my team is researching the possibility of allowing ride-sharing services vetted access to our JBSA installations.

Until then, I offer a short-term solution, which is an update to a Feedback Friday question from June 28th regarding taxi services accessing JBSA (<https://www.jbsa.mil/News/News/Article/1883312/feedback-fridays/>).

Today, "Yellow Cab & Towne Car" is the only company contracted and sponsored by JBSA-Fort Sam Houston, meaning their vetted drivers may pick up and drop off JBSA-Fort Sam Houston families seamlessly (just ensure to tell Yellow Cab to send a driver with the "Fort Sam DBIDS credential" for both the pick-up *and* drop-off).

Unfortunately, this convenience doesn't apply to JBSA-Lackland and JBSA-Randolph families. For pick-up, family members will have to meet their driver outside the base gate. However, for the drop-off, JBSA-Lackland and

JBSA-Randolph gate Defenders will allow Yellow Cab through if the driver possesses a valid Fort Sam Houston DBIDS credential and the family member(s) have their Department of Defense installation access ID card.

I appreciate your patience and understanding with this option and will keep you and the JBSA community informed of positive steps made in this new initiative. For more information on the exact guidance, please see below:

JSFOI 31-113 INSTALLATION PERIMETER ACCESS CONTROL

► **2.8.2.** Taxi Delivery. Yellow Cab & Towne Cars. Are the only Army Air Force Exchange Services (AAFES) sponsored and contracted company authorized to enter JBSA-FSH without a fare.

► **2.8.2.1.** (FSH) Yellow Cab & Towne Cars personnel are authorized to obtain a DBIDS credential after being proofed and vetted. If the driver does not have a DBIDS credential; he/she will be directed to the VCC for processing prior to entry.

► **2.8.2.2.** (LAK/RND) Yellow Cab & Towne Cars drivers who have a FSH DBIDS card are considered vetted and proofed and may request entry only if an authorized credential holder is in the vehicle or valid sponsor has a request for pickup.

► **2.8.2.3.** Other Taxi Cab Companies (including Uber and Lyft) are authorized access as follows:

► **2.8.2.3.1.** Taxi entering without a passenger: Taxi will be directed to the VCC for processing. VCC will verify via a .mil account or in person if sponsor has asked for this cab. If verified the driver will be proofed and vetted. If clear, the driver will be issued a "30 Minute" pass to proceed to the pickup point and leave the installation. If unable to verify, the taxi will be denied entry.

Q. I am a retired disabled veteran. When I visit JBSA-Fort Sam Houston, I hold my breath at the thought of driving on very poor roads. It seems that potholes and bad roads are everywhere and unavoidable. It also damages my vehicle (and me) the more I drive on them.

Can you please repave ALL of the roads for the entire facility and bring it up to date? I realize that this is very expensive, time consuming — years perhaps — and a pain.

Let us transform and modernize historical JBSA-Fort Sam Houston. Hopefully, it will be here for generations

FEEDBACK FRIDAYS

From page 3

to come to serve our community and beyond.

A. Thank you so much for your question, and for your service. Your concerns are shared by our team and we have been working aggressively to get contracts resourced to improve all JBSA roadways.

Specifically for JBSA-Fort Sam Houston, we have had two projects, valued at more than \$2 million, to repair Stanley and Corporal Johnson Roads. Additionally, we recently finalized an agreement with the City of San Antonio to do work through their road repair contract, and we completed our first effort though this mechanism by repairing Parker Hill Road.

We also have projects teed up for Wilson Road and Winans Road next year, and 18 more projects targeted for JBSA-FSH roads over the next 5 years, all of which is resource-dependent. In the meantime, our Civil Engineer team will work to address potholes as they are identified.

Q. The parking on JBSA-Randolph has always been a challenge, especially around the Air Force Personnel Center.

Finding “legal” parking slots has become even more challenging with Det. 24 moving into Hanger 71. Det. 24 applied for and received five “official” parking slots with metal signs attached to the parking curbs between Hanger 71 and the west flightline.

However, for a couple of weeks, Det. 24 blocked 28 additional parking slots with paper signs. I believe Det. 24 blocking 28 parking slots with “unofficial signs” is taking an unfair advantage for an already challenging process.

A. Thank you for bringing this issue to my attention. Parking is an issue across all of JBSA and our Civil Engineering team has been working diligently to develop solutions.

The JBSA Parking Plan is currently in review and it is my intention to finalize this document by the end of the year. To help with this, the JBSA-Randolph Traffic Safety Coordination Group began a traffic survey this month. The group is examining the current reserved parking spots and determining if more or less are needed to align the number that are reserved with only what is authorized by Air Force Instruction.

Mission partners will be afforded what they are authorized and other parking spots will be returned to general

use spots. The west side of JBSA-Randolph has a parking congestion problem and long-term solutions will include additional parking areas, potential shuttle bus options, and/or maybe a parking garage in the out years.

Q. Security Forces has been doing a great job managing all the traffic coming onto JBSA-Randolph during the peak hours; however, I was wondering if any reassessment has been done regarding weekends?

On a Sunday afternoon at 2 p.m., only one lane was open for inbound traffic and one officer was checking IDs. The light is very short and only allows enough time for three cars to turn in at a time.

Drivers are frustrated and have begun doing U-turns on FM78 so they can make a right-hand turn into the gate, which only compounds the issue when they only have one lane open and one officer present. Thank you!

A. Thank you for your question and recognizing the great work of our Security Forces team!

Our JBSA-Randolph Security Forces work hard to manage traffic flow and adjust to no-notice traffic increases. Sometimes these short-term increases are caused by trains passing by JBSA-Randolph, or maybe a traffic accident or other issue.

Fortunately, the Lindsey Gate construction project has concluded and there is much greater capacity to handle weekend traffic surges. My team routinely partners with the Texas Department of Transportation to evaluate the traffic light timing as well.

We will keep an eye out for enduring delays on the weekend and work with our partners to adjust light timing as needed.

Q. I am no traffic engineer, but I believe in safety as much as anyone. I do not feel it is necessary to change the speed limit to 15 mph on the inner circle of JBSA-Randolph. The only place that needs it is around the personnel center where the employees have to park in the street.

My suggestion is to place signs in that area like the ones on the street west of those buildings reducing the speed to 15 mph only during duty hours.

Most people traveling to and from the south end of the base would choose to use the east side of circle where the speed is still 25 mph. This would reduce the traffic in the congested area.

A. Thank you for your concern referencing the speed limit change of the inner loop on JBSA-Randolph to 15 mph.

JBSA-Randolph's Traffic Safety Coordination Working Group was asked to examine speed limits in the inner circle adjacent to base homes where residents were concerned about the safety of their children who live in those homes close to the road.

After several months of traffic study, the Traffic Safety Coordination Working Group, chaired by my Security Forces Group Command and JBSA-Randolph Executive Agent, determined that to enhance safety for the residents and children who live in those homes, the speed limit needed to be reduced from 25 mph to 15 mph.

The good news is this new speed limit only applies to the lane of traffic which flows clockwise and is nearest the homes. The speed limit on the lane of traffic flowing counterclockwise and furthest from the homes will remain 25 mph. Traveling counterclockwise will allow drivers to reach their destination with little or no delay while creating a much safer environment for our housing community and children.

Q. I have a question concerning fire extinguishers. Will JBSA be removing fire extinguishers from their facilities in the near future?

A. Thank you for asking this question. Employee and facility safety and protection is very important to me, and in some cases, if a facility has a complete automatic sprinkler protection and fire alarm system, the portable fire extinguisher will be removed because it is not needed according to UFC 3-600-01.

This guidance continues to be socialized with facility managers. A risk management decision states there may be situations where maintaining extinguishers is a good idea.

The final decision to remove extinguishers up to the unit commanders. There are some exceptions, for example, fire extinguishers must be provided in all medical facilities.

Should anyone have additional questions they can contact our fire prevention elements at JBSA-Lackland at 210-671-2921, at JBSA-Randolph at 210-652-6915 and at JBSA-Fort Sam Houston at 210-221-5452. You can also reference UFC 3-600-01 for the wording of the regulations that are cited in this answer.

Miscellaneous

Q. What ever happened to the Air Force incentive flights that used to occur many years ago? People who had done great achievements, people reenlisting, etc.

were offered an incentive flight by the Air Force.

A. Thank you for your enthusiasm to ensure that all of our teammates are recognized! Unfortunately, due to mission requirements and demands, the 12th Flying Training Wing does not currently have an incentive flight program. Hopefully, in the future, we can re-assess and work on putting another similar program in place!

Q. Why does the JBSA-Lackland Post Office never open on time? It constantly opens 30 minutes late, on average, and often closes outside their lunch hours.

A. Thank you for bringing this to my attention. Although we are not responsible for the management of the personnel working in the JBSA-Lackland Post Office, the 802d Force Support Squadron serves as the liaison for the facility and personnel.

We continue to do our best to maintain open and honest communication lines between our personnel and the post office personnel, and will bring up this issue with Post Office management. I apologize for your experience at the Post Office. We will continue to work with our mission partners towards a solution!

Q. I hope JBSA will stand firm and only allow police to carry guns on base. The thought of a co-worker carrying a concealed weapon is terrifying to anyone who has ever attended a meeting where the discussion became heated.

A. Thank you for your concern. Security is my top priority, and as the Installation Commander, I am carefully considering this matter.

Restricting firearms carry to our Security Forces gives our Defenders an important advantage over anyone who means us harm, and provides confidence to our diverse population that they can move freely and safely while on-base.

However, I've asked our Security Forces Group to develop options which could allow limited LEOSA arming on-base.

Due to the unique construct of JBSA and its vast amount of mission partners and sister service residents, this is not a simple issue to resolve and not one that should be decided by only one command.

It is incumbent that we also address this issue with our sister service commanders to ensure their opinions and concerns are weighed into my ultimate decision. I will be sure to share any updates if the current policy preventing concealed carry of a privately owned firearm is changed.

NNO brings security forces, JBSA community together

By Robert Goetz

502ND AIR BASE WING
PUBLIC AFFAIRS

Military working dog and Taser demonstrations, emergency vehicle displays, and music and games are among the activities in store for Joint Base San Antonio community residents as JBSA security forces squadrons host National Night Out Oct. 1.

National Night Out, which is observed the first Tuesday of October in Texas, is a unique crime, drug and violence prevention event that enhances the relationship between neighbors and law enforcement while bringing back a true sense of community.

