

# JBSA

# LEGACY

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JOINT BASE SAN ANTONIO

OCTOBER 30, 2020



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# Women's health transition training offered

By Tech. Sgt. Areca T. Wilson  
SECRETARY OF THE AIR FORCE  
PUBLIC AFFAIRS

The U.S. Department of Veterans Affairs' Women's Health Services and the Department of the Air Force's Women's Initiative Team collaborated to establish training that provides information on health services available to women who are separating or retiring from the military.

The virtual training is taught by women veterans who actively use VA health care services. The five-phase curriculum covers topics such as enrolling in the VA, understanding the Veterans Health Administration and utilizing available female-specific services.

"There's a lot of different challenges that women veterans

face when they depart service, and I think different issues compared to their male peers, (it's not that) one gender experiences it worse — it's just one gender experiences it differently," said Maj. Alea Nadeem, Women's Initiative Team chair. "Women have different outcomes when they depart service, and so, this is why this was created — to acknowledge that ... there's some differences, and we need to get some parity between men and women when they depart service."

The course is available to all active duty, guard and reserve servicewomen. For Nadeem, the reasons women should attend the Women's Health Transition Training is two-fold.

"Take advantage of someone educating you on very specific things to females—not a lot of times do we get that in the

military ... so I think it's kind of a neat opportunity," Nadeem said. "I think women should take advantage of the program because it sends a demand signal to the VA, the service is going to need more of these specialty care items in the future as women go back into the growing population ... it's really for the future generations to make sure that they have the healthcare that they need."

Master Sgt. Bethaney Tolley, 365th Training Squadron heavy avionics flight chief, recently attended the training in preparation for her retirement, and recommends her fellow servicewomen do the same.

"Because of COVID, we're really not getting all the information we should get as far as the Veterans Health Administration goes, so this is a fantastic distance learning course that we can attend,"

Tolley said. "In my opinion, when you have resources out there, it's better to have more information than not enough, so I figured since I'm getting ready to retire and this deals with the Veterans Health Administration, I wanted to learn as much as I could. I had no clue how the VA worked or how to find places to see the doctors and things of that nature, so this really helped."

Virtual training sessions are offered twice a day until December 21, 2020. The 2021 calendar is still being finalized.

Women may sign up for the course 24 months prior to separation. Those interested in attending, can register at [www.va.gov/womenvet/whtt/](http://www.va.gov/womenvet/whtt/). Participants are not limited to training sessions in their own time zone. For more information, email [info@whttforyou.com](mailto:info@whttforyou.com).

# Maintaining positive social media interactions

MILITARY HEALTH SYSTEM  
COMMUNICATIONS OFFICE

As the Department of the Air Force's chief of chaplains, Maj. Gen. Steve Schaick has seen firsthand the power of social media to forge connections during the COVID-19 pandemic.

For example, Airmen have signed onto Facebook Live events in increasingly higher numbers, said Schaick, who's also a chaplain. Participation has been so strong that the Air Force likely will continue to incorporate aspects of social media into religious outreach efforts even after physical distancing restrictions are lifted.

But sometimes, Schaick said, nothing beats IRL — in real life.

"I think social media is kind of like having plastic plants in the house," he said. "From a distance, they look good. And of course, they don't need to be watered so there's nothing to

maintain."

But the rewards of caring for live plants are exponentially more satisfying, Schaick said. "Social media creates an illusion that we're having the meaningful connections our souls long for. And during this pandemic, even introverts have discovered their inherent need for actual social interactions, and the emptiness that comes with social media alone."

"People who used to think they were fine with just, you know, a good book and a comfortable chair are now saying, 'There's something missing in my life.' Humans are wired as social creatures. It's a piece of our DNA."

As the pandemic stretches into eight months and counting, more and more people are turning to social media as a substitute for risky in-person interactions. Facebook and other social media platforms have reported record use, compared to a year ago.

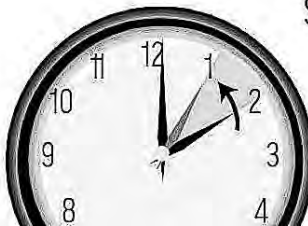
But is that always a good thing?

Social media "allows us to maintain connections with [far-flung] family members, and to reengage with people we may have lost touch with," said Nancy Skopp, Ph.D., a research psychologist with the Defense Health Agency's Psychological Health Center of Excellence.

"Social media also may serve

as a creative outlet, as a means of self-expression," she said. "It can impart a sense of belonging for some and promote offline interactions."

Social media engagements also may lead to aggression and exposure to bullying, she said, noting a study that found almost 25 percent of Facebook users felt regret about something they posed online.



**Fall Back**  
Set your clocks  
back one  
hour before  
bed on  
Sunday.

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# Feedback Fridays

Brig. Gen. Caroline M. Miller  
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 [jbsapublicaffairs@gmail.com](mailto:jbsapublicaffairs@gmail.com) using the subject line "Feedback Fridays." Questions will be further researched and published as information becomes available.

**Q. It's just my opinion, but I think it is about time to open the Selfridge East gate at JBSA-Lackland in order to reduce the congestion at the other gates.**

This is especially true for the housing residents on the east side, as well as teachers and students to get to school, not to mention all of the employees who work at that side of the base. Then there is everyone who shops at all the facilities on that side of the base, such as the Base Exchange, commissary, gas station, etc.

There are a lot of people who don't drive and are employed on base who would normally take the bus for a drop off in front of the gate and walk on. Now they can't. All of these people have to go to the Luke East gate to drive on or off the installation.

In addition, walkers have a long walk to get to their jobs. Drivers have a long wait and those that don't drive have to take a taxi or car service. This is more money that should not have to be spent in these trying times.

JBSA-Fort Sam Houston residents complained about a gate that should be opened, and it got opened. As for



myself, I am a retired military member who does not drive. I am having to take a car service or taxi to get on base.

**I respectfully request you take this matter under consideration. I, and many others, sure would appreciate it if that gate was opened soon so I and those non-drivers could just walk on base, and those who do drive don't have to drive all the way around to Luke East gate just to get on or off base. Thank you.**

A. Thank you for your observations on why the Selfridge East gate should re-open.

Gate availability is determined by balancing the health and safety of our JBSA community with meeting our mission partner and traffic volume demands.

The reason for little change to our gate posture since our return to HPCON BRAVO PLUS on Sept. 25 was that all

266 of our mission partners did not direct an immediate return of their entire teleworking workforce. This means we reopened only those gates where the mission partner requested and increased traffic volume demands justified it. This doesn't include the Selfridge gates, at this time.

To date, our data shows wait times have decreased to minimal levels and there has been a limited increase in cars entering base.

Thank you for your patience and understanding in this unprecedented time.

**Q. First, thank you for opening the base fitness facilities for regular hours.**

**However, since I have been working out again I noticed that people were not wearing a mask while working out in the fitness center. There was a sign on the entrance door that mask wear was required to enter the facility, but once people were in the workout**

**area they removed their masks.**

**I, and one other person, were wearing masks, everyone else had removed theirs for the duration of their workout. I am not a medical professional, however this does not seem to make any sense.**

**One asymptomatic person not wearing a mask works out and infects the other people not wearing a mask and they all go to their workplace and home and spread it there, it just does not appear to be a smart policy. Thank you.**

A. Thank you for bringing this to our attention.

As you have stated, the wearing of the mask is mandatory for all personnel who enter the fitness centers across JBSA.

While there are a few exceptions such as asthmatics, those suffering from chronic obstructive pulmonary disease, or COPD, etc. These exceptions

are rare and are dealt with on a case-by-case basis.

There should never be a situation like the one that you have described where the vast majority of patrons are in the facility without wearing their masks.

We have shared this information with the commanders and staff members of all JBSA fitness centers and have asked them to very closely monitor those entering the fitness centers and to continue observing in order to ensure adherence to the mandatory mask policy.

Finally, if you observe anyone in the JBSA fitness centers not wearing a mask, please immediately bring this to the attention of the manager or a staff member and they will remind the person in question about the requirements.

It is important for all of us to follow the guidelines and also to help ensure compliance with this very important safety measure.

# Senior Army leaders discuss housing reform

By Devon Suits  
ARMY NEWS SERVICE

Safe and affordable housing remains a top quality of life initiative, as the Army looks to improve its neighborhoods and oversight over privatized housing companies, senior leaders said Oct. 15.

On Oct. 14, Army Secretary Ryan D. McCarthy and Gen. Edward M. Daly, head of Army Materiel Command, met with private housing companies and financial backers to increase funding for privatized housing.

They agreed to finance an additional \$2.8 billion toward housing over the next five years, McCarthy said during this year's Association of the U.S. Army senior leader family forum.

"We are putting a tremendous amount of investment capital back into the Army to recapitalize about 18,000 homes and build 3,800 new ones," he said. "This substantial capital increase is going to help us make fundamental changes to installations around the country and at locations overseas."

Along with increased funding for homes, leaders are working to improve Army barracks by investing close to \$9 billion over the next decade, starting with a \$780 million influx of funding this year, McCarthy said.

"We want to make sure we have quality barracks, and we are putting billions of dollars into those facilities to make sure that we have that quality," said Army Chief of Staff Gen. James C. McConville. "It is going to take some time, but we are committed to making that happen."

The Army has also empowered its installation commanders to hold contracting companies responsible, in addition to hiring more than 100 additional staff members at installation management offices



PHOTO BY PATRICK ALBRIGHT

Workers install new windows at one of the historic homes on Fort Benning, Georgia, Oct. 1, 2020. Modifications to these homes are part of a broader effort underway to eliminate lead-based paint hazards in these facilities.

throughout the force, McCarthy said.

"Over the past 18 months, we have vastly improved our management and communication with the privatized housing companies," McCarthy said.

A mobile app is now in the works to help residents submit and track housing work orders, officials said. The force is also continuing to provide regular home inspections for safety hazards, such as mold, asbestos, peeling lead paint, and other potential hazards.

"We will continue to listen to make changes that ease the stressors and burdens to our Soldiers and their families," McCarthy added. "We owe it to the families and our service members to do much more."

McCarthy also approved historic housing maintenance changes, which will allow for the effective repair and renovation of more than 3,200 homes built from 1919 to 1940.

Workers can now use modern materials to revitalize these facilities, improving safety and reducing costs.

"We have energy and wind at our backs right now, but we still have a long haul in front of us," McCarthy said.

Beyond investments in housing, all leaders should make a concerted effort to know each of their Soldiers and their families, said Sgt. Maj. of the Army Michael A. Grinston.

"Army families are the bedrock of our institution," McCarthy said. "This year, especially, they have demonstrated their resiliency."

All three senior leaders said they were thankful for the support and care Army families provided, especially the National Guard and Reserve families that helped support their Soldiers during COVID-19 efforts.

The Army has asked a lot from its junior leaders over the

past 19 years, Grinston added. With the increased workload, it has become increasingly difficult to find additional time to support their subordinates' needs.

"These are difficult times and leaders need to think through how we are taking care of our families during this COVID-19 environment," McConville said. "We have single and dual working parents. We need to take a hard look at how we are supporting our Soldiers."

Looking ahead, the Army is driven to build a cohesive team around a Soldier — comprised of a leader, family, and friends — to provide them continuous assistance, McConville said. The Army chief considers this to be a "golden triangle" of support.

"If a family is having a problem, they can then go to that leader for help," he said. "That leader might not be expected to solve the problem,

but they need to ... know who to get help from."

Additionally, U.S. Army Forces Command has instituted a program to allow leaders time to meet with their troops, Grinston said. This also gives them a chance to check in on housing, barracks, child development centers, and other facilities to support their team better.

McCarthy said the Army has increased child care staffing by 7% and added more than 5,000 childcare spaces in the past fiscal year. The force plans to build nine more CDCs over the next five years.

Taking care of families also includes spouse employment. Leaders have expanded the non-appropriated fund employee program under the new Civilian Employment Assignment Tool, or CEAT, to help spouses maintain their careers as they move to a new installation, McCarthy said.

