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# From the Top



# Supporting the Force

Commentary by Col. Marvin D. Johnson TXARNG Deputy Chief of Staff, Logistics (G4)

rom the number of professional sports teams to
the size of our barbeque pits, everything in Texas
is bigger.

At nearly 19,000 soldiers, the Texas Army National Guard is the largest Army National Guard force in the 54 states and territories. Supporting a force that large requires clothing, supplies, services, maintenance and accountability for nearly 282,000 pieces of equipment valued at almost \$4 billion. This is the role of the TX-ARNG G4, under the Deputy Chief of Staff, Logistics (DCSLOG).

The DCSLOG is the principal staff officer for logistic operations and plans (general), supply, maintenance, transportation and services. The TXARNG G4 consists of nearly 600 full-time military and civilian employees organized in three primary management branches. The TXARNG G4 is the largest full time directorate in the TXARNG. One of our biggest challenges/opportunities over next year is Global Combat Support System-Army, GCSS-Army implementation.

GCSS-Army consolidates Army Logistics Information Systems (LIS) across the logistics environment within the Army Total Force. It is a state-of-the-art, web-based, logistics and finance system based upon commercial off the shelf software, GCSS-Army will serve as an automated combat enabler for soldiers into the future. We will successfully implement GCSS-Army through teamwork and cooperation at all levels of the TXARNG.

The TXARNG G4 provides world class customer sup-

port and service to its customer units and organizations through three primary management branches. Those branches are Logistics Management, Surface Maintenance Management and Resource Management.

Logistics Management provides guidance and support to units, organizations and activities of the TXARNG. They also provide guidance and supervision for Plans and Policy, Supply and Services, Food Service, Sustainment Automation Support Management Office and the Asset Visibility sections.

Plans and Policy develops state command logistics guidance, support plans for federal and state missions; formulates, coordinates and implements logistics support plans, policies, and logistics operations changes.

Supply and Services manages, controls, analyzes and recommends corrective actions regarding supply and services management. This section plans, organizes and directs the Commands Logistics Program to include but not limited to Class I, II, III(P), IV, VI and VII.

The Food Services section develops, implements, and maintains the food service program for all TXARNG installations and activities involved in the feeding of troops. Advise local food service management boards and assist in instructing food service personnel in the fundamentals of nutritional education, personal hygiene and food service sanitation.

Sustainment Automation Support Management Office provides an organic response team comprised of dedi-



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cated professionals trained in resolving issues in individual and collective LIS and the associated networks supporting the numerous client workstations while also providing responsive technical and functional field level maintenance support.

The Asset Visibility team (AVT) provides timely and accurate information on equipment location, status, and identity of owning units. The AVT provides strategic level recommendations on equipment readiness, modernization and relocation and provides oversight for statewide excess management programs and mobilization requirements.

Surface Maintenance Branch supports units from 35 facilities located in 20 different Surface Equipment Maintenance Facilities (SEMF); distributed according to size and equipment density of the supported units. This branch provides maintenance support and technical advice to assist

units with sustaining equipment readiness for state and federal missions. The SEMFs are the sole source for CL IX repairs.

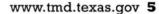
Resource Management provides oversight, guidance, policy, procedures, assessments, and financial management for the logistical planning and operations of the TXARNG in support of federal and state missions.

Over the past 10 years of active combat in a number of theaters, our citizen-soldiers stepped up and answered the call; accomplishing the mission wherever and whenever called. Now that combat requirements have slowed we must get back to the basics. The TXARNG G4 is here to support our commanders and organizations with

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logistics operations, support, services and advice to ensure the TXARNG logistics posture is poised and ready to respond in an ever changing operational environment. - FROM THE









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■ AREDO, TEXAS- For the past 20 years in mid-February, the sounds of modern and WWII-era airplanes ■ in the skies over Laredo have heralded one of the most popular celebrations in south Texas.

Held during the first weekend of a two-week long celebration, the George Washington Birthday Celebration Stars and Stripes Air Show Spectacular brings in pilots from all over the U.S. to perform both fly-bys and aerobatic stunts.

"This impressive event showcases paratroopers and precision pilot teams," said the 119th Washington's Birthday Celebration Association.

"Thousands are thrilled and chilled with an up close and personal look at aviation that's simply without parallel."