"National Night Out is an annual community-building campaign that promotes police-community partnerships and neighborhood camaraderie to make our neighborhoods safer and more caring places to live, while also providing a great opportunity to bring police and neighbors together under positive circumstances," said Tech. Sgt. Antonio Wiggins, 902nd SFS NCO in charge of

operations and police services. "This event has proven year after year to be an effective, inexpensive and enjoyable program to promote neighborhood spirit and police-community partnerships."

Lincoln Military Housing headquarters, 407 Dickman Road, will be the site of JBSA-Fort Sam Houston's National Night Out from 6-8 p.m.

Hosted by the 502nd SFS, the event will feature music by the 323rd Army Band "Fort Sam's Own"; a proclamation signing; remarks by Col. Samuel Fiol, 502nd Force Support Group commander; appearances by McGruff the Crime Dog and Sparky the Fire Dog; and a weapons display.

Lincoln Military Housing, Army and Air Force Exchange Service, the commissary and

Brooke Army Medical Center are among the participating organizations.

The 802nd SFS will host JBSA-Lackland's National Night Out from 6-8 p.m. in the back yard of the youth center, building 8420.

The event will include music by the Lackland Independent School District Band and Choir; appearances by McGruff, Sparky and Chase from "Paw Patrol" and Sparky;

MWD, Taser and explosive ordnance disposal demonstrations; and booths representing the Civil Air Patrol, the 502nd Air Base Wing Safety Office, the Air Force Sergeants Association, Army and Air Force Exchange Service, and other organizations.

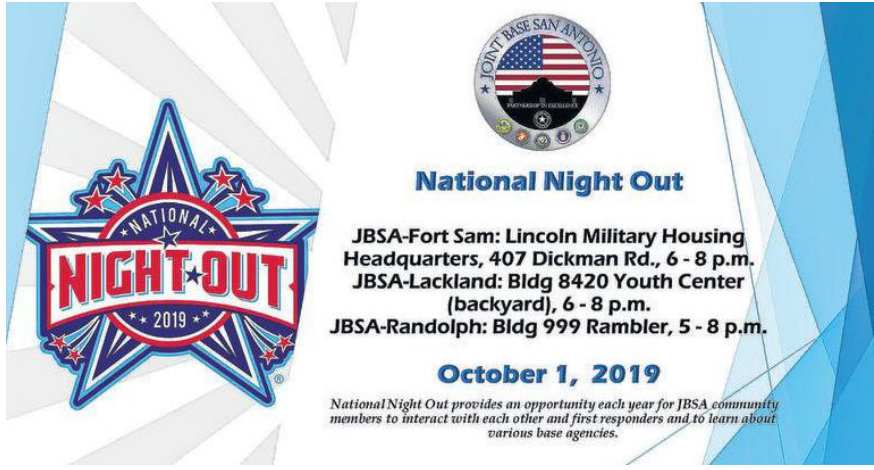
JBSA-Randolph's National Night Out, hosted by the 902nd SFS, is set for 5-8 p.m. at the Rambler Fitness Center, building 999.

Anthony Trevino, San Antonio Police Department assistant chief, will be guest speaker, and the Randolph High School Band and a disc jockey will provide music.

The event will also feature MWD and Taser demonstrations, a variety of displays and appearances by McGruff and Sparky.

Wiggins called National Night Out a perfect opportunity to meet neighbors and explore different resources that are available. He said it also promotes a long-term relationship between law enforcement and community.

"The benefits derived from National Night Out extend well beyond the one night," he said.



FORT SAM HOUSTON

U.S. Army North at the ready, responds to Hurricane Dorian by staging forces, equipment

From U.S. Army North
Public Affairs

While Homeland Defense is U.S. Army North's number one priority, the command also provides military-unique capabilities in support of requests from a lead federal agency following destructive storms such as Hurricanes Katrina, Rita, Sandy, Harvey, Maria and Florence.

Recently, Army North supported the Federal Emergency Management Agency and the United States Agency for International Development, or USAID, during Hurricane Dorian response operations.

For this response mission, staging forces and equipment was key to a successful, rapid response.

Army North is the Army component of U.S. Northern Command, led by Gen. Terrence J. O'Shaughnessy.

"It is incredibly important that we work at the speed of need and recognize the Department of Defense has capabilities and capacity to deploy on short notice into very austere conditions, which are not necessarily available in other federal agencies or necessarily in the private sector," O'Shaughnessy said at a Sept. 3 Department of Defense briefing on Hurricane Dorian preparations.

With this kind of commitment in mind, Army North proactively established its Joint Force Land Component Command, or JFLCC, contingency command post, Task Force 51.

Concurrently, the JFLCC



TECH. SGT. PAUL COOK

A U.S. Army UH-60 Black Hawk helicopter lands at Homestead Air Reserve Base, Florida, Sept. 5 in support of Foreign Disaster Relief efforts in the Bahamas.

deployed two forward liaison teams to staging areas on the east coast and activated defense coordinating officers and elements across the country to be ready to support the lead federal agencies should their assistance be requested.

"As unique capabilities were requested by the lead federal agency, we moved forward and prepared the way for our active duty forces," said Col. Edward B. Hayes, Task Force 51 Chief of Staff. "One of TF 51's more critical tasks was to assist these forces with integrating

efficiently into state and National Guard response efforts."

Army North staff and its subordinate forces train year-round to operate as part of joint, interagency, and combined teams during planned and no-notice response missions in support of civil authorities.

Army North has learned to rely on the combined strength, training, and unity of its local, state, and federal partners by developing partnerships with the states through 10 DCEs. These partnerships enable

Army North to identify capability gaps and integrate potential federal military support into state and regional plans.

Prior to the storm's arrival, Army North deployed personnel and staged aviation, engineer, and logistics command elements to support response operations within 24 hours or less across the Southeastern U.S.

In addition, the command alerted likely active and reserve forces across Puerto Rico, the U.S. Virgin Islands, Florida, Georgia, South Carolina, North

"It is incredibly important that we work at the speed of need and recognize the Department of Defense has capabilities and capacity to deploy on short notice into very austere conditions, which are not necessarily available in other federal agencies or necessarily in the private sector."

Gen. Terrence J. O'Shaughnessy, Commander, U.S. Northern Command and North American Aerospace Defense Command

Carolina, Virginia, and the District of Columbia to be ready to deploy within 48 hours of notification.

As Dorian evolved, so did Army North. As the threat to the U.S. mainland lessened, Army North's efforts rapidly transitioned from a FEMA-led Defense Support of Civil Authorities mission to a USAID-led response operation.

Army North's seamless support transition from one lead federal agency to another is evidence of proper training and leadership of its staff, DCOs, DCEs, and forces to prepare for flexible, multistate response efforts while continuing to defend the homeland.

Housing residents have voices heard at town hall

By Col. Catherine Wilkinson
U.S. ARMY NORTH PUBLIC AFFAIRS

Residents of Lincoln Military Housing at Joint Base San Antonio-Fort Sam Houston participated in a town hall with JBSA and LMH leaders at the Military & Family Readiness Center Sept. 18.

The town hall, the fourth of its kind to be held this year, gave interested residents the chance to hear about process improvements and receive an update on recent customer satisfaction surveys. Residents also had the opportunity to have their voices heard by senior leaders and share their experiences with living on post.

Lt. Gen. Laura Richardson, U.S. Army North commander, spoke to residents at the start of the meeting. While Richardson is new to JBSA-Fort Sam Houston, she is no stranger to military housing issues. She recently served as the acting Forces Command commander and was deeply involved in housing issues at Fort Bragg, North Carolina, earlier this year.

Richardson also served as the first commander of Joint Base Myer-Henderson Hall in Virginia and has firsthand experience with historic housing challenges and joint basing issues.

Richardson encouraged residents to provide feedback during the town hall, or directly to LMH, so that issues can be resolved. "If we don't know about your problems, we can't fix them," she said.

Mike Mathews, deputy manager of the Army Support Activity, which oversees the privatized housing contract here, told residents that the ASA team now inspects 100 percent of all move-in and move-out appointments in homes, inspects every life, health, or safety work order and contacts 5 percent of residents as a spot check following routine work orders.

Mathews encouraged residents to take advantage of the new Housing Environmental Health Response Registry and gave an update on a new historic building process improvement strategy. The Army is in the initial stages of reviewing its processes for historic buildings in order to better meet the needs of today's residents.

Allyson McKay, LMH Executive Director, provided updates on efforts her team has made to better serve residents. Lincoln has a new mobile app for routine work orders, is refining the notification process to let residents know exactly when a technician will be at their home, and is aggressively seeking customer experience feedback to refine processes. She has hired additional maintenance staff and quality control inspectors to help the process run more smoothly and effectively.

Residents who spoke at the town hall all praised LMH's maintenance technicians and said they have seen marked improvements.

Residents also provided feedback about the lack of accessibility to community centers, standing water, and multiple, large potholes in roads across the installation, as well as their concerns about water quality.

Col. Sam Fiol, 502nd Force Support Group commander, and Col. Pete Velesky, 502nd Air Base Wing vice commander, had engineering and medical experts on hand to address these issues.

Fiol told residents he will look into other options for community centers on base as well as repairing the Splash Pad adjacent to the Ed Parker Youth Center in the Watkins Terrace residential area.

Velesky let residents know the JBSA has requested funding to replace several roads. Both leaders told the crowd they will work with LMH on the pothole issues in and around the residential areas.

Lt. Col. Brian Clarke, 59th Medical Wing bio-environmental engineer, briefed residents on the extensive water testing program on post and assured them the water is safe to drink.

"The water on JBSA meets or exceeds all federal and state regulatory requirements," he said.

For more information, residents can call the LMH call center at 210-225-5564. Emergency work orders should be called into that number, not submitted via the app. The Housing Environmental Health Response self-registry number is 1-800-984-8523 or 210-295-3700. For information on JBSA water testing and quality, visit <https://www.jbsa.mil/Information/Environmental.aspx>.

U.S. Army Medical Center of Excellence makes history

By Tish Williamson

U.S. ARMY MEDICAL CENTER OF EXCELLENCE
PUBLIC AFFAIRS

The Army's medical training and education institution, widely known as "AMEDD Center and School," officially changed its name to "U.S. Army Medical Center of Excellence," or MEDCoE, effective Sept. 15.

Maj. Gen. Patrick D. Sargent, commander, MEDCoE, hosted a ceremony to commemorate the historic event Sept. 16. Sargent, alongside Command Sgt. Maj. William "Buck" O'Neal, unveiled the new designation on the command headquarters building, located on Stanley Road at Joint Base San Antonio-Fort Sam Houston.