Suppose a position is available at the gaining installation. In that case, certain NAF employees can request a transfer to another post at the same grade, pay level, and employment category under the CEAT program, officials said.

"We have also increased the licensing reimbursement to \$1,000, to include exam registration fees," McCarthy said. "We need the skills spouses can [provide], and we need to ... lessen the costs incurred by moving."

Overall, the performance and resiliency by all Soldiers and families in the past year has been extraordinary, McCarthy said.

"We heard you last year, and we have put a lot of activity in place. But activity is interesting — results are compelling," McCarthy added. "The stress on this institution is unprecedented, and we will do everything we can to give you the quality of life you deserve and reduce stress wherever possible."

# Halloween 2020 calls for adjustments to traditional customs

By Ricardo S. Campos

JBSA FIRE INSPECTOR/LIFE SAFETY EDUCATOR

European immigrants first brought Halloween to the United States and the celebration really gathered steam in the 1800s, when Irish-American immigration exploded.

Since then, customs have changed slightly.

As an example, during Halloween, or All Hallows Eve, people in 19th century Europe would carry lanterns made from turnips or potatoes.

In America, immigrants discovered that pumpkins were more common, and by putting candles inside them and using them as lanterns, people could see their way in the dark. That's why you see jack-o'-lanterns today.

By all accounts, traditional Halloween customs are looking a little different this year due to the COVID-19 pandemic.

For this reason, Joint Base Fire Emergency Services has partnered with the Centers for Disease Control and

Prevention, or CDC, on the following recommendations to advise parents to use the alternative low-risk activities:

▶▶ Carving or decorating pumpkins with members of your household and displaying them.

▶▶ Carving or decorating pumpkins outside, at a safe distance, with neighbors or friends.

▶▶ Decorating your house, apartment, or living space.

▶▶ Doing a Halloween scavenger hunt where children are given lists of Halloween-themed things to look for while they walk outdoors from house to house admiring Halloween decorations at a distance.

▶▶ Having a virtual Halloween costume contest.

▶▶ Having a Halloween movie night with people you live with.

▶▶ Having a scavenger

hunt-style trick-or-treat search with your household members in or around your home rather than going house to house.

Other moderate risk activities include:

▶▶ Participating in one way-trick-or-treating where individually wrapped goodie bags are lined up for families to grab and go while continuing to social distance (such as at the end of a driveway or at the edge of yard). If you are preparing goodie bags, wash your hands with soap and water for at least 20 seconds before and after preparing the bags.

▶▶ Having a small group, outdoor, open-air costume parade where people are distanced more than 6 feet apart.

▶▶ Attending a costume party held outdoors where protective masks are used and people can remain more than 6 feet apart.

▶▶ A costume mask (such as for Halloween) is not a substitute

for a cloth mask. A costume mask should not be used unless it is made of two or more layers of breathable fabric that covers the mouth and nose and doesn't leave gaps around the face.

▶▶ Do not wear a costume mask over a protective cloth mask because it can be dangerous if the costume mask makes it hard to breathe. Instead, consider using a Halloween-themed cloth mask.

▶▶ Going to an open-air, one-way, walk-through haunted forest where appropriate mask use is enforced and where people can remain more than 6 feet apart.

▶▶ If screaming will likely occur, greater distancing is advised. The greater is the distance, the lower the risk of spreading a respiratory virus.

▶▶ Visiting pumpkin patches or orchards where people use hand sanitizer before touching pumpkins or picking apples, wearing masks is encouraged

or enforced, and people are able to maintain social distancing.

▶▶ Having an outdoor Halloween movie night with local family friends with people spaced at least 6 feet apart.

▶▶ Lower your risk by following CDC's recommendations on hosting gatherings or cook-outs.

For more information about Halloween safety, visit the National Fire Prevention Association website at [www.nfpa.org/education](http://www.nfpa.org/education) or visit the Centers for Diseases Control and Prevention website at <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays/halloween.html> for guidance on Halloween festivities.

People can also contact the local fire prevention offices at JBSA-Fort Sam Houston at 210-221-2727, at JBSA-Lackland at 210-671-2921, or at JBSA-Randolph at 210-652-6915.



# FORT SAM HOUSTON

## Combat Medic Program lauded for teamwork

By Maj. Marjorie K. Brooks, CCRN

METC COMBAT MEDIC SPECIALIST TRAINING PROGRAM

The Medical Education and Training Campus Combat Medical Specialist Training Program, or CMSTP, at Joint Base San Antonio-Fort Sam Houston has been recognized for exceptional teamwork by an integrated group of military and civilian team members focused on excellence in support of Army Medicine.

The METC CMSTP received the 3rd Quarter fiscal year 2020 Army Medicine Wolf Pack Award, which was established in 2011 by the U.S. Army Surgeon General and Army Medical Department Civilian Corps Chief.

The METC team is made up of military and civilian members. The military members and students are assigned to the U.S. Army Medical Center of Excellence, or MEDCoE, while the civilian personnel are Defense Health Agency, or DHA, employees.

In the midst of the COVID-19 pandemic, the combined instructor team created a dynamic blended instructional model and successfully piloted a National Registry of Emergency Medical Technicians review course which reduced academic attrition by greater than 90 percent.

Training combat medics and protecting the training pipeline is a critical mission, even more so during these unprecedented times. The team of military and civilian cadre demonstrated their agility and adaptability by continuing to train 1,871 students, providing the force with fully qualified Army combat medics.



PHOTOS BY DEE CRAWFORD

Students in the Combat Medic Specialist Training Program, or CMSTP, assess a simulated casualty during a field training exercise at Joint Base San Antonio-Camp Bullis. Face coverings are required by all students and staff in accordance with Centers for Disease Control and Prevention guidelines.



James Stille, a civilian emergency medical technician instructor in the Combat Medic Specialist Training Program, or CMSTP, lectures students assigned to the second training shift of the day.

The combat medics provide essential lifesaving skills in the contemporary operating environment. In a matter of six months, the CMSTP team

rapidly developed a blended instructional model and organized into a two-shift system of training, providing instruction over 17 hours each

day. This combination allowed for a safe, socially distanced learning environment for the faculty and students.

The CMSTP transformed the



Students in the Combat Medic Specialist Training Program, or CMSTP, second training shift take notes during a lecture in the Emergency Medical Technician course.

program curriculum, including lectures, group activities, demonstrations and hands-on instruction from a traditional classroom lecture model to a virtual learning platform. More than 65 lectures and more than 20 individual combat medic skills and skill validation exercises were recorded and placed on the digital platform for students to continue learning remotely. Workbooks, practice questions and exam content were converted to the online platform and a discussion board was added.

The CMSTP team was not only able to establish a blended learning environment, but also significantly decreased attrition rates during this time. The National Registry of Emergency Medical Technicians, or NREMT, review course for students who have difficulty passing the course has decreased the attrition rate by more than 90 percent. An estimated \$5,800,000 has been saved so far thanks to this innovation.

Working together as partners, the CMSTP team evolved and improved the training program through a complex pandemic.

# U.S. Army South hosts 36th annual U.S., Brazil weeklong army-to-army staff talks

By Leanne Thomas  
U.S. ARMY SOUTH PUBLIC AFFAIRS

U.S. Army South hosted an opening ceremony Oct. 20 to officially begin U.S. and Brazil army-to-army staff talks, a weeklong series of meetings held to strengthen professional partnerships and increase interaction between armies at the Army South headquarters at Joint Base San Antonio-Fort Sam Houston.

The U.S. Army Staff Talks Program serves as a bilateral engagement for military discussion between respective armies. This year marks the 36th time the U.S. Army and the Brazilian Army have met for staff talks, which has been instrumental in enhancing the interoperability and cooperation between the two partners.

“On behalf of the Chief of Staff of the Army, Gen. James McConville, I am deeply honored and proud to have this opportunity to continue strengthening our enduring army-to-army partnership,” said Maj. Gen. Daniel R. Walrath, commanding general, U.S. Army South. “These talks



PHOTO BY LEANNE THOMAS

Maj. Gen. Daniel R. Walrath (right), commanding general, U.S. Army South, greets Brig. Gen. Otávio Rodrigues de Miranda Filho (left), 5th deputy chief of staff of the Brazilian Army and the head of delegation for Brazil during the U.S., Brazil army-to-army staff talks at Army South Headquarters, Fort Sam Houston, Texas, Oct. 20.

continue to develop our army-to-army partnership and, as of last year, with our newest non-major NATO ally.”

These staff talks serve as the

U.S. Army's premier annual engagement for U.S. Army South, Brazilian planners and key leaders to discuss and prepare bilateral security

cooperation agreed-to-actions for approval by both armies.

“As we adapt to the COVID environment, our armies continue to demonstrate

flexibility, agility and adaptability to address these new challenges while maintaining our strategic relationship,” Walrath said. “These staff talks embody the deep partnership between our armies, which was forged during the difficult Italian Campaign of World War II.”

Through cooperative activities such as staff talks, staff exchanges, combined exercises and other professional military activities, the U.S. Army and Brazilian Army can collectively meet complex global threats and challenges for a safer, more secure hemisphere.

“We will continue the security cooperation momentum our armies began during World War II that has been nurtured over the past 35 years through these bilateral staff talks, which strengthen our partnership, enhance regional security and improve the readiness and interoperability of our two armies,” Walrath said. “I look forward to a very productive week as we reaffirm our commitment and further solidify our partnership.”

## MEDCoE hosts Brazilian delegation

By Tish Williamson  
U.S. ARMY MEDICAL CENTER OF  
EXCELLENCE PUBLIC AFFAIRS

The U.S. Army Medical Center of Excellence hosted a Brazilian delegation visiting Joint Base San Antonio-Fort Sam Houston as part of a larger trip hosted by U.S. Army South Oct. 19-23.

The visiting delegation, led by Maj. Gen. Miranda Filho, Brazilian Deputy Chief of Staff, was accompanied to the MEDCoE by Maj. Gen. Valeriano de Faria Alcides, ARSOUS deputy commanding general for interoperability.

J.M. Harmon III, MEDCoE deputy to the commanding general, hosted the MEDCoE portion of the Delegation's visit which included command and international program overview briefs.

During the visit, there were a lot of questions and discussions about future education and training opportunities between the two countries and efforts to further develop the growing partnership.

In the past, MEDCoE has hosted dozens of Brazilian medical specialty students in a variety of leadership and medical

education courses like the Medical Strategic Leadership Program, Advanced Trauma Life Support, Principles of Military Preventive Medicine, Combat Casualty Care, and Pre-Hospital Trauma Life Support.

The next group of Brazilian International Military Students, or IMS, are scheduled for February 2021. In a typical year, MEDCoE hosts more than 200 IMS from 54 different allied and partner nations. More than 80 of the nearly 400 courses taught at the school are also available through these international partnerships.



PHOTO BY JOSE E. RODRIGUEZ

(From left) Maj. Gen. Miranda Filho, J.M. Harmon III and Maj. Gen. Dennis LeMaster discuss future education and training opportunities between the two countries during the Brazilian delegation visit.



# MEDCoE conducts virtual 'battlefield circulation'

By Tish Williamson

U.S. ARMY MEDICAL CENTER OF EXCELLENCE PUBLIC AFFAIRS

The U.S. Army Medical Center of Excellence at Joint Base San Antonio-Fort Sam Houston hosted Lt. Gen. James Rainey, U.S. Army Combined Arms Center commanding general at Fort Leavenworth, Kansas, for a Virtual Battlefield Circulation visit Oct. 19.

Maj. Gen. Dennis LeMaster, MEDCoE commander, hosted the event with more than a dozen other key MEDCoE leaders. In-person attendees wore masks and adhered to social distance guidelines during the event.

During the formal portion of the virtual visit, MEDCoE updated Rainey with an update on their new mission statement, lines of effort, enduring priorities and reorganization. The group also discussed how to develop leaders and drive change in Army Medicine.

The visit is a recurring,



PHOTO BY TISH WILLIAMSON

quarterly touchpoint with commanders so that the centers can highlight current initiatives, successes, and issues to the U.S. Army Combined Arms Center commander and receive his updated guidance.