During the performance of the national anthem, two Texas Military Department members delivered the National and Texas flags, gliding to the ground after a jump from a Texas Department of Public Safety helicopter.

To celebrate the community's close ties with the Texas Military Department, senior Guard officers are invited to serve as air marshal, opening the celebration and officiating as an ambassador for the George Washington Birthday Celebration.

This year, the association invited Brig. Gen. Patrick Hamilton, commander for the Domestic Operations Task Force, for air marshal duties. Former air marshals have included current Texas Adjutant General Maj. Gen. John F. Nichols and Brig. Gen. Orlando Salinas, the former deputy assistant adjutant general for the Texas Army National Guard.

"We have a strong presence here. This weekend, during the airshow, we provide a lot of soldiers and airmen who come down and participate," Orlando said. "It's a great opportunity to be part of the community."

Texas Military Department service members participated in static displays, including a C-130 belonging to 136th Airlift Wing, an F-16 Fighting Falcon from the 149th Fighter Wing and a UH-60 Black Hawk based out of Austin-Bergstrom International Airport in Austin.

"It also serves as a training event for our F-16s, since this is an alternate landing site for our F-16 wing in San Antonio," said Hamilton.

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click on picture to play video









Military aircraft weren't the only planes on display. The Yellow Rose, a B-25 bomber from the Commemorative Air Force, shared space with a T-28 Trojan flown by the Trojan Phlyers, an all-veteran aerial demonstration team. The Jelly Belly Interstate Cadet stunt plane lightened the mood with a high-flying comedy routine, followed by the distinctive roar of the twin engines of the F7F Tigercat.

A rock-climbing wall, hosted by Texas Army National Guard recruiters and protective equipment from the 436th Chemical Company from Joint Task Force 136 (Maneuver Enhancement Brigade) kept the attendees busy on the ground with their forays into the National Guard world.

"I think it's just the patriotism of the members of this community to celebrate George Washington's birthday," said Hamilton. "What a great thing to do as a community, and they've been doing it so long it's really quite an event." - 136th MEB PAO



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LLINGTON FIELD, TEXAS - In one of his final visits of his career, the Air National Guard Command Chief spent two days with members of the 147th Reconnaissance Wing at Ellington Field Jan, 30-31, 2016.

Chief Master Sgt. James W. Hotaling made it a priority during his visit to speak with 147th Reconnaissance Wing's junior enlisted airmen during an enlisted all call. Airmen were given the opportunity to interact with Hotaling and ask him any questions they had about the Air Force and the Air National Guard. Hotaling discussed his key focus areas that include the renewing of the commitment to the profession of arms, the health of the force and recognizing and embracing the accomplishments of airmen.

During the all call, airmen candidly presented issues important to them. Hotaling expressed the importance of making sure airmen are part of any solution they hope to see.

"I see two kinds of people when there is an issue at hand, victims and victors," Hotaling said. "I want you to have a victor mentality when tackling your challenges."

Hotaling spoke on renewing the commitment to the profession of arms, focus on performance and training and education requirements. His presentation of the profession of arms included mentorship and supervision as well as the deliberate development of airmen.

Other topics included the health of the force, resiliency and the four pillars of an airman's life, which included mental, physical, social and spiritual aspects. As part of the health of the force, Hotaling discussed the importance of sexual assault prevention and response.

Hotaling also took time to recognize airmen accomplishments during the all call, telling the audience that recognizing airmen both informally and formally is important.

Hotaling said he was very impressed with the wing, both as a whole and its individuals.

"I have visited almost all 90 Air National Guard wings and I can tell you that the 147th is a great wing. Morale is high here and there is a real sense of camaraderie."

As Hotaling prepares for retirement, he hopes all airmen focus on their "here and now," doing their best work where they are.

"If each of us does our very best today, while planning for tomorrow, the future will take care of itself. I really believe that." - 147th RW PAO

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# THE SOUNDS OF SERVICE CARRY ON

FORMER TEXAS GUARDSMAN CONTINUES TO SERVE COMMUNITY IN LAREDO

Story by Staff Sqt. Staff Sqt. Melisa Washington 100th Mobile Public Affairs Detachment

AREDO, TEXAS - Former Texas National Guardsman, Mario
Alvarado, Sr., has a long history of service for not only his country and the state of Texas, but also for his hometown of Laredo as a sound technician.