MEDCoE replaces the longer designation of U.S. Army Medical Department Center and School, Health Readiness Center of Excellence, or AMEDDC&S HRCoE, which has been in effect since 2015.

The new designation recognizes the reorganization of the former AMEDDC&S HRCoE from the U.S. Army Medical Command, or MEDCOM, and further solidifies the center's alignment to the U.S. Army Training and Doctrine Command, or TRADOC.

The MEDCoE's transition to TRADOC began Oct. 19, 2018 and will be complete as of Oct. 2, 2019.

During the event, Sargent described what the occasion and the reorganization as a whole means to him, an aeromedical evacuation officer with more than 34 years of service to Army Medicine.

Years before leading the organization, he attended his Captains Career Course and Basic Officer Leadership Course at the school and has served in MEDCOM at least five times in his career, most recently as the deputy commanding general for operations. Sargent was also the 18th Chief of the U.S. Army Medical Service Corps.

He said that the organization is one that all Army Medicine Soldiers have been in, but it is the least understood. Sargent explained that he didn't fully grasp how big the organization's mission was until he took command.

"The breadth and depth of our reach is staggering," Sargent said. "This is the entry point for all members of the Army's Medical Department."

The MEDCoE includes two medical brigades, a Noncommissioned Officer Academy and dozens of staff



JOSE E. RODRIGUEZ

Maj. Gen. Patrick D. Sargent, commander, U.S. Army Medical Center of Excellence, speaks at the redesignation ceremony at Joint Base San Antonio-Fort Sam Houston Sept. 16.

directorates, such as the Directorate of Training and Academic Affairs, the Directorate of Simulations, the Army Medical Department Personnel Proponent Division, and the newly created Fielded Force Integration Directorate. As part of the reorganization, MEDCoE will also create a Directorate of Training and Doctrine as is common in most of TRADOC's CoEs.

Together, they train and educate nearly 30,000 soldiers in more than 360 training and education programs annually that include everyone from combat medics, doctors, surgeons, nurses, veterinarians, dentists and physician assistants to aeromedical evacuation pilots, food inspectors, medical technicians, and hospital administrators. MEDCoE boasts five master's degrees, nine doctoral programs and the largest civilian-accredited service school within the Department of Defense.

Despite the name change and any subsequent reorganization, MEDCoE's mission remains to envision, design, train, educate and inspire the world's premier military medical force to enable readiness and strengthen America's Army.

"Few have the privilege of training these soldiers, preparing them to negotiate and influence the fragile boundary zone between life and death," Sargent told the audience of nearly 400 military and community leaders, along with MEDCoE staff and faculty in attendance.

He said he is extremely humbled to be part of a storied lineage of commanding

generals and school commandants of such an important organization with a rich and proud history.

The organization has called JBSA-Fort Sam Houston home since 1946, and the headquarters building, though previously inscribed with "Academy of Health Science," has been in its current location on Stanley Road since 1991.

The Medical Center of Excellence traces its origin to the Medical Field Service School, established nearly 100 years ago in 1920 at Carlisle Barracks, Pennsylvania, and will celebrate its centennial anniversary in June of next year.

"Nearly 100 years later, we all know that the Army Medical Center of Excellence shares a beginning with Army Medicine," Sargent said.

Saving lives on the battlefield, however, has been a critical force multiplier much longer than organized training.

"From the start, what we now know as Army Medicine — which we are all a part of — has been, and still is, a vital aspect of the Army's success dating back to when it was first established, June 1775," Sargent explained.

Sargent recalled how MEDCoE and Army Medicine have enjoyed many advancements and success in developing a system that has achieved the lowest combat casualty rate in the history of modern warfare with a goal of zero preventable deaths on the battlefield.

In recent years, Army Medicine has seen advances in hemorrhage control, burn care, amputee care, HIV and Zika vaccinations, brain injury evaluation and treatments, and regenerative medicine.

Despite these past triumphs, Sargent said, "It is our responsibility to remain alert and continually adapt and innovate so that the legacy continues, for this and future generations."

Sargent, who has been in command since June 1, 2018, and is expected to change command January 2020, told the group that the name change and reorganization endeavors are in direct support of the Army's modernization effort to ensure the organization "can adapt, evolve, innovate and fundamentally transform at the speed of modern, or future, warfare so that we can win and win decisively."

Sargent believes that how Army Medicine responds to the effects of a near-peer, peer-peer adversary in multidomain operations depends on

adaptive training.

"That's what this redesignation is all about," Sargent said. "Defining a successful path to the future so our soldiers can complete their mission and come home."

Sargent urged the audience to view the redesignation and any future reorganization in Army medicine as part of the Army's modernization effort in direct support of the warfighter.

"When you do, you will realize this change is less about us, all about them: the American soldier."

Maj. Gen. R. Scott Dingle, the acting Surgeon General of the U.S. Army and acting commander, MEDCOM, alongside Command Sgt. Maj. Michael L. Gragg, MEDCOM command sergeant major, were two of nearly two dozen current or retired Army Medicine general officers and senior command sergeants major in attendance to witness the name change.

"Today's ceremony reflects the ongoing transformation of Army Medicine to ensure we sustain our ability to provide the best in health service support to our Soldiers on the battlefield and those we are entrusted to care for at home," Dingle said.

"The name may have changed, just as the patch did several months ago, but the mission remains the same. Maj. Gen. Sargent, Command Sgt. Maj. O'Neal, and the MEDCoE will always be the center of gravity that trains and educates the most capable military medical force ever fielded," he concluded.

Also during the ceremony, to further mark the milestone, Sargent and O'Neal conducted a cake cutting, alongside the newest and most senior personnel in the command, as is an honored military tradition.

Immediately following the ceremony, the MEDCoE command team hosted an internal town hall to answer reorganization and redesignation questions from MEDCoE commanders and staff directly. During the town hall, Sargent reiterated his vision for the command.

"When I was fortunate enough to take this command, I asked every member of the organization to commit to our vision of being the foundation upon which Army Medicine is built, sustained and transformed.

"However," Sargent acknowledged, "change is not executed by vision alone; it is executed by people, the Army's most precious resource."

METC instructor selected as trainer for All Armed Forces Women's Basketball Team

By David DeKunder

502ND AIR BASE WING
PUBLIC AFFAIRS

Capt. Kelsey Gebauer, Medical Education and Training Campus Physical Therapist Technician Program instructor at Joint Base San Antonio-Fort Sam Houston, will be utilizing her skills as a physical therapist for players on the All Armed Forces Women's Basketball Team competing at an international tournament in China in October.

Gebauer is the physical therapist and trainer for the team, which will compete in the International Military Sports Council 7th Military World Games in Wuhan, China, Oct. 18-28. More than 9,500 athletes from over 100 nations will be competing in the Military World Games, which includes 24 sporting events.

According to the U.S. Armed Forces Sports website, the Military World Games is the second largest multi-sporting event in the world, second only to the Olympic Games.

Gebauer, 28, was notified of her selection as the physical therapist and trainer for the All Armed Forces Basketball Team in June at the U.S. Armed Forces Basketball Championships at Naval Station Mayport in Jacksonville, Florida, where she worked with the All Army Women's Basketball Team, also as a physical therapist and trainer. The Army team took first place in the women's division at the Armed Forces Basketball Championships.

She will start working with the All Armed Forces Women's Basketball Team Sept. 27 at the team's training camp at Fort Indiantown Gap, Pennsylvania, before they travel to China.

"It's a cool opportunity to get to be a part of the group that is



COURTESY PHOTO

Capt. Kelsey Gebauer (back row, far right), Medical Education and Training Campus Physical Therapist Technician Program instructor at Joint Base San Antonio-Fort Sam Houston, has been selected as the physical therapist and trainer for the All Armed Forces Women's Basketball Team that will compete in the International Military Sports Council 7th Military World Games in Wuhan, China, Oct. 18-28.

going over to China and representing the U.S. Armed Forces," Gebauer said. "I've never been to China. Yes, I'm excited about that."

Gebauer was with the All Army Women's Basketball Team for four weeks from May to June, including during the team's tryouts at Fort Indiantown Gap, Pennsylvania, which lasted for three weeks, and the weeklong Armed Forces Basketball Championships in Florida.

She said working with the players and coaches on the All Army Women's Basketball Team was a positive experience.

"It was a lot of fun," Gebauer said. "They're a super-talented group. It's fun as a physical therapist to work with athletes at that level to try to help them. They were an incredible group of athletes, an incredible group of Soldiers and just really fun people to be around with.

Getting to work with them in

that capacity and trying to help them perform at the highest level that they can was a really valuable experience."

Gebauer was selected as the trainer and physical therapist for the Army women's team after applying for the position at the urging of Mike Myers, the team's coach. Myers will be coaching the All Armed Forces Women's Basketball Team at the Military World Games.

Myers was the coach for the men's installation team at Fort Hood five years ago when Gebauer was an intern in the physical therapy program at Carl R. Darnall Army Medical Center at Fort Hood, Texas. At that time, Myers asked if there were any interns in the physical therapy program who wanted to volunteer to work with the players on the installation team. Gebauer, along with another intern, volunteered.

"I like working with athletes a lot and so I thought it would

be a good learning experience and a good chance to practice some clinical skills in a setting outside of the clinic," Gebauer said.

Being on the All Armed Forces Women's Basketball Team will allow Gebauer the opportunity to work with the 12 best players from all the service teams that competed in the women's division at the Armed Forces Basketball Championships in June, as voted on by the head coaches of the service teams at the tournament.

Gebauer is familiar with some of the players on the All Armed Forces Women's Basketball Team roster because they played on the Army women's team. She is looking forward to working with those players as well as the players from the other services who will be on the All Armed Forces squad.

"I'm excited to see the players returning from the All

Army Women's Basketball Team," she said. "I know a lot of them and know how they move, how they function, what the limitations they might have are, what they are very skilled at and what they do very well. I think that's going to be helpful. It's really cool going to work with them, and I'm excited to work with even more very skilled athletes that are going to be joining the team. I'm looking forward to being able to utilize my skills to help them play to the high level that they're able to play to."

Since the completion of the Armed Forces Basketball Championships, Gebauer has stayed in touch with the players on the Army women's team who were selected to the All Armed Forces squad. Through text messages and emails, she has sent workouts to all the players on the All Armed Forces team so they will be in top condition and to address any ailments and injuries they have before they arrive for training camp at Fort Indiantown Gap.

Gebauer said as a physical therapist she can provide expertise to players on body movements.