Due to COVID-19, these visits, which would typically

occur in person, are occurring via teleconference until the Health Protection Condition, or HPCON, is lowered. JBSA-Fort Sam Houston is currently at HPCON BRAVO PLUS.

Rainey last physically visited MEDCoE and JBSA in January 2020 to host the MEDCoE

*Maj. Gen. Dennis LeMaster, U.S. Army Medical Center of Excellence briefed Lt. Gen. James Rainey, the U.S. Army Combined Arms Center commanding general and Fort Leavenworth commander, during a virtual battlefield circulation visit Oct. 19, along with other key MEDCoE leaders to include J.M. Harmon III, deputy to the commanding general; Col. Laura Elliott, chief of staff; Col. Skip Gill, deputy commandant; and Col. Caryn Vernon, MEDCoE G3.*

► Spc. Juan Mojica, an Advanced Individual Training, or AIT, Soldier at the MEDCoE was honored for intervening when a close friend and fellow Soldier expressed a desire to hurt himself; possibly saving the individual's life.

► Lt. Col. Johnny Paul, chief, Combat Medic Specialist Training Program, or CMSTP, was highlighted for implementing several initiatives in 2020 that have allowed 68W combat medic training to, not only survive, but thrive leading to an increased pass rate that saves the Army tens of thousands of dollars and putting more medics in operational assignments where they are needed most.

► Tammy Griswold, chief, MEDCoE Quality Assurance Office, or QAO, was recognized for being lauded as a model QA program across TRADOC.

MEDCoE is one of 10 Centers of Excellence under CAC and the U.S. Army Training and Doctrine Command.

# Army South soldier remains dedicated to coaching during pandemic

By Sgt. Ashley Dotson

U.S. ARMY SOUTH PUBLIC AFFAIRS

About 15 children maintained social distancing as they circled around their football coaches to receive instructions on their next drill. Conducted from Oct. 5-9, this was the first sports camp held on Joint Base San Antonio-Fort Sam Houston since the novel coronavirus pandemic began earlier this year.

"My overall love for sports is why I volunteer," said Maj. John Twitty, U.S. Army South public affairs plans chief. "I want to teach kids the proper fundamentals and the importance of working together. It was special to be a part of coaching them and continue to have a strong tie with local community."



PHOTO BY SGT. ASHLEY DOTSON /

*"My overall love for sports is why I volunteer," said Maj. John Twitty, U.S. Army South public affairs plans chief as he coached a football camp from Oct. 5-9 at Joint Base San Antonio-Fort Sam Houston.*

With a combined love for the sport of football, Twitty joined another fellow Soldier to ensure the children would be able to attend a football camp

and that proper safeguards were put in place.

"Kids need activity and social interaction," said Lt. Col. Patrick Johnson, Washington

Army National Guard medical detachment commander. "We must be careful that we don't do harm to our children while we are trying to avoid risk. Being physically active benefits a kid physically, mentally and emotionally. Sports are a great way to teach life skills."

Both agreed that coaching during a pandemic was not very different than other football camps they have previously coached. They both continuously reminded the children the importance of practicing social distancing throughout their drills.

"I think it is very important to give back to the community by volunteering," Twitty said. "While growing up, I always had adults to look up to who were dedicating their time to coach the teams I was on. Now,

it's my turn to give back to my community and teach these kids the importance of teamwork and the basic fundamentals."

Twitty coached multiple football and basketball camps and teams last year. He said he really enjoyed being able to coach again and he has begun planning practices for a basketball camp he is coaching next month.

"I think that the camp went very well," Johnson said. "The kids seemed to improve everyday with their skills and their behavior. Most importantly, every kid went home every day with a smile on their face and didn't want it to end. I wish that more kids could have participated and I look forward to doing more camps like this in the future."



# MEDCoE hosts Assistant Secretary of Defense

By Tish Williamson

U.S. ARMY MEDICAL CENTER OF EXCELLENCE PUBLIC AFFAIRS

During his first visit to San Antonio, the Hon. Thomas McCaffery, Assistant Secretary of Defense for Health Affairs visited the U.S. Army Medical Center of Excellence as part of a larger visit to Joint Base San Antonio-Fort Sam Houston from Oct. 19-21.

The purpose of the visit was to provide the ASD opportunities to meet key leaders and learn more about the many military medicine organizations who serve together on the base. His stops also included Brooke Army Medical Center, the Medical Education and Training Campus, and the Naval Medical Forces Support Command.

Each command was encouraged to highlight the unique capabilities that support military medical training or healthcare delivery. McCaffery, as the health advisor to the Secretary of Defense, was also interested in seeing how commands are operating in the COVID-19 environment.



*Lt. Col. Kathleen Samsey and Capt. Cesar Veliz provide Thomas McCaffery, Assistant Secretary of Defense for Health Affairs, and Maj. Gen. Dennis LeMaster, Commanding General U.S. Army Medical Center of Excellence, a briefing on the patient simulators used to teach students during the Combat Paramedic course.*

PHOTO BY JOSE E. RODRIGUEZ

Maj. Gen. Dennis LeMaster, MEDCoE commanding general, led the tour of the Combat Paramedic simulation scenario training, an overview of the Army's Flight Paramedic Program and hosted an office call with the assistant secretary.

The discussion touched on the new Combat Paramedic Program, or CPP, a 30-week pilot program that began in January 2020 and graduated its first class in August, and how

the Combat Medic training program adapted to thrive despite the added challenges of COVID-19.

The Combat Medical Specialist Training Program, or CMSTP, rapidly transformed training to a blended learning environment due to COVID-19.

A true collaboration, the team is made up of both military and civilian personnel. Military cadre and students are assigned to the MEDCoE and the U.S.

Army Training and Doctrine Command, while civilian personnel are assigned to the METC and are Defense Health Agency, or DHA, employees.

In addition to changing their delivery methods, the CMSTP team focused on improving attrition rates and developed a new refresher course for students finding the National Registry of Emergency Medicine Technicians, or NREMT, content difficult to master. The

refresher course decreased the course Army Combat Medic attrition rate by over 90 percent.

This change saved tens of thousands of dollars by graduating Soldiers into the operational force who would have otherwise been reclassified or become a loss to the Army.

During the pandemic, MEDCoE has graduated nearly 13 thousand students in over 6 hundred courses. They safely moved nearly 7,000 Advanced Individual Training, or AIT Soldiers of varying medical military occupational specialties in and out of the training pipeline at JBSA-Fort Sam Houston without a single instance of sending a COVID-19 positive student to a follow-on unit of assignment.

In addition to MEDCoE, BAMC, METC and NMFSC, the ASD visited several other medical organizations, to include the 59th Training Group and medical AIT students at JBSA-Lackland. He also met with the U.S. Army North Commander and the commander of the U.S. Army Installation Management Command.

## ARNORTH concludes military wildland fire ground response operations

U.S. ARMY NORTH PUBLIC AFFAIRS

At the request of the National Interagency Fire Center, and in support of the U.S. Department of Agriculture's Forest Service, U.S. Army North, U.S. Northern Command's Joint Force Land Component Command, concluded its wildland fire ground response operations in California Oct. 20.

Approximately 250 Marines and Sailors from the 7th Engineer Support Battalion, who supported the Creek Fire in Central California and the August Complex in Northern California, returned to Camp Pendleton after a month-long

mission that began Sept. 21.

The battalion was one of two active duty units who trained to become wildland firefighters this fire season.

The other battalion, comprised of approximately 250 Soldiers from Joint Base Lewis-McChord's 14th Brigade Engineer Battalion, supported the August Complex from Sept. 3-27.

"I am so very proud of the young men and women who supported our local, state, and federal partners during this record-breaking wildland fire season," said Lt. Gen. Laura J. Richardson, ARNORTH and JFLCC commander. "The Soldiers, Sailors and Marines learned and adapted quickly to

wildland firefighting while maintaining a focus on their own safety and their crew's safety in the midst of the COVID-19 pandemic."

The Creek Fire, at more than 350,000 acres, is the largest single wildland fire, while the August Complex, at more than one million acres, is the largest complex of wildland fires in the state's history.

USNORTHCOM is the primary Department of Defense organization for coordinating defense support of civil authorities to help federal partners, like NIFC, respond to natural disasters. ARNORTH serves as USNORTHCOM's operational lead for this DSCA ground support effort.



COURTESY PHOTO

*Marines from the 7th Engineer Support Battalion, 1st Marine Logistics Group, conduct wildland firefighting operations with National Interagency Fire Center personnel at the Creek Fire in the U.S. Forest Service-Sierra National Forest.*

# National Disability Employment Awareness Month: MEDCoE installs new ramp, holds ribbon cutting

By Tish Williamson  
U.S. ARMY MEDICAL CENTER OF  
EXCELLENCE PUBLIC AFFAIRS

In honor of National Disability Employment Awareness Month, or NDEAM, the U.S. Army Medical Center of Excellence command team of Maj. Gen. Dennis LeMaster and Command Sgt. Maj. Clark Charpentier hosted a small-ribbon cutting setting Oct. 16 for the organization's newly installed ADA compliant ramp that ensures better accessibility to and from the command headquarters building and Willis Hall at Joint Base San Antonio-Fort Sam Houston.

The American Disabilities Act, or ADA, is a federal civil rights law that prohibits

discrimination on the basis of disability. This year marks not only the 75th observance of NDEAM, but also the 30th anniversary of President George H.W. Bush signing the ADA into law.

MEDCoE hosts a formal observance for NDEAM Oct. 27. This year's national theme is "Increasing Access and Opportunity."

There is limited seating for the in-person event and masks are required for all attendees as a COVID-19 mitigation measure.

Sgt. 1st Class Melody Williams, an equal opportunity advisor assigned to MEDCoE, said that accessibility to events has actually improved with more programs being live streamed in light of COVID concerns.

"If people cannot physically join us, we plan to live stream the event to ensure no one misses out," Williams said.

She feels that each of the unit monthly observances are important to allow people to hear different perspectives than their own.

"I hope people will take the opportunity this month, to find out more about the ADA, what reasonable accommodation is and why is it so important to so many of our co-workers," Williams added.

For more information about NDEAM, visit <https://www.dol.gov/agencies/odep/initiatives/ndeam>. For more information about the MEDCoE NDEAM Observance Ceremony, visit <https://www.facebook.com/MedicalCoE>.

**"I hope people will take the opportunity this month, to find out more about the ADA, what reasonable accommodation is and why is it so important to so many of our co-workers."**

Sgt. 1st Class Melody Williams

*In honor of National Disability Employment Awareness Month, or NDEAM, the U.S. Army Medical Center of Excellence command team of Maj. Gen. Dennis LeMaster and Command Sgt. Maj. Clark Charpentier hosted a small-ribbon cutting setting Oct. 16 for the organization's newly installed ADA compliant ramp that ensures better accessibility to and from the command headquarters building and Willis Hall at Joint Base San Antonio-Fort Sam Houston.*







# JOINT BASE SAN ANTONIO FORCE SUPPORT SQUADRON

## Monthly Events

## November

### Attention

Due to COVID-19 event times and dates may change, and to the safety of both staff and customers, current COVID-19 guidance will be followed at all locations.

### Bowling

#### National sandwich day is celebrated

Stop by the JBSA-Fort Sam Houston Bowling Center Nov. 3 during normal business hours to enjoy a variety of sandwiches, including BLT, grilled cheese, ham & cheese, turkey & cheese or a club. For every purchase of a sandwich, patrons will receive one free game. For more information, call 210-221-4740.

#### Veterans Day weekend brings discounts

Head over to the JBSA-Lackland Skylark Bowling Center Nov. 12 from 11 a.m. to closing and bowl three games for \$5 per person, rentals shoes included. For more information, call 210-671-1234.

Come and party with the JBSA-Randolph Bowling Center from Nov. 13-14, 6-10 p.m. for a special Veterans Day Weekend Strike Club rate. Bowl with cosmic lights combined with LED Center Punch Deck Lighting, LED lane capping and three 118" projection screens playing "Mom Approved" music videos. The cost is \$10 per hour but doesn't include rental shoes. For more information, call 210-652-6271.