Alvarado served in the Texas Army National Guard for 13 years. He jokes that he has the hearing to prove it, leaning in when someone speaks to him. His service started when he was a teenager.

"I joined the Army when I was 16-years-old," Alvarado said. "My mom had to sign off so I could get into the Army."

His family has continued this tradition of service. He proudly shows off the pins on his hat that depict the seals from each branch of service as he lists off all the family's connections with the military.

"I used to be with the 36th Infantry Division and the 49th Armored Division," Alvarado said. "My son was in the Navy for six years. Most of my family has been in the military. I have a grandson with the Marine Corps."

Alvarado's family now serves their

community as sound technicians for some of the city's most important events. The family business provides sound support for key events during Laredo's annual Washington's Birthday Celebration. This year marks the 119th year the city has hosted the world's largest birthday celebration for the nation's first president. For the last 70 years, the now monthlong event has included the International Bridge Ceremony between representatives of the sister cities Laredo and Nuevo Laredo, Tamaulipas.

"The ceremony that occurs on this spot every year is the symbolic and real nature of our relationship, our friendship and our respect for each other," said Jeh Johnson, the Secretary of Homeland Security and keynote speaker for the event.

The bridge ceremony takes place on the Lincoln-Juarez International Bridge, connecting the countries in friendship and commerce. Dignitaries including political, military, and religious officials from both communities gathered on the bridge Feb. 20, 2016, to exchange "abrazos," or embraces. Participants included actors and children dressed in colonial-era garb representing the two countries. The embraces symbolize the soli-

darity and camaraderie between the Unites States and Mexico.

Alvarado has provided the sound for the bridge ceremony for over 30 years. Not only has he had the opportunity to witness the abrazos for several decades, he also experiences the shared culture and friendship between the two cities everyday.

"We make a lot of business with Mexico," Alvarado said. "We have a good relationship with Nuevo Laredo. We are like a family here."

After all the embraces are exchanged, Alvarado and his daughter-in-law scurry to get all their equipment packed up for the next event. They also provide the sound for the Anheuser-Busch Washington's Birthday Parade, the last event of the celebration. He said he looks forward to supporting the commemoration every year and witnessing the relationship between the two communities strengthen with each abrazo.

"It's nice to be here, nice to work with the people here," Alvarado said. "It's not only to have the celebration, but to keep us together, one side to another." - 100th MPAD



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# Medical Services in a Heart Beat

Texas Medical Command strives for speedy health assessments

Story by Sgt. Josiah Pugh 100th Mobile Public Affairs Detachmen



USTIN, TEXAS - Keeping Texas Guardsmen healthy and mission-ready is a full-time job. The troops at Camp Mabry's Texas Medical Command understand the importance of efficiency and cooperation, especially when it comes time to process whole units through their clinic.

On drill weekends, the Soldiers at the Texas Medical Command can be found at the medical clinic at Camp Mabry helping troops from other units complete their required annual periodic health assessments. This assessment measures a number of aspects of a soldier's health including laboratory work, hearing, vision and dental.

The staff at the clinic can be stretched thin at times, with many of them frequently off site supporting the medical needs of various unit missions around Texas. The staff can dwindle to as few as 10 in number and the patients in need of processing can reach as many as 100 - all of whom will complete the health assessment in a single day.

"We can be here pretty late," says clinic non commissioned officer in charge Sgt. 1st Class Evangelina Garcia.

Despite all the preparation these medical staff undergoes, often it's the patients they see who hold up the line. The entire process can be as quick as a couple of hours or stretch out to last an entire day. Garcia said the number one reason why lines get backed up is when patients drop in without first going through their command.

"They have to schedule through their medical readiness NCO, get them on our schedule and do their online portion and things will go a lot smoother," she explains.

The clinic sees its fair share of patients over 40 years of age who must fast overnight to accurately test their blood glucose levels. Sometimes patients will not follow the rules closely and drink caffeinated energy drinks or coffee the morning before their blood drawl. This skews the results and can negatively reflect on the individual's medical record or require blood to be drawn again on another day.

"Even a healthy person can be flagged, which can go on your record," said Sgt. Jennifer Hess, a medic with the TMC.