"Physical therapists are musculoskeletal injury prevention experts," Gebauer said. "We are good at identifying impairments and limitations while watching somebody move and then helping them work at those things. We are good at assessing injuries, and so if something happens on the court or happens during practice, we can quickly determine what it is and decide what needs to happen next in their medical care."

Gebauer has been in the Army for seven years and went to high school in Duncanville, Texas, where she participated in soccer and basketball.

ARMY SOUTH COMMANDER HONORS CHILEAN ALLIES

Maj. Gen. Daniel Walrath (right), U.S. Army South commanding general, visits with Gen. Edson Leal Pujol (left), Brazilian Army commander, and his delegation, in Santiago, Chile, Sept. 17. Walrath traveled to Santiago where he joined other partner nation army leaders to celebrate Chile's Independence Day and The Day of the Glories of the Chilean Army. This was an opportunity for ARSOUTH leaders to honor one of ARSOUTH's strongest partners in the region and personally engage with Chilean Army leaders and senior leaders from six other partner nations, including Argentina, Brazil, Colombia, Ecuador, Paraguay and Uruguay. Army South uses these partner-nation relationships to strengthen regional security and counter transnational threats.



MIGUEL A. NEGRON

Young blood recipient thanks donors personally



TIFFANY SERTICH

Jacob French, age 6, thanks Sgt. 1st Class Eduardo Perez for donating his blood during a blood drive Sept. 19 at the Military & Family Readiness Center that was hosted by the Joint Base San Antonio-Fort Sam Houston Exceptional Family Member Program and the Armed Services Blood Program.

By Tiffany Sertich

JBSA-FORT SAM HOUSTON MILITARY &
FAMILY SUPPORT CENTER

The Joint Base San Antonio-Fort Sam Houston Exceptional Family Member Program and the Armed Services Blood Program hosted a blood drive Sept. 19 at the Military & Family Readiness Center to support the military community at Brooke Army Medical Center who need blood transfusions for blood cancer and blood-related illnesses.

A young recipient of blood transfusions at BAMC took it upon himself to personally thank those who turned out for giving the gift of life.

Jacob French, age 6, was diagnosed with G6PD deficiency within 12 hours of his birth. According to KidsHealth.org, G6PD deficiency is a genetic disorder that most often affects males. It happens when the body doesn't have enough of an enzyme called glucose-6-phosphate

dehydrogenase, or G6PD. This enzyme helps red blood cells work and protects them from substances in the blood that could harm them.

The severity of Jacob's condition is rare and he has had 12 blood transfusions. Without blood donors, he might not be here today.

"He's used to seeing the blood go in, not come out," said Timothy French, Jacob's father. "We wanted to take the moment to say thank you, this was actually his idea to come out to the blood drive and say thanks for all the help and support he's received."

The blood drive also highlighted September as Blood Cancer Awareness Month. A total of 16 pints of blood were accepted.

In August 2019 alone, 222 patients used 1,000 units of blood/blood products. Donated blood has an expiration date of 42 days, and BAMC blood drives are needed daily to consistently meet the levels of blood required.



Joint Base San Antonio FORCE SUPPORT SQUADRON

Monthly Events

October

Bowling

Columbus Day weekend special offered

Celebrate Columbus Day Oct. 14 at the JBSA-Fort Sam Houston bowling center with a special rate of \$2.50 per game, per person with \$2.75 shoe rental. For more information, call 210-221-4740.

Discover new terrain at our state-of-the-art JBSA-Lackland bowling center Oct. 14. Join us from 2-8 p.m. and 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.

Come out to the JBSA-Randolph bowling center Oct. 12-13 to celebrate the holiday. Enjoy a bowl one game, get one free special or bowl at the special bowling rate of \$3 per game, per person with \$2.75 shoe rental (excludes Saturday Strike Club). For more information, call 210-652-6271.

Partons dress up to bowl

Come to the JBSA-Lackland bowling center Oct. 26 from 7-11 p.m. dressed in Halloween attire for discounts. Pay only \$1 per game and \$2.75 for shoe rental per person. DJ Tony Styles and the prize giveaways begin at 8 p.m. Lane reservations recommended. For more information, call 210-671-1234.

Parties held at the bowling center

Beat the heat and bring the party indoors with the JBSA-Fort Sam Houston bowling center. There are three available party packages offered during regular operating hours. For more information, call 210-221-3683 or 210-221-4740.

Monthly tournaments held

The JBSA-Lackland bowling center hosts a 9-pin no tap tournament every third Saturday of every month at 4 p.m. Early entry is \$20 per person if paid in advance or \$25 the day of tournament. Cash prizes for men and women are paid immediately following the event. Bowl five of eight monthly events (September-April) and qualify for the May Super Tournament. Check-in begins at 3 p.m. For more information, call 210-671-1234.

Canyon Lake

Costume contest held at the lake

Come out the JBSA Recreation Park @ Canyon Lake Oct. 26 and 27 from 5-8 p.m. for the Halloween holiday. Any customer that has on a costume in the vehicle gets free entry to the park for the day. Also, please join us Oct. 26 at 2 p.m. for a costume contest held at Hancock Cove, in front of the country store. The contest is for children ages 12 years and younger. First and second place

winners receive a spooky gift basket stuffed with treats. In addition, don't forget to bring your trick or treat bags for lots of goodies. For more information, call 830-226-5357 or 800-280-3466.

Patrons rent boats at a discount

Patrons can rent any boat at the JBSA Recreation Park @ Canyon Lake for half price in October. The price includes all required safety equipment such as life vests but does not include fuel. Now is your chance to take advantage of a less crowded lake and save money too. Patrons must have taken the Boater's Safety Course through the State of Texas, at the JBSA Recreation Park at Canyon Lake or the Outdoor Recreation office at any of the three JBSA primary locations. Patrons can also reserve boats through jbsamarinasuper@gmail.com or call us at 830-964-3576 for more information and reservations.

Customers enjoy the last days of summer

The season to enjoy all of the water recreation activities offered at the JBSA Recreation Park @ Canyon Lake; like boating and swimming will not be around much longer. 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.

Clubs

Customers are appreciated at the club

Visit the JBSA-Lackland Gateway Club for customer appreciation night in the Fiesta Ballroom Oct. 29 from 5-7 p.m. Entertainment is provided by DJ LJU. The price is \$12.50 for members and \$15.50 for nonmembers.

The menu features prime rib with burgundy au jus (carved), stuffed turkey breast with champagne mushroom sauce and baked tilapia stuffed with crabmeat and topped with shrimp and a white wine sauce. In addition, a build your own salad bar, vegetables, assorted side dishes and desserts are included in the menu. For more information call 210-645-7032.

Thursday nights bring dinner specials

The JBSA-Lackland Gateway Club offers a \$10.95 special every Thursday from 4-7 p.m. The menu features barbecue pork ribs, fried catfish and hushpuppies, Salisbury steak with mushrooms, seasoned steak fries, scalloped potatoes, corn on the cob, string beans, freshly baked rolls, soup and salad bar, dessert and beverages. For more information, call 210-645-7034.

Kiddie bingo returns to the club

Head to the JBSA-Randolph Kendrick Club Oct. 27

for the annual kiddie costume contest and bingo in the ballroom. The kids (12 and younger) play five bingo games for free and can win door prizes. There is a complimentary buffet for kids (12 and younger) with chicken tenders, french fries, cookies and fruit punch. The adults can enjoy Gil's Pub grill menu. This event is open to all DoD ID cardholders. Doors open early for members at 10:30 a.m. and at 11 a.m. for all others. All kids should dress in Halloween attire for a chance to win a prize. Prizes are given to the three best costumes. For more information, call 210-652-3056.

Patrons get spooked at the House of Horrors

Halloween only comes around once a year, so make it count with the JBSA-Randolph Parr Club. Come out Oct. 31 from 4:30-7:30 p.m. and experience the thrills and chills in the Parr Club House of Horrors. A portion of the club will be turned into a walk-through haunted house filled with scary fun. There will be complimentary hot dogs, chips and best of all, candy. This is a free event for all. For more information, call 210-658-7445.

Bingo fun is at the club

The JBSA-Randolph Kendrick Club offers bingo every Sunday at 3 p.m. and Monday - Thursday at 7 p.m. in the Ballroom. Admission is free for members and nonmembers pay \$10. Members have the chance to win the full jackpot and nonmembers can try to win a half jackpot. Don't forget to play every Tuesday and Wednesday to qualify for the monthly member prize giveaway.

Bingo Extravaganza takes place Oct. 7 & 21, with \$15,000 in total bingo jackpots, with a complimentary buffet at 5 p.m. and early bird bingo at 6 p.m. Admission is free for members and nonmembers pay \$10. Members have a chance to win full jackpots and nonmembers can try to win a half jackpot.

Birthday Bingo takes place Oct. 8 at 7 p.m. Patrons are invited to celebrate their birthday at the club and receive a complimentary bingo machine and cake. Randolph Club members only. ID card and proof of club membership required. For more information, call 210-652-3056.

Community Programs

Teams compete in the Rambler 120

Save the date and join family and friends in support of the teams tackling this punishing triathlon. This 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.

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. Interested participants can sign up now at <https://bit.ly/zombierun2019>. This event is open to all Department of Defense ID cardholders and their guests.

Volunteer sign ups are also 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 as a volunteer or for more information, call 210-652-5763 or email 502FSS.FSK.JBSACommunityevent@us.af.mil.

Community Services

Fall sales bring huge savings to customers

Come to the Frame Shop at the JBSA-Randolph Community Services Mall during the whole month of October, Monday through Friday between 9 a.m. and 4:30 p.m. and receive 25% off select frames during the Fall Framing Sale. An experienced frame helps design and perfect artwork for homes and offices. No orders are taken after 4:30 p.m. and estimates cannot be provided over the phone. For more information, call 210-652-2788.

Patrons shop for bargains

The JBSA-Lackland Skylark Community Center hosts a Flea Market Oct. 5 from 8 a.m. to noon, at the Skylark Bowling Center parking lot (bldg. 6476). Sellers can set up their wares for buyers looking for a bargain. Reservations for space are available for \$10. Tables are available for \$5 each. Reservations for space and tables must be paid in cash and in person at the Skylark Community Center, bldg. 6576, by the Thursday before the event. For more information, call 210-671-3191 or 210-671-2021.

The JBSA-Randolph Community Services Mall is hosting a flea market Oct. 12 from 8 a.m. to 1 p.m. at the Child Development Program, bldg. 1072, parking lot. To reserve a space, go to the Community Services Mall at bldg. 895. The cost to rent a space is \$10 and should a table be needed, there is an additional \$4 cost. The selling of firearms, animals, arts, crafts, food and beverage items is not permissible. For more information, call 210-652-5142.