#### Patrons enter a prize drawing

Stop by the JBSA-Fort Sam Houston Bowling Center Nov. 15-30 during normal operation hours. For every purchased game, patron's names will be entered into a daily drawing for a turkey. For more information, call 210-221-4740.

#### Bowlers partake in a tournament

Join the JBSA-Randolph Bowling Center for the annual Thanksgiving Bowling Tournament, held Nov. 25 at 6 p.m. The tournament is a scratch format. The cost is \$60 per person and prizes are given out based on the number of entries. To sign up, call 210-652-6271.

#### Bowlers enjoy a discount

Black Friday isn't just for presents. Stop by the JBSA-Lackland Skylark Bowling Center Nov. 27 from 11 a.m. to closing and bowl for just \$10 per lane, shoe rental not included. For more information, call 210-671-1234.

Treat your family to a fun filled day at the JBSA-Randolph Bowling Center and take advantage of the "Rent-a-Lane" special, Nov. 27 from 1-7 p.m. This special includes two hours of bowling, shoe rental, a 20 ounce soda each, a large pizza and costs only \$50 for up to six people.

Come out Nov. 28-29 during normal operating hours for the special Thanksgiving weekend rate of \$2.75 (excluding

Saturday Strike Club) per game, per person with \$3 shoe rental. For more information, call 210-652-6271.

### Canyon Lake

#### Customers learn to operate a boat

Join us on Nov. 7 and 21 from 11 a.m. to 1 p.m. at the JBSA-Recreation Park @ Canyon Lake, at the Hancock Cove Marina for a two hour course covering everything you need to know about boat operations, rules of the water, and safety guidelines. The cost is \$40 per person, and payment is due at the time of reservation. Participants must be 21 years or older and have completed the boaters safety course. Go to [www.boatus.org](http://www.boatus.org) to complete this course. To reserve your spot or for more information, call 830-964-3576 or email [jbsalodgingres@gmail.com](mailto:jbsalodgingres@gmail.com).

#### Patrons take a tour of the lake

Head out and enjoy a 90 minute chauffeured boat tour around JBSA-Recreation Park @ Canyon Lake. Encounter breathtaking scenic views, discover its history and the town that still resides beneath. This tour will be held from 1-3 p.m. Nov. 7, 14, 21 and 28. Open to all DoD ID cardholders. The cost is \$15 for youth 12 and younger and \$30 for adults. Payment due at time of reservation. For more information, or to register call 830-964-3576 or email [jbsalodgingres@gmail.com](mailto:jbsalodgingres@gmail.com).

#### Kayak and paddle board lessons offered

Join us at the JBSA-Recreation Park @ Canyon Lake in the Hancock Cove Marina Nov. 14 and 28 from 11 a.m. to 1 p.m., for a two-hour introduction to kayaking and paddle boarding. This course covers basic techniques and skills. We will go over gear set up, provide equipment overview and general safety. The cost is \$20 per person and payment is due at the time of registration. Register by contacting our call center at 830-964-3576 or email [jbsalodgingres@gmail.com](mailto:jbsalodgingres@gmail.com).

### Clubs

#### Bingo News

Bingo is back at the JBSA-Randolph Kendrick Club. Bingo takes place Monday-Thursday at 6:30 p.m. and at 3 p.m. on Sunday in the ballroom. There is limited space and Bingo is reservation only. Reservations may be made the previous business day by calling 210-658-7445 from 9 a.m. to noon or email [kathy.berger.l@us.af.mil](mailto:kathy.berger.l@us.af.mil) for more information. Members have the chance to win full jackpots and nonmembers can try to win half jackpots. Don't forget to play every Tuesday and Wednesday to qualify for the monthly member prize give-away.

Birthday Bingo will be held on Nov. 10. Celebrate your birthday with us and receive a complimentary bingo machine. JBSA-Randolph Club members only,

along with DoD ID and proof of membership is required. For more information, call 210-652-7445.

#### Fathers and daughters attend a dance

Join the JBSA-Randolph Parr Club Nov. 14 from 5-8:30 p.m. for the annual father and daughter dinner and dance for girls' ages 2-15. This fun evening includes music, refreshments and arts and crafts. Reservations and prepayments are required. Members may start making reservations on Nov. 3 and nonmembers on Nov. 10. The cost for adult members is \$20, and \$10 for children ages 5-12. The cost for nonmembers is \$25 for adults, and \$15 for children ages 5-12. Children 4 and younger are free.

Reservations fill up quickly, so make your reservations by calling the cashier's cage at 210-658-7445 from 9 a.m. to noon, or email [kathy.berger.l@us.af.mil](mailto:kathy.berger.l@us.af.mil). Coupons, club bucks, or gift certificates are not accepted as payment for this event. No refunds will be issued after Nov. 12.

#### Holiday meals are made easy at the club

Relax this Thanksgiving and let the JBSA-Lackland Gateway Club and JBSA-Randolph Parr Club do the cooking for you. Orders may be placed from Nov. 10 through Nov. 20. All orders must be picked up Nov. 25 between 9 a.m. and 4 p.m. No pickups will be allowed on Thanksgiving Day. Customers will be e-mailed a receipt at time of purchase, which needs to be presented at time of pick-up. Re-heating instructions are included.

Meal options include a turkey or ham with corn bread stuffing, whipped potatoes with gravy, sweet potatoes corn O'Brien, green beans cranberry chutney, dinner rolls and a pumpkin pie. The cost of the turkey meal is \$80 for members or \$85 for nonmembers. The ham meal is \$90 for members and \$95 for non members Meals feed 4-6 people. Prices for a turkey without sides is \$50 for members and \$55 for non members. A ham without sides is \$55 for members and \$60 for non members.

Orders must be paid for at the time the order is placed. Please add \$15 to pick up freshly prepared hot meals and specify this at the time of order. There is also a \$15 carving fee to have your ham or turkey sliced. The last day to order is Nov. 23 for a Nov. 25 pickup. Sorry, no coupons accepted. For more information, or to place your order, call 210-645-7034 for JBSA-Lackland or 210-658-7445 for JBSA-Randolph at least two days in advance of pickup.

#### Food on the Fly

Try out the JBSA-Parr Club's new menu, which includes salads, burgers, club sandwiches, chicken sandwiches, wraps, chicken tenders, chicken wings, tacos, fries, onion rings and much more. Now offering on-base food delivery service. Please call 210-569-2510 to place your order for on base delivery. Delivery is free for members and just \$2.95 for all others. For more information, call 210-569-2510.

# JBSA FSS

## Community Programs

### Patrons test their super knowledge

Come join us on Nov. 7 at 11 a.m. dressed as your favorite masked character for a morning of fun at our first ever Superhero Family Trivia Brunch. We will have special guest appearances from some of the best caped crusaders in town, a costume contest, food and prizes. Due to COVID-19 limited space is available, and pre-registration is required. The price is \$10 per person, and children 3 and younger are free. To register, please email [jbsacommunityevents@gmail.com](mailto:jbsacommunityevents@gmail.com) with the names and ages of everyone in your party, and a good contact phone number. The registration deadline is Nov. 2. This event is sponsored by RBFCU, USAA and First Command. No federal endorsement of sponsors is intended. For more information, call 210-652-5763.

### Families catch a film out on the green

Pack up some lawn chairs and blankets and come join us on Nov. 13 from 6-9 p.m. for a night of creepy, spooky fun as we gather to watch the 2019 animated movie "The Addams Family" on the green of the JBSA-Fort Sam Houston Golf Course. This event is free to all DoD ID card holders and concessions will be available for purchase. Limited space is available, and pre-registration is required. To register, please email [jbsacommunityevents@gmail.com](mailto:jbsacommunityevents@gmail.com) with the names and ages of everyone in your party, and a good contact phone number. The registration deadline is Nov. 10. This event is brought to you by The Gunn Automotive Group, RBFCU, USAA and First Command. No Federal endorsement of sponsors is intended. For more information, call 210-652-5763.

### The Harlequin Theater puts on a show

The JBSA-Fort Sam Houston's award winning Harlequin Theater presents "Jukebox Junkie" through Nov. 14, at 8 p.m. Two decades collide when the 80s meet the 60s in the brand new musical production by Shawn Kjos. The show includes over 30 totally tubular hits made famous by artists such as the Go-Go's, The Beatles, Debbie Gibson, Little Eva, The Bangles, Cyndi Lauper, The Crystals, A-Ha and Bananarama. This high energy production will have you dancing in your seats.

Put the Harlequin on your wish list this year and hear the sounds of the season at "We Need A Little Christmas", Nov. 27 through Dec. 20, 8 p.m. The Harlequin cast will delight audiences with favorite holiday classics to celebrate the spirit of the season.

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.

## Community Services

### Customers get frames made at a discount

Both the JBSA-Lackland and the JBSA-Randolph

Frame Shops offer discounted framing services for all of your framing needs. Their expert framers will help you design a one of a kind custom frame to display your precious memories or special achievements. Don't let these accomplishments fade away – preserve them for a lifetime. In addition, they will match any off-base price on a comparable custom framing job, and you pay no sales tax. For questions about framing, please call 210-671-5503 for JBSA-Lackland or 210-652-5142 for JBSA-Randolph.



WISHING YOU A WONDERFUL

**THANKSGIVING MEALS TO GO**

AND A HAPPY HOLIDAY SEASON

Save yourself some time during the hustle and bustle of the holidays by taking advantage of the Thanksgiving meals-to-go.

Patrons may start placing orders Nov. 10 and the last day to order is Nov. 20. All orders must be picked up Nov. 25 between 9 a.m. and 4 p.m. Pickups are not allowed on Thanksgiving Day.

Patron Club Contact info: To place an order, call the catering department at (210) 658-7445 from 9 a.m. to 1 p.m., or by emailing [john.saddler.3@us.af.mil](mailto:john.saddler.3@us.af.mil).

Gateway Club Contact info: To place an order, call (210) 645-7034.

Sorry, no coupons accepted.

### Motorists stay road ready at the auto hobby shop

Once again, our seasons have changed to a bit cooler and the holidays are right around the corner. Unfortunately, COVID-19 is still with us, so let the JBSA-Lackland Auto Hobby Shop help stop the spread of germs. We're offering a vehicle disinfection special for only \$45. Technicians spray a special disinfectant into the car (will not hurt the interior) that is especially designed for vehicles. For more details, ask for Mauro.

We're also still offering the same services such as fuel injection and throttle body cleaning services that will keep your vehicle starting easy and operating more efficiently, which helps increase fuel mileage. Additionally, we offer air conditioning maintenance after a hot summer as well as state inspections, front-end alignment, brake check-up, charging and starting system testing.

The self-service side of the house allows the do-it-yourselfers a place to work on a vehicle and access tools that may not be in a home garage. Let the technicians at the Auto Hobby Shop ensure your vehicle is in good shape for the Texas roads. Please call us for an appointment at 210-671-3549.

## Equestrian Center

### Patrons learn the art of horseback riding

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

### 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.



**NOV. 21 • 2 P.M.**

JBSA-LACKLAND  
ARNOLD HALL BALLROOM

**SO YOU THINK YOU CAN DANCE**

COME SHOW US WHAT YOU GOT!  
Auditions will be held at Arnold Hall,  
Nov. 13 from 5-7 P.M. and  
Nov. 14 from 11 A.M. to 1 P.M.  
CATEGORIES FOR ALL AGES

For more information,  
call Gio Singleton  
(210) 671-2619

**FORCE** **CE**

### 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.

## Fitness

### Runners participate in a virtual 5K/10K run

Join the JBSA Fitness Center Teams for our first virtual Turkey Trot 5K/10K run. Register on [www.itsyourrace.com](http://www.itsyourrace.com). The cost is only \$12 per person and all paid registrations include a T-shirt, however, size can't be guaranteed and T-shirts will be given out on a first come first served basis. The fastest three males and females in each race distance win a turkey. In order to qualify for the turkey, participants must download the IYR Virtual app to track their run. Run your race any time between Nov. 1 and Nov. 23 by simply clicking "start race" in the IYR app after registering.