Another common issue the clinic sees is often patients will not bring proof of getting an influenza vaccination through their civilian doctors. When they come to the clinic and MEDPROS lists them as not having the vaccination, they will be required to get a second shot.

Frequently, patients who wear contacts will fail to bring their prescribed eyeglasses. The clinic needs to test eyesight with and without glasses. If a patient does not bring their glasses, the physical health assessment cannot be properly completed.

Aside from having all your paperwork ready when you come in, Garcia says, "be flexible. The biggest thing is you have to be flexible."

When asked how they get all of their patients' assessments finished as quickly as possible, Hess said, "We work really well as a team – as an entire unit. We try our best to get people in and out. We're a great team. Everyone pitches in and does their part."

Properly scheduling periodic health assessments and preparing for a visit to the clinic can help the entire process flow smoothly and keep troops deployment ready.

- 100th MPAD



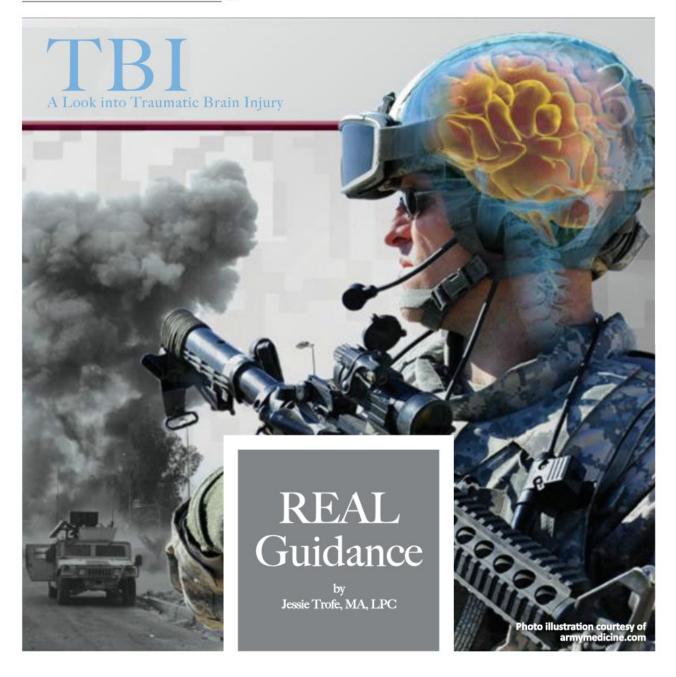
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## **REAL Guidance**





he month of March is dedicated to Traumatic Brain Injury (TBI) Awareness, and for good reason. TBI injuries affect service members in a big way. Since 2000, over 339,000 service members have been diagnosed with a TBI. A TBI is a "blow or jolt to the head that disrupts the normal function of the brain" according to the Defense and Veterans Brain Injury

Center (DVBIC). It may knock you out briefly or for an extended period of time, or make you feel confused or "see stars." The most common TBI is a concussion, which is considered a mild TBI (mTBI), but if left untreated, can lead to long-term problems. The good news is that if treated, most people recover completely from a TBI within three months or sooner.



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Thy are TBIs such an issue for service members? What makes soldiers more susceptible to a TBI than a civilian? Many activities that are routine in the military are physically demanding and potentially dangerous. In addition, service members often enjoy adventurous hobbies such as riding motorcycles, sports and sky-diving. Physical activity is an integral part of a service member's everyday life, which can increase the risk for a TBI. Between 2000-2013, service members were treated at military treatment facilities for TBIs caused by the following: falls 21 %; motor vehicle and transportation accidents 17%; assault requiring legal intervention 17%; accidental strike by machinery 16%; Gun and explosive accidents 14%; other 14%; sports injuries 8%; and battle injury 8%. As you can see, there are a variety of ways to put yourself at risk for a TBI, especially as a service member.