Customers attend a musical performance

The JBSA-Fort Sam Houston Harlequin Theatre

presents Peace, Love, Rock and Soul through 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.

JBSA-Randolph Youth Programs

FALL HI-JINX

OCTOBER 31

6-8 p.m.

Games • Prizes • Costume Contests

Youth of all ages are welcome!!

For more information, call (210) 652-3298

RBFCU YP ICE FORCE

No federal endorsement of sponsors intended

Equestrian Center

Patrons learn the art of horseback riding

The JBSA-Fort Sam Houston Equestrian Center offers riding lessons by appointment, no experience required. 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, helmets and tack for lessons are provided. Patrons must be at least seven years old. The price is \$40 for group lessons, \$50 for semi-private lessons and \$60 for a private lesson. Lessons are available most days of the week and in the evenings. For more information and to schedule a lesson, call 210-224-7202.

Trail rides offered

Come to the JBSA-Fort Sam Houston Equestrian Center and schedule a trail ride. No experience is required, and

times are available every Saturday and Sunday at 10 a.m., 12-30 p.m. and 2 p.m. Trail rides are available for patrons age 7 and older for \$30. 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 are available during the week by appointment for \$40. To make reservations, call 210-224-7207.

Children go on pony rides

The JBSA-Fort Sam Houston Equestrian Center offers parent led pony rides Saturday and Sunday from 10 a.m. to 2 p.m. Pony rides are \$10 for children age six and younger. Adults must accompany their children and availability is on a first-come, first-served basis. For more information or to coordinate weekday appointments, parties or special events, call 210-224-7207.

Happy HALLOWEEN PARTY

FREE ENTRY

GATEWAY CLUB LONESTAR LOUNGE

OCT. 25 5-11 p.m. FEATURING DJ TONY STYLE

CUSTOMERS ARE ENCOURAGED TO DRESS IN COSTUME

Fitness

Participants compete in a three-point shootout

The JBSA-Lackland Warhawk Fitness Center hosts a 3-point shootout Oct. 13 at noon. Each adult player has 60-seconds to shoot five balls from three racks positioned around the three-point line. Players younger than 18 have 90 seconds. The highest number of basketball goals receives a prize. No registration is required. For more information, call 210-671-2016.

Runners participate in a relay

The JBSA-Randolph Rambler Fitness Center hosts a three-mile wing man relay, Oct. 16 at 7:30 a.m. Get a teammate and head to Eberle Park for the three-mile relay. The first team member must complete the 1.5-mile run route

in order for the second team member to start running the next 1.5-mile. For more information, call 210-652-7213.

Men and women compete in lifting challenge

JBSA-Fort Sam Houston METC Fitness Center hosts a 500-1000lbs challenge Oct. 16 at 10:30 a.m. Men and women lift 1,000 pounds and 500 pounds respectively in a combined bench press, dead lift and squat. This event is free for all DoD ID cardholders age 16 and older. Prizes are awarded to winners. Register at the METC Fitness and Sports Center. For more information, call 210-808-5713.

Celebrate fall with Oktoberfest fitness celebrations

Come to the JBSA-Randolph Rambler Fitness Center for the Oktoberfest fitness celebration held Oct. 19 at 7:30 a.m. Celebrate fall and get a jump start on those upcoming holiday calories at this fitness celebration at Heritage Park. This is one event that everyone can participate in, including the young ones. There is a 5K for runners/walkers and 1.5-mile run/walk for young athletes and their parents who would like to participate together. Bikers have not been forgotten; there is a 10K bike ride that starts after the 5K run is completed. Enjoy the fall weather while getting fit with family and friends. For more information, call 210-652-7213.

Teams partake in a race

The JBSA-Lackland Gillum Fitness Center offers the 4 x 4-meter race Oct. 25 at 7:30-10 a.m. Teams must have four people to participate in this free event. You must call the Gillum Fitness Center to reserve a time spot. Register no later than Oct. 23. To reserve a time spot or for more information, call 210-977-2353.

Oktoberfest 5K held

Come to the JBSA-Fort Sam Houston Jimmy Brought Fitness Center Oct. 26 at 8 a.m. to participate in this fun run/walk. Bring the entire family, strollers and dogs are also allowed. This is a free event and open to all DoD ID cardholders. Registration takes place the day of the run. For more information, call 210-221-1234.

Golf

Patrons participate in a tournament

The JBSA-Lackland Gateway Golf Course holds the Fall Classic Individual Stroke Play Tournament Oct. 5 at 8 a.m. The entry fee is \$20 plus green fee and cart rental. This is the final tournament to qualify for the Gateway Cup Team. Flights are based on number of entries and the Pro Shop makes pairings. For more information, call 210-671-3466.

Golfers compete to be the best

The JBSA-Fort Sam Houston golf course hosts the Golf Club Championship Oct. 12-13 at 8 a.m. Play in this tournament to find out if you are the champion of the course. The cost is \$60 for members and \$80 for nonmembers and includes green fees, shared cart, range balls, prizes and a social following the final round. Sign up for this event no later than Oct. 10 at the Pro Shop or call 210-222-9386.

Golfers compete in a tournament

Come to the JBSA-Randolph Golf Course and participate in the Randolph Classic Oct. 25 at 12:30 p.m. The Randolph

Classic is a four-person scramble. The cost is \$60 per person and includes lunch before the round, beer, cart and green fee, gift certificates to the teams that place and a merchandise drawing worth \$1,000. For more information, call 210-652-4653.

Halloween fun comes to the golf course

The JBSA-Fort Sam Houston Golf Course hosts a Haunted trail and Halloween carnival Oct. 26 at 7-10 p.m. Youth, ages 3 and older, are invited to celebrate Halloween at the Haunted Trail and Halloween Carnival. Dress up in your favorite costume, bring a Halloween bag and join us for trick or treating, games, prizes, crafts, costume contests and more. The cost is \$3 for youth age 3-18 and no charge for adults. Families can also purchase a Family Pack for four people for just \$10. For more information, call 210-222-9386.

Volunteers Youth Programs are looking for volunteers to help staff this fun event. Volunteers are needed to lead the games, hand out candy and prizes or run a booth. To volunteer, call the Youth Center at 210-221-4492 or 210-221-3502.

Information, Tickets and Travel

Mala Luna Music Festival tickets available

JBSA Information, Tickets and Travel locations offer admission tickets to the Mala Luna Music Festival taking place Oct. 26 and 27 at the Nelson Wolff Stadium parking lot. The Mala Luna Musical Festival mixes national headliners with local talent for a unique experience of hip hop and electronic dance music while embracing San Antonio's rich Mexican heritage. Two-day general admission tickets are available at JBSA-Lackland ITT and JBSA-Fort Sam Houston ITT for only \$99. Please check

<https://www.malalunamusicfestival.com> for the complete line up. For more information, call JBSA-Fort Sam Houston at 210-808-1378 or JBSA-Lackland at 210-671-3059.

Families attend a Hill Country holiday tour

The JBSA-Lackland and JBSA-Randolph ITT offices are now taking reservations for their Hill Country holiday tour. Tour departure starts at 10 a.m. The cost is \$40 per person and covers transportation only. Snacks, soft drinks and water are provided (while they last) and you are welcome to bring food on the bus. Small ice chests are permitted. Stops include Fredericksburg, Burnet and Marble Falls. This tour sells out every year, so purchase seats now. Itinerary is subject to change without notice and Main Street Bethlehem may be canceled without notice due to inclement weather. JBSA-Lackland's tour date is Dec. 14, and JBSA-Randolph's tour date is Dec. 7. For more information, call JBSA-Lackland at 210-671-3059, or JBSA-Randolph at 210-652-5142.

Customers have fun at theme parks

Stop by any of the JBSA ITT offices for special discount passes for many local attractions. Summer may be over, but the fun doesn't have to stop. Year-round attractions include Ripley's Believe It or Not, Louis Tussaud's Waxwork, Haunted Adventure, the Guinness World Records Museum, Extreme Escape, Natural Bridge Caverns, Natural Wildlife Park, ZDTs, the San Antonio Zoo, K1 Speed and more.

Local Theme parks, SeaWorld San Antonio and Six Flags are both open most weekends through Oct. 27. Tickets are available at all three JBSA ticket offices. For more information, call JBSA-Fort Sam Houston at 210-808-1378, JBSA-Lackland at 210-671-3059 and JBSA-Randolph at 210-652-5142.

Customers attend a baseball game

The JBSA-Lackland ITT office has discount tickets to every home game for the Houston Astros and Texas Rangers. For more information, call 210-671-3059.

Military & Family Readiness

Workshop sheds light on VA Home Loan

A Veteran Affairs representative hosts discusses the VA Home Loan Guarantee Program, eligibility requirements, how to apply, loan limits and other resources, Oct. 2, 9-10 a.m. and 1-2 p.m. at the JBSA-Randolph Military & Family Readiness Center. To reserve a seat, call 210-652-5321.

Seminar helps patrons become foster parents

Military & Family Readiness partners with the Texas Dept. of Family and Protective Services to hosts an Adoption and Foster Care Seminar, Oct. 10, 9 a.m. to noon at the JBSA-Lackland Gateway Club. The seminar reviews state and legal requirements, DEERS enrollment, and more. To register, call 210-671-3722.

EFMP hosts a Halloween Howl Down

The Exceptional Family Member Program hosts a storybook themed Halloween event with information on community resources, trick or treating, music, food trucks, a haunted house, and more at the JBSA-Fort Sam Houston Military & Family Readiness Center, Oct. 25 from 6-9 p.m.

EFMP families register by Oct. 18 for the sensory friendly hour from 5-6 p.m. Call 210-221-2705.

Volunteers make a difference in one day

Join thousands of volunteers, Oct. 26, for Make A Difference Day, the nation's largest day of volunteerism. A list of volunteer projects hosted on Joint Base San Antonio will be available by the second week of October at <http://go.usa.gov/xntrW>. For details, contact the Military & Family Readiness Volunteer Coordinator at usaf.jbsa.502-abw.mbx.502-fss-volunteer@mail.mil, or call 210-221-2705.