T-shirts will be available for pick up at the JBSA-Fort Sam Houston Jimmy Brought Fitness Center, the JBSA-Lackland Warhawk Fitness Center and the JBSA-Randolph Rambler Fitness Center any time after you have registered and paid. For more information, call the JBSA-Fort Sam Houston Jimmy Brought Fitness Center at 210-221-1234. The JBSA-Lackland Warhawk Fitness Center at 210-671-2016. Or the JBSA-Randolph Rambler Fitness Center at 210-652-7263.

### Patrons test their limits

Come try out this free, fun and challenging circuit at the JBSA-Lackland Warhawk Fitness Center Nov. 5 from 1-2 p.m. Each round consists of different exercises designed to challenge your entire body. So come on down, have some fun, and burn those calories away. For more information, call 210-671-2401

### Veterans are appreciation

The JBSA-Randolph Fitness Center is hosting an open house for veterans in recognition of all those who have served this great country and in appreciation for all their sacrifices. Come over Nov. 5 during normal operation hours and take a tour to see how the Fitness Center can help improve your quality of life. The Fitness Center offers top of the line equipment and excellent programs. Fitness Center staff will be on hand to answer any questions. For more information, call 210-652-7263.

### Patrons participate in a three point shooting contest

Stop by the JBSA-Fort Sam Houston Jimmy Brought Fitness Center Nov. 14 from 9-11 a.m. and partake in a three-point shooting contest. Participants have 10 chances to make the most three-point baskets from behind the three-point line. This event is free and prizes will be awarded to the top male and female winners. For more information, call 210-221-1234.

The JBSA-Lackland Gillum Fitness center is hosting a three point competition Nov. 20 at 7:30 am. Participants have two minutes to make 10 shots from different spots around the three-point area. The fastest time with the most three-point shots wins. This event is open to all DoD ID cardholders and is a free event. For more information, please contact the Gillum Fitness Center at 210-977-2353.

### Patrons register for a virtual 5K/10K

Join the JBSA Fitness Center Teams for the virtual

Jingle Bell 5K/10K. Interested participants can register at [www.itsyourrace.com](http://www.itsyourrace.com) starting Nov. 15 and choose your distance. The cost is only \$12 per person and includes a T-shirt (preferred size can't be guaranteed). In addition, the fastest three males and females in each race distance will receive a decorated stocking with lots of goodies in it.

In order to qualify for the stocking, participants must download the IYR Virtual app to track their run. Run your race any time between Dec. 1-21 by simply clicking "start race" in the IYR app after registering. T-shirts will be available for pick up at the JBSA-Fort Sam Houston Jimmy Brought Fitness Center, the JBSA-Lackland Warhawk Fitness Center and the JBSA-Randolph Rambler Fitness Center any time after you have registered and paid. For more information, call the JBSA-Fort Sam Houston Jimmy Brought Fitness Center at 210-221-1234. The JBSA-Lackland Warhawk Fitness Center at 210-671-2016. Or the JBSA-Randolph Rambler Fitness Center at 210-652-7263.

**JBSA-Fort Sam Houston Community Center  
November Events**



*Holiday  
Wreath  
Making  
Nov. 9*

*Go home with a holiday  
wreath you construct  
\$35 per person - Ages 5  
and older - Instruction  
and supplies provided.  
RSVP by Nov. 2*

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*Purse BINGO - Nov. 21*

*BINGO, Adult Beverages  
& Designer Bags  
makes for a perfect  
Ladies Night Out!  
RSVP by Nov. 14*



*\$35  
per pack*

Both events are 6-9 p.m. with light refreshments provided & bar open for drink purchases.  
To RSVP for each event go to: [fitsamevents@gmail.com](mailto:fitsamevents@gmail.com)  
For more information, call (210) 808-6262

### Individuals compete on the stair climber

Come challenge yourself Nov. 17 during normal operating hours at the JBSA-Lackland Chaparral Fitness Center in this friendly, free competition. Test your cardiovascular endurance and see how many flights of stairs you can climb. Each participant will have 30 minutes to climb as many stairs as possible. Final numbers will be tracked by fitness center staff. For more information, call 210-671-2401.

### Teams compete to see who is the best

The JBSA-Lackland Kelly Fitness Center is hosting a Volleyball Tournament Nov. 19 from 11 a.m. to 1 p.m. at

the Outdoor Sports Courts. Teams must register no later than Nov. 17 at 3 p.m. Teams will compete in a single elimination tournament to crown our new champion. This event is free and a prize will be awarded to the winning team. For more information, call 210-925-4848.

## Golf

### Children learn the game of golf

Come out to the JBSA-Randolph Oaks Golf Course and join coach Chris Tipton for the "Kids Have Fun Golf School" Nov. 2-6 from 5-8 p.m. If you have kids ages 5-8 years old who want to learn golf, then call Coach Chris at 210-505-6063 to reserve a spot. The cost is \$100 per child. For more information, call 210-652-4653.

### Warrior Golf Scramble

Head to the JBSA-Fort Sam Houston Golf Course Nov. 6 for the Warrior Golf Scramble. This scramble starts at noon with a shotgun start. The cost is \$25 for DoD ID cardholders and JBSA-Fort Sam Houston Golf Club members, and \$35 for nonmembers. Price includes green fee, golf cart and a box lunch for players. The event is limited to the first 60 paid players. For more information, call 210-221-5863.

### Night Time Par 3 Challenge

Check out the JBSA-Fort Sam Houston Golf Course Nov. 9 and 23 at 5:30 p.m. for a special night time challenge. These events are a nine hole individual stroke par 3 challenge. The entry fee is \$25 for members and \$35 for nonmembers and includes green fees, cart rental, night golf supplies and prizes. Registration is required by noon on the day of each event. For more information, call 210-221-5863.

### Golfers compete over the holiday

Enjoy some great golf on Veterans Day at the JBSA-Randolph Oaks Golf Course. Sign up for a two-person team Big 6 tournament held Nov. 11 with tee times starting at 7 a.m. This is an entertaining format where holes 1-6 are played as a scramble, 7-12 are played as best ball and holes 13-18 are played as modified alternate shot. Net and gross are paid and the team handicap is the lowest of the two handicaps. A post round BBQ lunch is included in the entry fee. The entry is \$20 dollars so call or stop by the Pro Shop and sign up. For more information, call 210-652-4653.

### Turkey Shoot

Form a team and visit the JBSA-Lackland Gateway Hills Golf Course Nov. 21 for the Turkey Shoot. The turkey shoot this year starts at 8 a.m and is an 18-hole, two player scramble. Players make their own teams and the pro shop will make the pairings for the event. Teams are awarded a certain percentage of their combined team handicap with prizes for both gross and net. Entry fee is \$20 per player and covers prizes for the event. Deadline to sign up is Thursday, Nov. 19. There is a \$30 late entry fee after Nov. 19. For more information, call 210-671-3466.

The JBSA-Fort Sam Houston Golf Course hosts the Turkey Shoot Nov. 21 at 8:30 a.m. Turkey Shoot this year is a two-player scramble. The entry fee is \$25 for members and \$35 for nonmembers and includes green

fees, cart rental and prizes. Deadline to sign up is Nov. 19 and the late entry fee is \$35 for members and \$45 for nonmembers. For more information, call 210-221-5863.

### Black Friday Sale

Do you need some new golf equipment for yourself or possibly for a gift? Then, the JBSA-Randolph Oaks Golf Course has a great deal for you. Shop on Nov. 27 and receive a 15 percent discount on all merchandise in the Pro Shop with the exception of Ping equipment. For more information, call 210-652-4653.

### Information Tickets & Travel

#### Information, tickets & travel are open for business

JBSA Information, Tickets and Travel locations are open and ready to handle all your vacation needs to include tickets, lodging and transportation. Leisure Travel at JBSA-Lackland is open Tues.-Fri. from 9 a.m. to 5 p.m. Please call the following numbers to make reservations or for more information. For JBSA-Fort Sam Houston call 210-808-1378, for JBSA-Lackland call 210-671-3059 and to reach JBSA-Randolph, call 803-266-9333.

### Military & Family Readiness

#### Command training offers insight to readiness group

Commanders and First Sergeants attend a virtual REAL Command Team Training, Nov. 3, 9-11 a.m. for an overview of the Soldier & Family Readiness Group and review roles between the command team and the SFRG leaders. To register, call 210-221-2705.

#### Support connects EFMP Families

A virtual support group led by the Exceptional Family Member Program meets Nov. 3 and 17 from 11:30 a.m. to 12:30 p.m. to help families learn about local resources and connect with our special needs community. To register, call 210-221-2705.

#### Workshop provides holiday stress relief

Participants review methods to help identify symptoms of stress and stress management techniques to help avoid the holiday blues during the virtual Stress During the Holidays workshop, Nov. 4, 10-10:45 a.m. and discuss strategies to help guide children through the holidays with minimal stress. To register, call 210-652-5321.

#### Federal resume writing tips help military spouses

Military spouses learn a 10-step approach for preparing a federal resume and how to apply for job announcements located at [www.usajobs.gov](http://www.usajobs.gov) during the virtual 10 Steps to a Federal Resume for Military Spouse workshop, Nov. 10, from 10 a.m. to noon. To register, call 210-652-5321.

#### Participants unlock professional connections

Learn how to build a professional profile and maximize networking capabilities during the virtual LinkedIn & Professional Branding workshop, Nov. 17, from 2-4 p.m. To register, call 210-671-3722 or email [802fss.fsf@us.af.mil](mailto:802fss.fsf@us.af.mil).

#### Savvy planning helps prepare for retirement

Explore the implemented changes to Social Security and how it may affect your retirement during a virtual Social Security & You workshop,

Nov. 19, from 10 a.m. to Noon. To register, call 210-671-3722 or email [802fss.fsf@us.af.mil](mailto:802fss.fsf@us.af.mil).

### Outdoor Recreation

#### Concealed carry classes offered

The JBSA-Camp Bullis Rod-N-Gun Recreation Center, bldg. 6215, is providing Concealed Handgun License (CHL) classes Nov. 7 and 21 from 8 a.m. to 1 p.m. To register for the class, students must be at least 21 years old, unless they are active duty military 18 years or older (DoD ID cardholders only). Students must also meet Federal qualifications to purchase a handgun. Facemasks must be worn during COVID-19. The cost of the class is \$75. Successful completion of this class is required to apply for a Texas CHL. To register, go to <http://www.chlregistration.com> and select "Register for Class" and then select "Dan Willis - Leatherneck Arms." For more information, call Mr. Dan Willis at 210-363-2332.

#### Customers make use of a rental special

All JBSA Outdoor Recreation offices are offering a special for the rental of one table with six chairs during the month of November. The daily rate is \$6, \$10 for the weekend and \$12 for the holiday weekend. For more information, call JBSA-Fort Sam Houston at 210-221-5224, JBSA-Lackland at 210-925-5532, and JBSA-Randolph at 210-652-5142.

#### Small groups enjoy a round of paintball

Fall is the perfect time to play paintball at JBSA-Lackland Outdoor Recreation. The paintball field may be reserved but the number of participants is limited to 10 in a group. The cost is \$20 per person and includes a paintball marker, air tank refills and a face mask. The cost is \$12 for a bag of paint or \$45 for a case of paint. For dates and availability, call 210-925-5532 or 210-925-5533.

### Youth Programs

#### Parents are offered a break

JBSA-Youth Programs can give parents that much needed break through the GPAB or PNO Programs. Held Nov. 13, 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. Times for each location are as follows. JBSA-Fort Sam Houston and JBSA-Randolph will host parents night out from 6-10 p.m. JBSA-Lackland will run from 6:30-10:30 p.m.

To register or for more information for JBSA-Fort Sam Houston, call 210-221-5002. For JBSA-Lackland, call 210-671-2388. And JBSA-Randolph can be reached at 210-652-4946.