Outdoor Recreation

License to carry classes held

The Camp Bullis Rod-N-Gun Recreation Center, bldg. 6215, provides License to Carry (LTC) classes Oct. 12 and 26, 8 a.m. to 1 p.m. Successful completion of this class is required to apply for a Texas LTC. The cost is \$75 per class. To register, go to: <http://www.chlregistration.com> and select "Register for Class" and then select "Dan Willis-Leatherneck Arms." Class details are available online at www.jbsatoday.com. For more information, call 210-295-7529 or 210-295-7577.

Recreation equipment rented

The Camp Bullis Rod-N-Gun Recreation Center has hunting stands, hunting feeders and archery bows for rent. In addition, the Rod-N-Gun Recreation Center lodge is available for party rentals, weddings and meetings. For more information, call 210-295-7529 or 210-295-7577.

Patrons have fun with target practice

The Sportsman's Range at the JBSA-Camp Bullis Rod-N-Gun Recreation Center is available for shooting and target practice, weather permitting every Saturday and Sunday from 9 a.m. to 3 p.m. Call to ensure the range is open prior to coming out. The cost to shoot is \$5 for E1-E4, active duty or medically retired, \$10 per DoD ID cardholder and \$15 per non-DoD ID cardholder. DoD ID cardholders may purchase an annual pass for \$60. All DoD ID cardholders are allowed to sponsor two non-DoD ID cardholder guests, but guests must be in the same vehicle as the sponsor. For more information, call 210-295-7577 or 210-295-7529.

Equipment rental for every event

The JBSA-Fort Sam Houston Outdoor Equipment Center has equipment rentals for everyone, including camping equipment, water fun, fishing boats, speed boats, sports and party equipment. In addition, the Equipment Center has a Resale Car Lot. For more information, call 210-221-5224 or 210-221-5225.

Come to the JBSA-Randolph Community Services Mall and see what items are available to rent for that fall gathering or special occasion. Equipment Checkout has tables, chairs, canopies, ice chests, and water jugs that might be needed for those birthday parties, family reunions and picnics. What about extra guests coming for that special get together? Equipment Checkout has the extra items needed to make their stay more comfortable. Patrons can rent roll-a-way beds with mattresses,

aluminum cots, and sleeping bags for great prices. For more information, visit the Community Service Mall, bldg. 895, or call 210-652-5142, option 2.

Fun is had on the water

It's that time of year to hit the lakes around San Antonio and surrounding areas. The Outdoor Recreation office at JBSA-Fort Sam Houston has everything needed to enjoy the water. Available boats include pontoon boats, ski boats, bass boats and kayaks. Boater's safety certification and DoD ID card are required to reserve a boat. For more information, call 210-221-5225 or 210-221-5224.

Patrons learn how to safely operate boats

The JBSA-Randolph Outdoor Recreation, located in the Community Services Mall (bldg. 895) offers the boater safety class needed to rent boats at all JBSA Outdoor Recreation locations, and JBSA Rec Park @ Canyon Lake. Classes are offered Mon., Wed. and Fri. from 9 a.m. to 2 p.m. for only \$2 per person. Please allow at least two hours to complete this course. For more information, call 210-652-5142, option 2.

Customers pickup Halloween party essentials

Whether you are trick-or-treating with the kids or hosting the monster of all Halloween parties, the JBSA-Lackland Outdoor Recreation is there to help. With a lineup of popcorn machines, snow-cone machines, margarita machines, and dunk tanks to liven up your festivities. Make your house a trick-or-treating destination for children and adults alike. If you can't decide on a costume for the big night, then check out our sumo suits, which will add nonsensical delight to your evening. For more information and rates, call 210-925-5532 or 210-925-5533 or stop by our facility, bldg. 871.

Youth and Children

Youth have fun at a lock-in

Hang out all night Oct. 4-5, 9 p.m. to 7 a.m. at the JBSA-Fort Sam Houston Patch/Chaffee Youth Programs Middle School Lock-In. The lock-in includes games, music, good food and a trip. The cost is \$15 per youth and a permission slip is required. Sign up deadline is Oct. 3. For more information call 210-221-3630.

Children learn to play basketball

Head out to the JBSA-Fort Sam Houston Youth Programs to sign up youth ages 3 to 4 for first steps basketball. Registration starts Oct. 15 at the W. Ed Parker Youth Center. Practice begins in December and the season begins in January. The cost is \$40 per child. A copy of the immunization record and a sports physical are required at the time of registration. For more information, call the Youth Sports office at 210-221-5513.

Youth celebrate National Science Day

All JBSA Youth Centers host a Game Changers challenge to celebrate the 4H National Youth Science Day, Oct. 17 from 4:30-6 p.m. Game Changers was designed to teach kids how to use computer science to create games, solve problems and engage with topics they're passionate about. Game Changers uses physical activity and puzzles to teach kids important computer

science concepts and problem-solving skills, creating real-world connections between computer science and civic engagement, healthy living and agriculture. For more information, call JBSA-Fort Sam Houston Youth Programs; 210-221-3635 or 210-221-3502, JBSA-Lackland Youth Programs; 210-671-2388, or JBSA-Randolph Youth Programs; 210-652-3298.

Parents are given a break

All JBSA Youth Programs offer to give parents that much needed break through the give parents a break or parents night out programs. 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.

JBSA-Fort Sam Houston hosts PNO Oct. 19 from 6-10 p.m. These events take place at the CDC Annex, bldg. 1720, for children ages 6 weeks to 5 years old and at the School Age Program, bldg. 1703, for children (Pre-K) 5 to 12 years of age. To sign up, call CDC Annex 210-221-3835 Main CDC 210-221-5139 or 210-221-5151 for the School Age Program.

JBSA-Lackland hosts PNO Oct. 18 from 6:30-10:30 p.m. For reservations for youth ages 5-12, call 210-671-2388 and for infants/children ages 6 weeks to 4 years, call 210-671-2366.

JBSA-Randolph holds PNO Oct. 19 from 5:45 to 10 p.m. To register children ages 3-12, call 210-652-3298 and for ages 6 weeks to 2 years, call 210-652-1140.

Teens take a trip downtown

The JBSA-Fort Sam Houston youth programs invites youth, ages 13 and older to go on a trip Oct. 25 from 5-11 p.m. to explore downtown with friends, participate in planned activities and enjoy some shopping time. A permission slip is required, and the sign-up deadline is Oct. 24. For more information, call 210-221-3630.

Youth participate in a Halloween alternative

The JBSA-Randolph Youth Programs is hosting Fall Hi-Jinx Oct. 31 from 6-8 p.m. This free activity is a safe alternative for Halloween participants in the Youth Center gym. The event includes games with prizes, face painting and costume contests. Children and youth of all ages are welcomed to participate. This event is sponsored by Randolph-Brooks Federal Credit Union. No federal endorsement of sponsor intended. For more information, call 210-652-3298.

STAY CONNECTED

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

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



LACKLAND

AF top Chaplain Corps' NCO left the barre behind

By Brian Lepley

502ND AIR BASE WING
PUBLIC AFFAIRS

Like most teenagers, Angela Carter had life all figured out, spending 40-plus hours a week ballet dancing.

"Starting at age 11 I danced pre-professionally all over," the master sergeant remembered from her office at the 37th Training Wing. "At the Virginia School for the Arts, Ohio's Ballet Met, American Ballet Theater; I was very intense in that. That was my love."

As the Joint Base San Antonio-Lackland Religious Affairs superintendent, she's familiar with the saying, "If you want to make God laugh, tell him your plans."

"I stayed a straight-A student. I tried out for arts colleges but performing arts schools are extremely expensive," she said.

"I couldn't afford college and my parents were in the middle of a divorce during my senior year. I was working normal teenager jobs; I didn't want to join the military."

What ballet lost, the Air Force Chaplain Corps gained. Carter is the 2018 Gerald Cullins Award winner, recognized as the Air Force's Outstanding Religious Affairs Senior NCO.

"My team is quite large," Carter said. "We support 19 different faith groups; have two chapels and a ministry center, with 14 chaplains."

According to Col. Leslie Janovec, Joint Base San Antonio senior chaplain, Carter's management of it is heavenly.

"She quarterback's the largest budget of all Air Force chapels, overseeing execution of \$2 million in contracts and 132 resilience programs, which positively impact 7,000 military



SABRINA FINE

Master Sgt. Angela Carter, Joint Base San Antonio-Lackland Religious Affairs Superintendent, meets with her staff of chaplain's assistants at Gateway Chapel.

members and their families, providing spiritual nurture and care," Janovec said. "She is heavily involved in base and community programs, recruiting and training 453 volunteers for 25 different outreach programs, and raising funds that assists low-income and special needs families."

In 2014, Carter ended up at JBSA-Lackland upon being selected as a Military Training Instructor. She earned a reputation as a problem solver in the Air Force's Basic Military Training center at JBSA-Lackland.

"She's high speed and she's someone who takes care of her

people and I've learned the right way to do that from her," said Tech. Sgt. Arnold Perez, chaplain's assistant at JBSA-Lackland's Freedom Chapel. "I served with her when we were first-term Airmen 14 years ago."

When Carter looks back to that teenage ballet dancer that had it all figured out, there's no regrets. She's learned how to take care of herself.

"I thought I knew where I was going and I see dance going away, I don't know where I'm going at all," she said. "That world (dance) is extremely competitive, but now I feel like I don't have anything to prove to anybody anymore."

"There was a path of discovery outside of the world of dance for me in the Air Force. I'm extremely grateful for what the Air Force has provided."

149TH FIGHTER WING HOSTS S.A. METEOROLOGIST ON AIR FORCE ANNIVERSARY

Members from United States Air Force Band of the West play next to an F-16 Fighting Falcon, an aircraft assigned to the 149th Fighter Wing, while local weather reporter Jeannette Calle and 502nd Operations Support Squadron commander, Lt. Col. Benjamin Mather, talk in the background before the live broadcast at Joint Base San Antonio-Lackland Sept 18. Local weather reporters decided to conduct a live weather broadcast at the JBSA-Kelly Field Annex in honor of the Air Force's 72nd birthday.



MASTER SGT. MINDY BLOEHM

149th Fighter Wing welcomes new vice commander

By Mindy Bloem

149TH FIGHTER WING
PUBLIC AFFAIRS

Texas Military Department leaders announced their decision in late June of who would be the next vice commander of the 149th Fighter Wing, an Air National Guard F-16 unit known as the Lone Star Gunfighters.

The selection board chose Col. Megan Erickson, commander of the 149th FW's Mission Support Group.

"Megan brings an impressive background of education and experience, and I am confident that she will help this wing continue to excel at every level," said Col. Raul Rosario, 149th FW commander.

Erickson comes to the

position with a diverse military background. She has experience in finance, protocol, public affairs, executive support, personnel and logistics. During her 26 years of service, she has served in the Air Force on both active duty and in the Air National Guard, has been stationed stateside and overseas, and has been in charge of joint forces units as well as service-specific components.

One of Erickson's earliest experiences with military leadership was as the chief of protocol during the Khobar Towers bombing in 1996. Then a newly minted first lieutenant, she was in charge of all the specialized teams assigned to investigate and accomplish various tasks belonging to the

aftermath of that bombing. Having now the benefit of hindsight, she is quick to shy away from any credit regarding her role in that crisis.

"I can't imagine what it was like the day that it happened," she said. "I think I have a different perspective coming into it three to five days later that is different from being there when it happened, but I think you have to disengage your emotions side of it. I can compartmentalize — good or bad, I can — so I just focused on what I had to do.

Disconcerting as it was, she said that environment taught her some life lessons about standing up for what is right despite political pressure.

149TH FW continues on 18



COURTESY PHOTO

Col. Megan Erickson is the new vice commander of the 149th Fighter Wing at Joint Base San Antonio-Lackland.

149TH FW

From page 17

“I remember leading some of those tiger teams and people who were in vulnerable positions, and I did sometimes have to course-correct along the way,” she said. “I was in a position to say, ‘hey, no, wait a minute, we’re going to stop this tour because I think we’ve lost focus of what this is about.’ I understand they had a job to do,’ but I didn’t want to forget the human side of it either, so it taught me it shouldn’t matter who you are standing up to if you’re doing the right thing.”

Leadership seems to come naturally to Erickson who, at 15, was managing at a restaurant people sometimes 20-plus years older than she was. It was there she credits with first learning about her most valuable leadership lessons.

“Sometimes direct isn’t the best way,” she said. “You shouldn’t always go in

immediately and say something unless you truly have something value-added to say. One of the best ways to learn is to take in your surroundings. You have to stop and pay attention, and I’ve done a lot of observing along the way.”

No stranger to crisis, Erickson has also been responsible for handling domestic operations in Texas. Before taking on the MSG commander role in 2017, Erickson was the support director for the DOMOPS Task Force at Joint Force Headquarters in Austin.

Despite all that experience on her resume, Erickson still admits to being surprised when the commander called her into his office to deliver the good news.

“I had no idea, honestly, and obviously, I felt honored,” Erickson said. “I was excited but also a little hesitant, only because I love being the MSG commander, but I also love leading people. I know vice

“Sometimes direct isn’t the best way. You shouldn’t always go in immediately and say something unless you truly have something value-added to say. One of the best ways to learn is to take in your surroundings. You have to stop and pay attention, and I’ve done a lot of observing along the way.”

Col. Megan Erickson, 149th Fighter Wing vice commander

commander is a very different role, and I just want to be a sounding board for group commanders because I know I appreciated having that in Col. Reid.”

Reid is Erickson’s predecessor. He accepted a position in early August at Camp Mabry’s Joint Forces Headquarters as the director of staff for the Texas National Guard.

Although vice commander was never in her career plans, Erickson said she’s thankful for the opportunity and hopes to continue the legacy of being a non-rated officer as vice commander, a designation first held by Reid. A non-rated officer simply means an officer who is not also a military-trained pilot.

“I think he broke the mold in showing what another

perspective to the mission can bring to the wing as a whole,” she said. “Yes, our mission is to train F-16 pilots and get them ready for the CAF [Combat Air Force], and that is important; but we also have other missions going on, and I want to help the wing commander focus on the operational piece a little more by providing a better balance and representation to the mission. I just want to continue to be that voice and perspective for the entire wing.

Any new job position comes with its own set of responsibilities and expectations, but Erickson seems unconcerned with those obvious pressures. She simply wants to focus on the task at hand and well represent the wing’s beloved nickname.

“That’s important to me — to be effective and enjoy coming to work because if you don’t, you won’t be effective,” she said. “I’m proud to be a Gunfighter, and I will stay one for as long as I add value to the mission.”

RANDOLPH



Capt. Mark T. Voss family members participate in the ribbon cutting during the Capt. Mark T. Voss Middle School dedication Sept. 14 in Boerne, Texas.



PHOTOS BY JOHNNY SALDIVAR

Capt. Mark T. Voss' family members (from left) Wayne and Marcy Voss, parents; siblings 2nd Lt. Morgan Voss and Senior Airman Forrest Voss gather for a family photo during the Capt. Mark T. Voss Middle School dedication Sept. 14 in Boerne, Texas.

School dedicated to fallen Air Force captain

From 502nd Air Base Wing Public Affairs

A name and legacy to inspire students — this is how family, friends, educators and the community paid tribute to U.S. Air Force Capt. Mark “Tyler” Voss during an official ribbon-cutting ceremony for the newly opened Capt. Mark Tyler Voss Middle School Sept. 14.

Boerne Independent School District honored Tyler, a 2004 Boerne High School graduate, who tragically lost his life in service to his country May 3, 2013, in a KC-135 Stratotanker crash near Chon-Aryk, Kyrgyzstan, while serving

during Operation Enduring Freedom.

“I think today is not just about my brother and his service, I think it’s about the Boerne community and our Air Force community coming together,” said Voss’ younger sister, 2nd Lt. Morgan Voss, 90th Cyber Operations Squadron cyber officer, Joint Base San Antonio-Lackland. “It’s been a huge part of our experience as a family to have so much support and outreach from everyone around us.”

During the dedication, middle school educators and students proudly displayed the school’s motto: SOAR — Service, Ownership,

Achievement and Resilience, characteristics Tyler embodied during life. It was in Boerne ISD where Tyler worked hard to achieve his dream of becoming a pilot by enrolling in its first JROTC class.

“I was shaped by my time here in Boerne, and I think it’s amazing that students in my hometown get to grow up, attend this school, get to see some of the experiences my brother had and hopefully embody some of the characteristics that the school is hoping to carry on by his legacy,” said Morgan.

Tyler then graduated from the U.S. Air Force Academy in 2008 with a degree in

aeronautical engineering and later commissioned as a second lieutenant. He received his wings March 2010, having graduated from pilot training at Laughlin Air Force Base in Del Rio, Texas, where he received a training award for having the highest score in his class on flight check rides. He eventually became an aircraft commander when he was stationed at Fairchild Air Force Base in Spokane, Washington, where he flew KC-135s.

“He’s always been someone I’ve looked up to. When we received the news about the plane crash, it was hard because not only was I losing a

family member, but I was losing a role model,” recalled Mark Voss’ younger brother, Senior Airman Forrest Voss, a paramedic at Joint Base Elmendorf-Richardson, Alaska. “It’s been really powerful just knowing we have this representation of him and of the family. I think it’s cool because he left (his home) to protect this community and now that he’s gone, he’s still able to (inspire) kids.”

The ceremony concluded with a four-ship F-16 flyover by the Colorado Air National Guard, conducted by Voss’ roommate at the Academy.

Teleconferencing program gives AF dietitians a broader reach

By Robert Goetz

502ND AIR BASE WING
PUBLIC AFFAIRS

The Joint Base San Antonio-Randolph Medical Clinic is one of the “hubs” of a program that is changing the way the Air Force provides diet and nutrition counseling to its health care beneficiaries.

Known as tele-medical nutrition therapy, or tele-MNT, the program was proposed about five years ago when Air Force health and wellness centers transitioned to health promotion offices, leading to a decrease in manning and availability of nutrition services throughout the Air Force, said Emily Newman, Air Force Tele-MNT program manager.

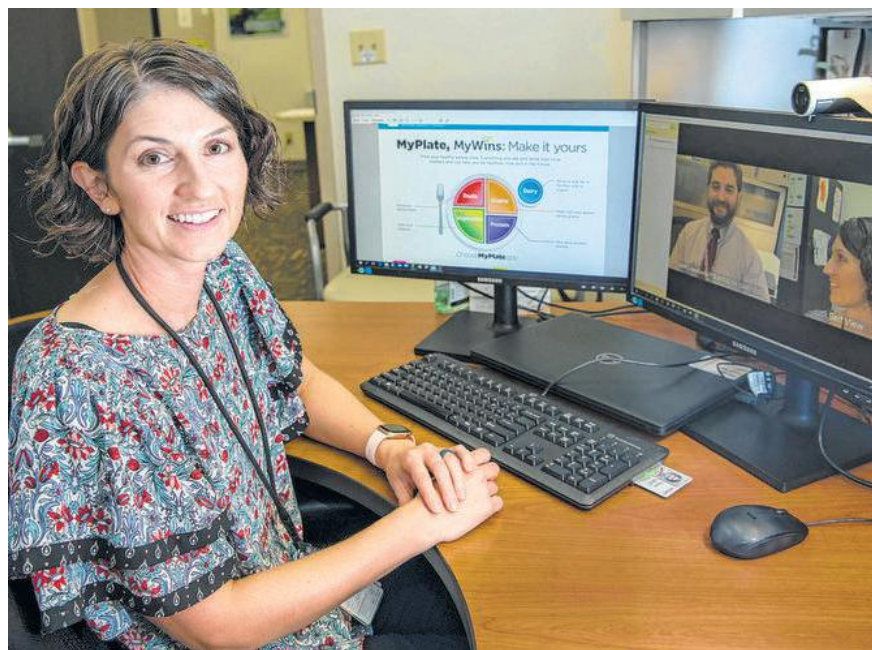
“As gaps were identified in the availability of registered dietitian nutritionists at various military treatment facilities, tele-MNT was proposed to help fill the gaps,” she said. “The tele-MNT program uses a hub-and-spoke model for providing nutrition care via video teleconferencing equipment.”

Dietitians are located at hub sites, providing traditional in-person counseling to patients at those sites and using VTC equipment to provide nutrition counseling to patients at spoke sites, which are locations without RDNs, Newman said.

JBSA-Randolph is one of six hub sites and will serve two spoke sites in Texas — Laughlin and Goodfellow Air Force bases — starting next year.

The other hub sites are Edwards AFB, California; Joint Base Andrews, Maryland; Joint Base Anacostia-Bolling, Washington, D.C.; Joint Base Pearl Harbor-Hickam, Hawaii; and Royal Air Force Lakenheath, England.

The program includes six other spoke locations in addition to Laughlin and Goodfellow, Newman said. Four of them are actively



SABRINA FINE

Emily Newman, Air Force Tele-Medical Nutrition Therapy program manager, talks with members of the Air Force Tele-Health team at the Air Force Medical Readiness Agency via video teleconferencing equipment.

providing patient care and the four others are in various stages of the setup process.