#### Youth get registered for camp

Beginning Nov. 16 families who need child care for their children, ages 5-12, while they are out of school for Winter Break can request care through MilitaryChildCare.com. Winter Camp is for children 5-12. Requests will be taken until full. Fees are based on total family income and all required paperwork must be on file. Camps take place at the following locations for the listed dates. JBSA-Fort Sam Houston Youth: Dec. 21 to Jan 5. JBSA-Lackland Youth:

Dec. 21 to Jan. 5. JBSA-Randolph Youth: Dec. 18 to Jan. 6.

All JBSA Youth Programs' Winter Camps are closed on Dec. 25 and Jan. 1. JBSA-Fort Sam Houston and JBSA-Lackland are open on Dec. 26 and Jan 2 for reservations only. JBSA-Randolph is closed on Dec. 26 and Jan. 2. For more information, call 210-221-3502. For JBSA-Lackland call 210-671-2388, and for JBSA-Randolph call 210-652-3298.

#### Youth participate in a turkey trot

Come join the JBSA-Lackland Youth Programs for some pre-thanksgiving family fun Nov. 21 from 8 a.m. to noon at the annual Turkey Trot. This event is open individuals of all ages. So come on out, get a little exercise in, and perhaps you and your family can walk away with a free turkey just in time for Thanksgiving. For more information, call JBSA-Lackland Youth Programs at 210-671-2388

#### Archery skills are tested with a competition

JBSA-Randolph Youth programs hosts an archery turkey shoot Nov. 23-25 from 8 a.m. to 4 p.m. This event is for youth ages 9 and older and includes a two day instructional camp and one day Joint Base San Antonio competition, that will display the youth's archery skills. Parents, friends and other spectators can cheer on archers during the competition. The three day camp is \$60 and all archery equipment will be provided during the camp. Each day of camp participants will need to bring a sack lunch and water bottle. Space is limited to 15 participants and advance registration is required. To register, call 210-652-3298.

#### Youth do their part to recycle

The JBSA-Fort Sam Houston Elementary School's recycling program is reaching for the stars during the 2021 school year. Now through May 1, 2021 the FSH Elementary School is competing with schools around the nation to win another \$50K grant from Pepsi®.

We are asking the three JBSA locations to support the Fort Sam Houston Elementary School again. In order to show your support, please follow these guidelines: 1. Choose a large blue bin that the recycle company will pick up monthly. 2. Once the recycle bin is filled up, take a picture with you and your organization showing support. 3. Send a weekly, bi-weekly, or monthly picture to [Nita.j.ford@hightower.civ@mail.mil](mailto:Nita.j.ford@hightower.civ@mail.mil) or [Pperea@fshisd.net](mailto:Pperea@fshisd.net). For more information, please call 210-221-2214 or 210-823-6500.

## STAY CONNECTED

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

<https://jbsatoday.com>





## LACKLAND

# Air Force's special warfare training builds leaders ready to handle threats worldwide

By Jennifer Gonzalez

AIR EDUCATION AND TRAINING  
COMMAND PUBLIC AFFAIRS

U.S. Army Gen. Richard D. Clarke, commander of U.S. Special Operations Command, saw firsthand how Air Education and Training Command officials ensure joint forces are well equipped with ready and lethal special operations Airmen during a visit to Joint Base San Antonio-Lackland Oct. 16.

"This visit shined a spotlight on how AETC recruits and trains all enlisted Air Force special warfare operators," said Lt. Gen. Brad Webb, commander of Air Education and Training Command. "The next generation of Airmen must be lethal and ready to compete, deter and win in an increasingly complex environment, and it starts here in the First Command."

The visit traced the initial skills training path of special operators from recruiting and accessions through basic and technical training.

"The realism and intensity of this training is vital because when these Airmen finish their training, they'll need to address challenges we may not be able to predict," Clarke said. "AETC is training leaders who will be asked to address an ever-changing landscape where the fight we've engaged in since 9/11 may not resemble the threat our adversaries will present in the coming years. The physical toughness, intellectual capacity and ethical core these Airmen are developing during their training will help the Joint



PHOTO BY SARAYUTH PINTHONG

U.S. Army Gen. Richard D. Clarke (right), commander of U.S. Special Operations Command at MacDill Air Force Base, Florida, listens to a brief from Tech. Sgt. Megan Owens (left), 323rd Training Squadron military training instructor, during a tour at Joint Base San Antonio-Lackland Oct. 16.

Force address the worldwide range of challenges each geographic combatant commander faces."

"Having the agility of mind to understand mission-type orders, to understand commander's intent and be able to move out are essential elements of AETC and the training we provide special warfare Airmen," Webb added.

The path of a special operator starts with Air Force Recruiting Service. To help find the right candidates who can excel through an intense training pipeline, AFRS established the 330th Recruiting Squadron, a specialty squadron whose mission is to effectively scout, develop and guide future special warfare Airmen to their combat calling.

"Our special warfare careers are some of the most challenging career fields we have to fill," said Maj. Gen. Edward Thomas, AFRS commander. "Candidates must meet exceptionally high

physical standards and must have the grit and determination to push further and harder."

Enlisted special warfare career fields include combat controllers, pararescue, special reconnaissance, and tactical air control party. In 2019, the 330th RCS successfully increased recruitment 20 percent compared to their inaugural year in 2018.

Once trainees are recruited, Second Air Force takes the lead, beginning with basic military training here, under the responsibility of the 37th Training Wing.

"BMT sets the foundation for all of the Air Force's enlisted Airmen," said Maj. Gen. Andrea Tullios, Second Air Force commander. "We are aligning foundational competencies to meet National Defense Strategy objectives so our Airmen immediately enhance mission execution when they join their first Air Force or joint team."

While at BMT, enlisted

special warfare trainees receive additional physical training and are aggregated in flights together so they can foster the camaraderie needed to prepare them for the next phase of training they enter in the Special Warfare Training Wing, also located at JBSA-Lackland.

"We are training these newly minted Airmen to meet the demands of the future battlefield," said Col. Mason Dula, Special Warfare Training Wing commander. "We push the limits of human performance and technology to build a stronger, smarter, more lethal force capable of solving the nation's most complex military problems."

Training begins with the Special Warfare Preparatory Course here before recruits are vectored into an Air Force specialty code. Depending on their AFSC, trainees move to other locations around the country for schools such as Air Force Combat Dive School, Airborne and Survival,

Evasion, Resistance and Escape, or SERE, School. Each course is meant to push trainees' mental and physical abilities to their limits.

"As a tactical air control party, I can attest that this training pushes our Airmen to their limits, but it also prepares them for the reality of the austere environments they will face as an operator," said Chief Master Sgt. Adam Vizi, Second Air Force command chief. "Going through all of the training associated with the TAC-P pipeline ensured I was trained, equipped and ready to deliver timely, accurate and lethal effects on the battlefield."

There are several training pipelines, which, depending on the specialty, vary in length. Airmen who successfully complete training proceed to their operational units and join Air Force special tactics teams or joint forces at USSOCOM.

The tour also included a visit to the Career Enlisted Aircrew Center of Excellence. Here, members of the 37th Training Group established an Air Force specialty code baseline and prepare candidates to complete follow-on flight training programs. The COE staff members prepare graduates for nine AFSC-awarding courses, including four that directly support special operations. After completing the Aircrew Fundamentals Course, students who complete the Basic Flight Engineer, Basic Loadmaster Course or Basic Special Missions Aviation Course attend initial qualification courses that prepare them to be Air Commandos.

## A PILOT'S PILOT

## Honoring Capt. Mark "Tyler" Voss and his Gold Star family

By Rachel Kersey

502ND AIR BASE WING PUBLIC AFFAIRS

The Gold Star is known as the military honor no one wants. It commemorates the tragic death of a military member who has perished while engaged in combat against a hostile enemy.

On Friday, May 3, 2013, Capt. Mark "Tyler" Voss perished in a plane crash near Chon-Aryk, Kyrgyzstan, while on his sixth deployment, making his family a Gold Star Family who will be honored, along with many other families, annually on the last Sunday of September.

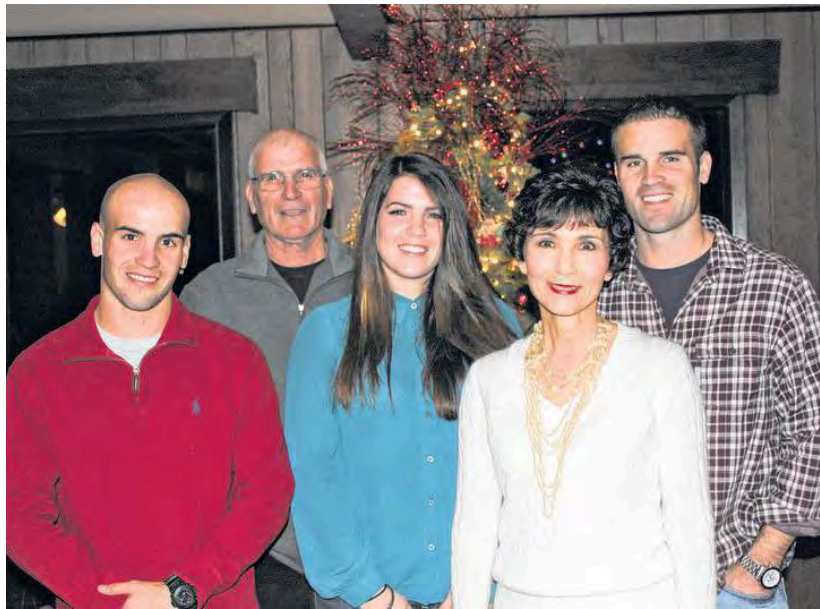
Marcelle "Marcy" Voss, Capt. Voss' mother, celebrated his service and honored his sacrifice with seven other local families at an event hosted in a veteran-owned restaurant in Kerrville, Texas, the city she lives in. Though it has been seven years since her son died, she still finds ways to honor his memory and share his story.

Born on Dec. 16, 1985, Tyler attended kindergarten in La Grange, Texas, before moving to Kerrville, where he completed first through eighth grades. When the family moved to Boerne, he attended Boerne High School. He knew exactly where he was going to go after that.

"Tyler developed a love of flying at an early age," Marcy said. "As a young child, he often rode in the back seat of a small airplane with his dad.

"When Dick Peck, a close family friend and former Air Force F-100 pilot, asked Tyler what he wanted to do when he grew up, Tyler said he wanted to fly," she said, adding that Peck said Tyler should go to the Air Force Academy. And Tyler decided, while in elementary school, that was what he would do.

In preparation for the academy, he took advanced



COURTESY PHOTOS

Capt. Mark "Tyler" Voss, far right, with his family for Christmas in 2012.

classes in high school, participated in the Junior Reserve Officers' Training Corps and earned his private pilot's license. When he graduated from high school in 2004, he had earned an appointment to attend the U.S. Air Force Academy in Colorado Springs, Colorado, and he graduated in 2008.

Tyler's first duty station was Fairchild Air Force Base in Spokane, Washington. He was promoted to captain May 28, 2012, and became an aircraft commander March 14, 2013. According to his mother, he was referred to as "a pilot's pilot" for his success in the field.

Voss was all set for a promising career when tragedy struck. His plane went down while on a mission.

"He and his Shell 77 crew, co-pilot, Capt. Victoria Pickney, and boom operator, Tech. Sgt.

Herman Mackey III, were on a refueling mission supporting Operation Enduring Freedom in Afghanistan," his mother said. "He was 27 at the time of his death and is buried at Arlington National Cemetery in Section 60."

Family, friends and the community in Boerne surrounded the Voss family with love after Tyler's death, Marcy said. The family attended memorials there, in Spokane and at the Air Force Academy.

"Though Tyler lived a short life, he lived a full life, following his passions and his dreams," his mother said. "Capt. Voss received numerous flight commendations while serving God, country, and his fellow servicemen."

"He loved life and made sure everybody around him was loving life, too," said friend and classmate Capt. Zach Valdez.



On Friday, May 3, 2013, Capt. Mark "Tyler" Voss perished in a plane crash near Chon-Aryk, Kyrgyzstan, while on his sixth deployment, making his family a Gold Star Family.

Readiness Center interacts with Gold Star and surviving family members through the Air Force Families Forever program, which provides long-term support for survivors by engaging with them at specific times during the first 24 months following an Airman's death," Wagoner-Gates said.

"After the first 24 months, quarterly engagement continues indefinitely via in-person, telephone, email or mail," she said. "AFFF supports survivors with information and referrals, remembrances and connections, and installation access."

Tyler's mother said his legacy continues in the Boerne community in many ways.

A plaque honors him in the Boerne Veteran's Plaza, the American Legion Capt. Mark Tyler Voss Post 313 was chartered in Boerne in January 2019, and Boerne Independent School District opened the Capt. Mark Tyler Voss Middle School in August of the same year.

"We proudly wear our Gold Star pins and have a Gold Star banner in our window," Marcy said. "We have recently purchased a flag pole to post a Gold Star flag."

The memory of her son also goes wherever she does by way of a gold star license plate on her vehicle which reads, "SHL 77" in honor of his plane.

"Tyler was probably able to pack more in his 27 years of life than most people do in a lifetime."

With his death, Voss left behind his mother, who is vice president of the Alamo Area Chapter of the American Gold Star Mothers, and his father, Wayne, an associate member of the organization, as well as two siblings, Morgan and Forrest, both of whom serve in the Air Force.

The entire family is in the Air Force Families Forever program as a Gold Star Family.

According to Jennifer Wagoner-Gates, AFFF is the Air Force's long-term support program for next of kin of deceased active-duty Air Force and Reserve Component Airmen who died in an active duty, inactive duty for training, or annual training status.

"The Military & Family



# Recruiters, MTIs, MTLs lay foundation for tomorrow's military forces

By Annette Crawford  
37TH TRAINING WING PUBLIC AFFAIRS

For Air Education and Training Command, developing the Airmen we need doesn't happen magically. It takes the right Airmen with the right training at the right time with the right focus. It means investing in our future by investing in force generators – recruiters, military training instructors and military training leaders.

"We're using the term force generators to describe the work being done by our recruiters, MTIs, and MTLs," said Chief Master Sgt. Erik Thompson, command chief of Air Education and Training Command. "Force generation is exactly their charge during their assignments at either BMT or technical training. Their contribution in laying the foundation for tomorrow's American Airmen and space professionals is priceless."

Thompson visited the 737th Training Group at Joint Base San Antonio-Lackland Oct. 14-15 to get a better understanding of current MTI development as NCOs and senior NCOs, specifically, their vectoring into key development and leadership positions.

"Developing the Airmen we need who possess the Air Force core values starts with our instructor corps," Thompson continued. "We have to look at our force generators with an eye on four key points. How are we assessing and selecting them, how are we onboarding them, how are we continuously developing them while they are assigned to AETC, and how do we prepare them to return to their career field when they have completed their tour with us."



SARAYUTH PINTHONG

*U.S. Chief Master Sgt. Erik Thompson, left, command chief for Air Education and Training Command, talks with Senior Master Sgt. Lorenda Wong, right, 737th Training Support Squadron superintendent, during a tour of the Pflugston Reception Center Oct. 15 at Joint Base San Antonio-Lackland. Thompson was the guest speaker at the basic military training graduation. The visit was an opportunity for Thompson to meet with several military training instructors and leaders who are responsible for generating the force and ensuring Airmen's lethality and readiness.*

Thompson's visit began with an introduction to BMT briefing presented by Chief Master Sgt. Learie R. Gaitan, superintendent of Air Force BMT at the 737th Training Group. Gaitan said that the focus within the 737th TRG was to "learn and grow" the MTI corps through deliberate developmental and mentorship programs.

"This way, when MTIs go back to their specialties after completing their assignment here in BMT, we are returning a certified, full-up, rounded NCO or senior NCO who can lead our formations in the operational Air Force

successfully without being set back in their Air Force Specialty Code. That's a message we want to send to Airmen in all AFSCs," Gaitan said.

"There is no better way to send that message than having our AETC command chief stand within and alongside the MTI corps to see firsthand the blueprint leadership these men and women generate every day for our Air Force," Gaitan added.

In its simplest form, Thompson said the most visible way to show force generators how much they're valued is by recognizing what

they do every day.

"Our instructors work tirelessly every day to ensure America's sons and daughters are properly trained and fully-qualified to join their operational units," Thompson said. "Valuing our force generators is, has been, and will continue to be a top priority for all of us. Senior leaders are actively engaged in discussing the future for MTIs and MTLs. After all, our instructor corps should be the best and brightest."

Several changes have been made to improve quality of life in response to concerns over retention, loss of operational

expertise and assignment-related burnout. Challenges of work-life balance include shift work, professional demands and responsibilities outside typical duty hours.

"These are real worries for our instructor corps and to address them the Air Force changed the tour length for MTIs, MTLs, professional military education and T-prefix instructors from 48 to 36 months, with an opportunity to extend an additional year, back in July 2019," Thompson said. "A vital part of caring for all of our Airmen is doing our best to provide a work environment where they know they are valued."

In addition to the BMT presentation, the AETC command chief received briefings on war skills military study, developmental special duty, and MTI school, among others. He was the guest speaker at the BMT graduation Oct. 15, and toured the 319th Training Squadron Basic Expeditionary Airman Skills Training, or BEAST, facility at the JBSA-Chapman Annex.

"The Air Force needs passionate leaders committed to the development of our Airmen," Thompson said. "While all Airmen possess professionalism and represent our Air Force core values, the Airmen who serve in developmental special duty positions are the gold standard."

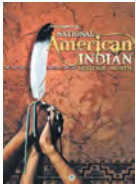
"These men and women are in demanding careers that offer positive career broadening experiences for them to mature and grow as leaders," he continued. "We must take a hard look at ourselves, our organization and our culture to determine the changes needed in order to support our growing, lethal force."

# JBSA celebrates National American Indian Heritage Month

By Maria F. Rodriguez

802ND FSS CIVILIAN PERSONNEL SECTION

National American Indian Heritage Month, or NAIHM, is from Nov. 1-30 and this year's theme is in support of the Office of the Secretary of Defense's efforts to commemorate the 75th Anniversary of the end of World War II. This year's theme is "Honoring the Past, Securing the Future!"



The observance month recognizes American Indians for their respect for natural resources and the Earth, having served with valor in our nation's conflicts and for their many distinct and important contributions to the United States.

In observance of National American Indian Heritage Month, Joint Base San Antonio is providing informational display tables at JBSA libraries, as well as Military and Family Readiness Centers at JBSA-Fort Sam Houston, JBSA-Lackland, and JBSA-Randolph.

Visitors to the libraries and M&FRCs are encouraged to follow COVID-19 health and safety measures, including practicing physical distancing.

For more information, contact the Civilian Personnel Section at 210-221-1408 or [usaf.jbsa.502-abw.mbx.usaf.fsh-cps@mail.mil](mailto:usaf.jbsa.502-abw.mbx.usaf.fsh-cps@mail.mil).

# 59 MDW research program reaccredited

By Airman 1st Class Melody Bordeaux

59TH MEDICAL WING PUBLIC AFFAIRS

The 59th Medical Wing Human Research Protection Program at Joint Base San Antonio-Lackland was reaccredited by the Association for the Accreditation of Human Research Protection Programs in September 2020.

The accreditation is a reflection of excellence in human research studies through policies, procedures, and practices.

The reaccreditation with zero readjustments after review is a testament to the importance the organization continuously places on the protection of its human research participants and the research quality carried out by the institution. It demonstrates to participants, researchers, funders, and other partners the 59th MDW's commitment to ensuring the highest ethical standards in the conduct of research.

"Outside of the Department of Defense, a large percentage of medical colleges are AAHRPP accredited and a lot of medical centers," said Jessica Mercado, clinical research facilitator. "It's not just limited to the United States; there are also other organizations throughout the world that are accredited. This makes it desirable for collaborative research between the DOD and other institutions."

During the rigorous accreditation process, the 59th MDW developed extensive participant safeguards and added them into every level of research operation, adhering to the highest standards for research.

Starting the reaccreditation process in 2019, the HRPP working group developed a full comprehensive program of operating instructions.

"Operating instructions cover telling researchers how to write their protocols, what

the laws and rules are for protecting human subjects, to how we actually do our administrative processes, and all the way through completing their research," said Col. Carol Walters, Clinical Investigations and Research Support director. "We also do audits, and what we call, post-approval monitoring, which is to do quality control and make sure that research is in compliance."

This encompassing program matches AAHRPP's standards, which exceeds federal regulations and requires researchers to address conflict of interest, to provide community outreach and education and to apply consistent stringent protections

to all research involving human participants.

"We couldn't have done it without leadership support," said Shelley Tavish, nurse research coordinator. "It shows as an organization the commitment we have in ethical research here."

Along with changes to policies and operating instructions, the group revised templates and protocols used for human research studies and focused on educating and training the wing, investigators, and research teams.

"To ensure compliance with human subject protections, the institutional review board oversees volunteering is

allowed with given consent, while still considering the risk and potential benefits, and equitable distribution of selected persons participating," said Dr. Earl Grant, quality and education director.

With the revisions came additional checks and balances built into policies to protect and care for participants while adhering to new national laws for human research.

With AAHRPP accreditation possible in the DOD, the 59th MDW has paved the way for other organizations to gain accreditation, including assisting Walter Reed National Military Medical Center in becoming the second accredited DOD institution.

## Leading the way!

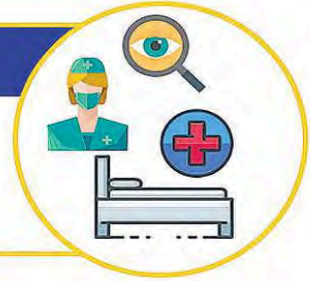


### Recognition and Value

1st DoD Human Research Protection Program to be accredited by the Association of Accredited Human Research Protection Program in 2017 and REACCREDITED in September 2020.

### A Stepping Stone

Helping other organizations in the DoD, such as Walter Reed National Military Medical Center, get accredited.



GRAPHIC BY AIRMAN 1ST CLASS MELODY BORDEAUX



# 149th FW taps into STRATFI program to scale additive manufacturing capabilities

By Staff Sgt. Jordyn Fetter  
149TH FIGHTER WING PUBLIC AFFAIRS

Following the unveiling of the Air Force's Strategic Financing, or STRATFI, program in March 2020, the 149th Fighter Wing at Joint Base San Antonio-Lackland has partnered with an innovative startup company to scale additive manufacturing capabilities across the Texas Military Department and Air National Guard.

Of the 21 companies selected for these "big bets," two were partnered with Air National Guard end-users in the TMD including the industrial 3D printing solutions company Essentium.

We stand at the edge of game-changing technology," said Master Sgt. Carlos Gil, 149th Maintenance Squadron aircraft metals technician. "It is vital that the investment being made into this partnership be given a tailwind and exposure. We've found that using innovative programs like STRATFI, we have the opportunity to build a bridge to the future and become a solution to many problems plaguing the Air Force supply chain worldwide."

The partnership began in 2019 when Gil was invited to connect with the Phase I Small Business Innovation Research, or SBIR, company during a customer discovery session with TMD end-users, which led to an in-depth exchange of ideas.

The following year, they laid the groundwork for future collaborations and received training on the machinery, which acts as a force multiplier in its ability to design outside the boundaries of formal engineering.

"Finally seeing this idea come to fruition has been



PHOTO BY MASTER SGT. MINDY BLOEM

Staff Sgt. Joshua Turner, 149th Maintenance Squadron aircraft metals technician, moves a newly delivered printer into place at his unit's shop Aug. 12 at Joint Base San Antonio-Lackland.

extremely rewarding," said Gil. "I have been a spokesperson for this type of technology for the past five years now. Additive manufacturing capabilities will provide a path forward for the quick response and the ability to respond to ideas that improve job performance and warfighting ability."