Newman, who serves as the RDN at JBSA-Randolph as well as the tele-MNT program manager, said the Air Force has approximately 100 dietitians — a combination of active-duty members, contractors and civilians — but about 20 bases do not have an RDN.

“This is due to the size of the population at the installation and/or the presence of a joint base in which the sister service may provide nutrition services,” she said.

Tele-MNT started out as a pilot program to determine if video teleconferencing was as effective as face-to-face nutrition counseling, and a research study was initiated, with data collection concluding last month.

“Hub and spoke sites were set up based on multiple

factors, including data for nutrition diagnoses in active-duty members, dependents and retirees at various bases and their surrounding areas,” Newman said. “Some of the hub and spoke sites have changed as the program has evolved based on ability to recruit qualified dietitians in rural areas as well as spoke site support of the program.”

The program manager position was added in 2017 and assigned to JBSA-Randolph “for continuity of the program and to serve the growing population nutrition needs north of San Antonio,” she said.

“The dietitian presence at Randolph over the past two years has validated the need to make it a traditional hub site,” said Newman, who previously worked as an RDN at Vance AFB, Oklahoma.

Newman has started

working with the Defense Health Agency’s Virtual Medical Center to manage the program’s referral and scheduling process.

“In general, spoke site patients are referred for tele-MNT by their primary care team,” she said. “The patients are then booked into the RDN’s schedule and, on the day of their appointment, show up to their clinic as they would for any medical appointment. They are directed to a secure location where they are connected to their RDN via VTC equipment.”

Initial visits typically take about an hour and follow-ups about 30 minutes, Newman said.

“The patients warm up quickly to speaking with the RDN via video teleconferencing equipment,” she said.

Not all patients are referred by their primary care team,

Newman said.

“Self-referrals are welcome for the hub locations,” she said. “Spoke sites are recommended to have a referral placed as this is how the appointments are scheduled between locations. However, most providers are very willing to place nutrition referrals if requested by their patients.”

By allowing evidence-based medical nutrition therapy to be part of patients’ disease management plan, the tele-MNT program improves nutrition care, Newman said.

“The tele-MNT RDNs are able to provide care for a variety of disease states such as diabetes, heart disease and cardiovascular disease, as well as digestive issues, malnutrition, prenatal care and more,” she said. “They are also able to provide nutritional counseling to active-duty members, which helps support the readiness mission.”

Tele-MNT gives the Air Force another resiliency tool.

“Tele-MNT is one modality that allows dietitians to support nutritional resilience for our active-duty and beneficiary populations, especially at smaller installations that may be more remote,” said Maj. Denise Campbell, Air Force Medical Readiness Agency Health Promotion Nutrition chief. “These services can help members achieve a healthy weight/body composition, treat or protect against the onset of diet-related disease, and be used as a part of a multidisciplinary treatment to decrease susceptibility to stress.”

The tele-MNT program appears to be gaining traction — with patients and with bases seeking support.

“We assess effectiveness of the program in patients’ satisfaction and the demand for program expansion,” Newman said. “Additional bases are requesting to be a spoke site.”

JBSA-Randolph physical therapy, family health clinics work together

By Tech. Sgt.
Katherine Spessa

59TH MEDICAL WING PUBLIC AFFAIRS

Joint Base San Antonio-Randolph physical therapy and family health clinics have been working together to see and treat patients with musculoskeletal issues sooner.

Rather than waiting for an appointment with a primary care physician to get a referral to physical therapy, Maj. Joanna Borawski, 359th Medical Operations Squadron physical therapist, and her team at the physical therapy clinic have been scrubbing family health physicians' calendars looking for patients who can be seen directly by her.

"We call those patients and ask, 'Would you rather be seen today?'" Borawski said. "They're usually thrilled."

So far, Borawski and her team have been able to treat 35 patients, often getting the patients in for their initial consult the same day or week.

"Of course our mission is to be able to get people back to the mission sooner," Borawski said. "But my favorite part is getting them back to what they love doing — playing with their kids, back to walking with their wife."

One patient complaining of calf pain was seen a week before his scheduled appointment with primary care.

"We figured out pretty much right off the bat that the issue wasn't with the calf. He came in at noon and by 4:30 p.m., we called him to let him know he had a stress fracture," Borawski said. "If he had continued running on that — and he was — it was a pretty complete fracture, but it could have been a much worse. Since we were able to see him sooner and get him treated, we can get him healed and running again sooner."

The program started in July when Borawski heard the manning reports in a staff meeting, saying the family health clinic only had five out



TECH. SGT. KATHERINE SPESSA

Maj. Joanna Borawski, 359th Medical Operations Squadron physical therapist, stretches Capt. Luke Seaman, 435th Fighter Training Squadron instructor pilot, during a consultation Aug. 8 at Joint Base San Antonio-Randolph.

of 14 providers.

"Whoa, hold on. I think we can definitely help," she said.

Since then, her initiative has freed up appointments in family health for other patients.

"Having physical therapy taking some patients with musculoskeletal issues off of our schedules has really helped in freeing up appointments for other patients who need to be seen,

which is crucial in a time when our access to care is limited," said Capt. (Dr.) Karla Ivy, 359th MDOS family health clinic medical director. "I have had a couple of patients who have told me that they appreciated the chance to get seen sooner for their musculoskeletal complaint, so I believe this new process to be benefiting not just the providers of both clinics, but our patients as well, which is

most important."

The physical therapy clinic is also direct access, meaning patients can self-refer to the clinic without first going to their primary physician. Borawski also makes squadron calls, providing services to unit members who have more strenuous jobs, like security forces and the flying training squadrons. These initiatives further free up appointments in family health.

NATIONAL CHILDHOOD OBESITY AWARENESS MONTH

Learning to serve our children a healthier, brighter future

By Sabrina Fine

502ND AIR BASE WING PUBLIC AFFAIRS

Nothing tastes as good as healthy feels.

Childhood obesity in America has tripled since the 1970s, and September is dedicated to awareness of the epidemic.

According to the Centers for Disease Control and Prevention, about one in five, or 19 percent, of children in the United States are classified as obese, said Emily Newman, 359th Medical Group clinical dietitian.

"The problem, I think, is convenience foods and processed foods, combined with everybody's busy lifestyle," said Cynthia Moczygemba, child nutrition director for the Randolph Field Independent School District.

She recommends that if parents are too busy to cook, they dedicate a day each week to prepare meals in

advance and store them in the fridge or freezer.

"I think healthy starts at home," Moczygemba said. "At school, we serve them fruits, vegetables, proteins and legumes. I feel like you're going to come to school, see that food and not like it if you're not familiar with it."

Parents can help their children develop a healthy relationship with food and weight management while they are young, Newman stated.

"I think what we are introduced to as babies creates our palate," Moczygemba said. "If all you are being given is the convenience foods and not fresh homemade meals you don't always have the palate for it."

Obesity is a health threat with many causes: lack of physical activity, genetics, excessive consumption of high calorie foods, sleep routines and social factors.

"To promote healthy growth and development in children, encourage physical activity ... children ages

6-17 should move 60 minutes every day," Newman said. "Limit recreational screen time to two hours or less daily, increase availability of fruits and vegetables. Offer a variety of foods daily, decrease availability of sugary beverages, drink more water and low-fat milk, and avoid using food as a reward."

Childhood obesity often transforms into lifelong health problems. Obese children have higher rates of mental health issues, cancer, Type 2 diabetes and heart disease. Additionally, they are more likely to develop into obese adults.

"National recognition months, such as National Childhood Obesity Awareness Month in September and National Nutrition Month in March, are important for raising awareness of the role that dietary choices and lifestyle habits have on health at any age," Newman said.

For more information, visit <https://www.cdc.gov/obesity/childhood/index.html>

Goal of Insider Threat Prevention class: deactivate potential shooters

By Sabrina Fine

502ND AIR BASE WING PUBLIC AFFAIRS

Is the next active shooter lurking around your office?

The Joint Base San Antonio-Randolph Insider Threat Prevention program shines light on how to recognize threats and how to report them. It is offered to JBSA employees and mission partners by the 502nd Security Forces Group.

"The FBI Behavioral Analysis Unit and the U.S. Secret Service National Threat Assessment Center determined through invaluable case studies and research of multiple active shooter incidences that a significant number of active shooter events were preventable," said Nick Blancaflor, JBSA Insider Threat Manager.

He began teaching prevention techniques to units earlier this year and hopes the training leads to vigilance and reporting.

"The briefing will hopefully spark interest in the base community and encourage people to have a proactive approach to combating this issue," said Samuel Figueroa, 502nd SFG future operations manager. "Most importantly, a well-informed person is a safer person and overall, it makes JBSA a hard target for this type of threat."

The FBI determined that 77 percent of active



SABRINA FINE

Nick Blancaflor teaches an Insider Threat Prevention class on Sept. 5 at Joint Base San Antonio-Randolph.

shooters spent a week or longer planning their attack. Also, an average of four to five concerning behaviors over time were observable to others around the shooter, according to its study.

The most frequent observable behaviors were

mental health issues, problematic interpersonal interactions and stating of violent intent.

"When something is festering it's just like a water balloon you keep on putting water in ... water and water and eventually on that last drip of water, it's going to explode," Blancaflor said. "It's the same thing with an active shooter individual."

The class also reviews barriers to reporting, such as fear of reprisal and fear of being wrong.

"I am a victim of workplace violence," said Tracy Spencer, a JBSA-Randolph commissary supervisor. "I wanted to see if there were any new things that I can glean or be warned by."

She attended the class with colleagues and said it left her with an uneasy feeling.

"The upsetting parts were the sheer normalcy of the people who became victims, how they never suspected that something so heinous could happen," Spencer said.

The prevention class is not mandatory but highly recommended by 502nd SFG.

"The biggest problem is how we can intervene," Blancaflor said. "The employees are the first line of defense. They spend 8-10 hours a day with co-workers and need to know the signs."

To report concerns or request a class, email 502SFG.S2.CAR@us.af.mil or anonymously call 210-652-5724.

340TH FLYING TRAINING GROUP HOSTS CONGRESSIONAL STAFFERS

Nadia Islam and Gilbert Lafuente, staff members for U.S. Congressman Henry Cuellar (TX-28), stand on the wing of a T-6 aircraft during a tour of the 340th Flying Training Group Sept. 16 at Joint Base San Antonio-Randolph. The visit focused on total force integration between air reserve and active duty squadrons to accomplish the flying training mission.



BENJAMIN FASKE