The STRATFI initiative, created by Dr. William Roper, the Air Force Assistant Secretary for Acquisition, Technology and Logistics and fueled by the Air Force Small Business Innovation Research/Small Business Technology Transfer, or SBIR/STTR program, aims to bridge the "valley of death" startups often face when working to transition the use of their technologies to a program of record.

To achieve this, the SBIR program is matching any funds

**"Additive manufacturing capabilities will provide a path forward for the quick response and the ability to respond to ideas that improve job performance and warfighting ability!"**

Master Sgt. Carlos Gil  
149th Maintenance Squadron  
aircraft metals technician

committed by units investing in the growth of the technology, which also incentivizes venture capital investment into STRATFI SBIR companies from the private sector.

For this project, the TMD secured \$7.5 million from the National Guard Bureau during their first-ever innovation competition and a combined \$6 million from the Air Force Research Laboratory and Rapid Sustainment Office, which is being matched by the SBIR program.

Essentium also raised upwards of \$45.5 million from the private sector, which results in a combined \$72 million spread across a four-year contract that will go toward bolstering the logistical chain and cybersecurity of the company's machine and ruggedizing it for expeditionary operations.

In late July, the 149th FW received one of the TMD units to receive a 3D-printer, along with training, materials, and support to further trial the technology for Air Force use.

"We're uniquely positioned in the Air National Guard to tackle these experimental projects," said Maj. Caleb Cienski, 149th FW innovation officer. "In addition to having an amazing team of people with diverse personal and professional backgrounds, we're deeply rooted in our communities and provide a sense of stability and consistency for them as they explore what they're passionate about. Combine that with a mission application and we'll be bringing these new tools to the entire Air Force in no time."

Harnessing innovative technologies and processes to improve the Air National Guard and U.S. Air Force's capabilities is a driving force behind how the 149th FW operates.

"Our Gunfighters are some of the most ingenious and creative Airmen, and I'm honored to empower them to explore beyond what we previously thought was possible," said Col. Raul Rosario, 149th FW commander. "Projects like the one we're focusing on with additive manufacturing are essential to strengthening and transforming our capabilities and maintaining a competitive edge on the global stage."

As the wing continues to experiment and test the boundaries of the possible, Gil expressed excitement for the future and shared words of encouragement for Air Force leaders and intrapreneurs alike.

"People are the greatest investment with the highest rate of return," said Gil. "When provided the right tools and opportunity, people will dedicate themselves to being co-owners in anything they put their hands and mind to. Makers will usher in the new era of craftsmanship in the spirit of the Wright brothers going where no one has gone before."

# RANDOLPH

## Working 'ToGetHer' helps spread breast cancer awareness

By Robert Goetz

502ND AIR BASE WING PUBLIC AFFAIRS

Breast Cancer Awareness Month might be in its waning days, but the National Breast Cancer Foundation's theme this year resonates regardless of the month.

It's all about working together.

"This year, the National Breast Cancer Foundation is focusing on working 'ToGetHer' to make sure every woman has access - access to education, screening, treatment and supportive care, regardless of individual circumstances," said Dr. (Capt.) Angelique Forrester, 559th Medical Squadron Family Health Clinic physician.

"This year, especially as we continue to work through this pandemic, the theme serves as a reminder that we all need to be invested in this fight against breast cancer because it truly can affect anyone, regardless of gender, ethnicity or socioeconomic background," Forrester added.

Although the number of deaths due to breast cancer in the United States continues to decline, the number of new diagnoses is on the upswing, and breast cancer remains the second most common cancer in women in the U.S., behind only skin cancer, according to the National Breast Cancer Foundation and the American Cancer Society.

An estimated 280,000 women in the U.S. will be diagnosed with an invasive form of breast cancer this year, while 48,000



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women will be diagnosed with a non-invasive form. In addition, 26,000 men will be diagnosed with breast cancer this year. As many as 42,000 women and 500 men in the U.S. will die from breast cancer this year.

Breast cancer has an even greater impact on women and men in the military, according to studies from more than 10 years ago, Forrester said. As a result, significant Department of Defense funding has gone into breast cancer research and therapeutic development.

"I think this may also be one of the reasons the military shifted to a self-referral option for annual mammogram screening for women aged 40 and older," she said.

Like most cancers, breast

cancer can develop when the DNA of previously healthy cells are damaged and mutates, Forrester said.

"These mutated cells no longer respond to the normal cell cycle and will continue to reproduce unchecked," she said. "Over time the abnormal cells grow and invade healthy cells in the body. Breast cancer can start in the cells of breast tissue and later invade surrounding tissue or spread to other areas of the body."

"The most common forms of breast cancer include ductal carcinoma in situ, a non-invasive form that is highly treatable if caught early; invasive ductal carcinoma, which makes up 70 to 80 percent of breast cancer cases in

women; and the rarer form, inflammatory breast cancer, which makes up 1 to 5 percent of breast cancer cases, Forrester said.

"Metastatic breast cancer is classified as stage 4 breast cancer, which is when the cancer has spread to other parts of the body," she said.

The cause of breast cancer is still unknown, Forrester said, but well-documented factors can increase a person's risk, including genetics, gender and age.

"Women are 100 times more likely to develop breast cancer than men," she said.

With regard to age, two out of three women will be diagnosed after the age of 55, according to the National Breast Cancer Foundation.

Race is also a factor, Forrester said.

"White women seem to be at higher risk compared to other races," she said. "However, black women are more likely to have a worse outcome due to late diagnosis."

Lifestyle modifications may reduce risk of contracting breast cancer, including avoiding excessive alcohol consumption, maintaining a healthy weight, eating healthy and avoiding hormone replacement therapy when possible, Forrester said.

"I'd encourage maintaining a healthy, balanced diet - ideally something similar to the Mediterranean diet as that is the only proven heart-healthy diet that is supported by research," she said. "Engaging in regular physical activity is also important."

Regular screenings are crucial and vary slightly from organization to organization, Forrester said.

The United States Preventive Services Task Force, or USPSTF, recommends that women age 50 to 74 with average risk for breast cancer get a mammogram at least every two years, while the American Cancer Society advocates for earlier screening - annual screenings starting at age 40 until the age of 55, with the option to switch to every two years in women age 55 and older.

The USPSTF supports earlier screening of women age 40-49 on a case-by-case basis. It also recommends that women with a personal or family history of certain cancers such as breast, ovarian, tubal or peritoneal cancer or have a family history associated with the BRCA1/2 mutation be screened with a brief familial risk assessment tool to guide further management.

"The military offers breast cancer screening with annual mammograms starting at age 40 for those with average risk factors," Forrester said. "If you are someone that falls within a higher risk group, discuss your concerns with your primary care provider because you may qualify for earlier screening."

Being proactive is key, Forrester said.

"Educate yourself, listen to your body and do not be afraid to seek guidance from your health care provider," she said. "If you do have questions or concerns, don't wait to ask."



# 433rd TRS Reserve MTI STEPS to master sergeant

By Debbie Gildea

340TH FLYING TRAINING GROUP  
PUBLIC AFFAIRS

Former Marine Corps field radio operator Martin Hernandez, now an Air Force Reserve military training instructor at the 433rd Training Squadron, Joint Base San Antonio-Lackland was STEP-promoted to master sergeant during an October ceremony at JBSA-Lackland and his flight of basic trainees.

Stripes for Exceptional Performers, or STEP, is a commander's program designed to promote the most deserving Airmen, especially those who face barriers because of a limited number of position vacancies.

The 433rd TRS is one of seven squadrons assigned to the 340th Flying Training Group at JBSA-Randolph, and the only all-Reserve MTI squadron in the Air Force.

"Exceptional is an accurate description for Hernandez, who exemplifies desired qualities for members of the profession of arms and whose character is beyond reproach," said Chief Master Sgt. Tamara Strange, 433rd TRS superintendent.

Hernandez, who served in the Marine Corps for four years,



PHOTO BY DEBBIE GILDEA

entered the Air Force Reserve immediately upon transitioning from active duty. A civil engineer Airman for six years, he accepted the opportunity to serve as an MTI in 2018.

Determination to achieve his goals is a hallmark evident in his accomplishments, including completion of his master's degree in post-secondary education. He has already established his post-MTI goals: to pursue a commission and a Ph.D.

Among his various accomplishments, he benchmarked squadron safety program, managed 50 base-level projects, planned and executed a dining facility remodel project, refurbished a warehouse for a squadron training lab, completed academic and hands-on MTI requirements, completed the demanding 90-day MTI task qualification program, guided 20 peers as the technical training class leader (earning the honor graduate

award), delivered 160-hour curriculum for five basic training flights, and led 11 officer training school flights COVID-19 operations.

Originally from San Bernardino, California, he also coordinated a University of California-Los Angeles veterans outreach program, working with eight community colleges and providing counseling and support for more than 70 veterans.

"In my civilian life I am

*(From left) Lt. Col. Anthony Erard, 433rd Training Squadron commander; Master Sgt. Martin Hernandez, newly STEP-promoted 433rd TRS military training instructor; and Chief Master Sgt. Tamara Strange, 433rd TRS superintendent, pose for a photo following Hernandez' STEP-promotion ceremony held in early October.*

dedicated to assisting military-connected students and veterans successfully transition out of the military in order to pursue and succeed in higher education," Hernandez said. "I recently earned my degree in higher and post-secondary education from Columbia University to work in higher education. I became an MTI because I want to establish a solid foundation for civilians entering the military and do the same for new veterans transitioning back into the civilian sector."

Having a heart for service comes naturally to the senior NCO, who proudly refers to himself as third-generation military. One grandfather was a soldier, the other was a Marine, and Hernandez' father was also a Marine.

"Hernandez was an obvious choice for a STEP promotion to master sergeant. He not only checked every box for promotion, but he was also already performing at the level of a senior NCO," said Lt. Col. Anthony Erard, 433rd Training Squadron commander. "In his two years with the unit, he has had a huge impact on both trainees at basic military training and officer trainees at officer training school."

## Civilian employees encouraged to periodically review personnel folder

By Toni Whaley

AIR FORCE'S PERSONNEL CENTER  
PUBLIC AFFAIRS

The Air Force's Personnel Center is recommending new and current employees of the federal government review their electronic official personnel folder, or eOPF, periodically.

"Your eOPF contains records agencies use to make important employment decisions throughout your federal career," said Aquella Grimmage-Smith, Transition Operations Branch chief.

"These documents show your

federal employment history, verify your military service credit, and records your benefits in regards to health, life insurance, beneficiaries, and Thrift Savings Plan."

Ensuring the eOPF is correct and up to date is the employee's responsibility. While there are no set timelines; employees records are typically updated for annual pay adjustments in January and appraisal pay-outs, e.g. cash award and time-off awards.

"When you get an e-mail notification stating that a new document has been added to

your eOPF, take a moment and look," Grimmage-Smith said.

"While every effort is made to ensure the information in your eOPF is correct, errors can occur and may occasionally go unnoticed. However, periodically reviewing your own record significantly reduces those chances."

What to check in your eOPF  
 ▶ Check the Standard Form 50 (SF-50) Notification of Personnel Action. This is a legal binding document for the government used to document employment history. It includes the employee's grade,

occupation, salary, tenure, retirement plan, veterans' preference, and remarks specific to the appointment, to name a few.

▶ Check for spelling errors, Social Security number, and date of birth accuracy.  
 ▶ Ensure veterans' preference is accurate, if applicable.  
 ▶ Verify the correct life insurance election code is documented.  
 ▶ Check and double check the retirement plan.

"I can't express the importance of verifying your retirement plan enough,"

Grimmage-Smith said. "If your retirement plan is not coded correctly, you could end up paying too much or not enough into retirement. The end result could be big debts which must be repaid at the employee's own expense."

If an employee finds incorrect data or missing documents in their eOPF, immediately report the discrepancies to the local civilian personnel office for review and resolution.

To register for eOPF access, go to the eOPF page in myPers at [https://mypers.af.mil/app/answers/detail/a\\_id/23070](https://mypers.af.mil/app/answers/detail/a_id/23070).