# How do we combat TBIs?

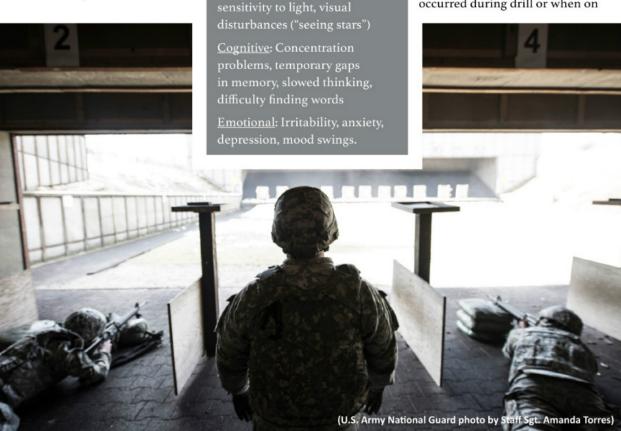
First things first, let's talk prevention. Twenty-one percent of TBIs identified in the study above were from falls. TBIs from other causes also could have been prevented with more chinery, transportation accidents and gun and explosive accidents. Being aware of your surroundings and practicing safety precautions help to prevent TBIs.

attention to safety such as accidental strikes from ma-

If an accident does happen, the next important step to combating TBIs is early identification. Learning how to recognize the signs of a concussion allows us to quickly identify a TBI and begin treatment. This helps to prevent long-term damage, while getting a head start on the healing process.

That steps do I follow if I think I've had a concussion mTBI? If you are injured, be on the lookout for any signs of TBI. You may want to ask others if they observe any changes in your behavior, demeanor, or speech. TBIs are serious business, but

early identification and treatment can jump-start your recovery. Harold Thibodeaux, TBI Recovery Support Specialist with the DVBIC, recommends that "the service member should be seen as soon as possible by a medical professional, following an mTBI concussion. If the mTBI occurred during drill or when on



Physical: Headaches, sleep

problems, nausea/vomiting,

fatigue, ringing in the ears,

disturbances, dizziness, balance

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active duty the service member first should be seen by the medic or doctor at a military or civilian medical facility, the CASH down range, or nearest hospital. If the mTBI occurred when service member is not on active duty or drill he/she should be seen by a provider and he/ she should inform their unit about the incident and care provided."

ow do you recover from a TBI?
Recovery from a TBI is different for each person, but typically symptoms begin to improve within hours and resolve completely within days or weeks, depending on the severity of the injury as well as the commitment of the service member to sticking to their recovery plan. Even after more than one concussion, full recovery is expected. However, every time an additional concussion is sustained, healing time might take longer.

### In order to speed up the recovery process:

- Be honest about symptoms with your medical provider.
- Drink plenty of water.
- · Eat a healthy diet.
- Rest during the day don't overexert mentally or physically.
- Get plenty of sleep at night.
- · Avoid smoking or drinking alcohol.
- Avoid over-the-counter medications unless prescribed by a provider.
- Take prescribed medications as directed by a provider.
- · Avoid caffeine and "energy-enhancing" products.
- Take precautions to avoid another concussion: Avoid contact sports, combatives, etc.
- Stay engaged with family members and medical provider.
- If symptoms persist or worsen, see a medical provider.
- · Be patient. Give the brain time to heal.

hat recovery support for TBI is available? Since 2007, DVBIC has treated TBI using the TBI Recovery Support Program. This program provides medical and non-medical services and resources to service members, members of the National Guard and Reserves and veterans, as well as family members and caregivers, free of cost. The TBI Recovery Support Program is designed to ensure that its clients are supported and stay connected to valuable resources that support their recovery. To make a referral, send an email to mrmc.dcoe.TBIrecoverysupport@mail.mil or by phone

Mr. Harold Thibodeaux of the DVBIC Recovery Support Program also asserts, "There are many treatment options from the MTF [Military Treatment Facility], the VA, or using TRICARE at a civilian hospital. Providers may also refer a patient to the National Intrepid Center of Excellence in Bethesda, Maryland or Intrepid Spirit Centers [one is located at Fort Hood], which offer a variety of treatment options for traumatic brain injury and psychological health conditions. There are also many civilian programs that will treat service members at no cost to them like the Lone Survivor Foundation."

Empower yourself by learning to recognize signs of a TBI and seek help immediately. It could make a significant difference in your recovery time, as well as your ability to fully heal. As you march through March, remember your brothers and sisters who have been affected by a TBI and remember that safety, early detection and seeking support can help combat TBIs and put the power back in our own hands. - REAL Guidance

# R esources:

- Defense and Veterans Brain Injury Center (DVBIC) - http://dvbic.dcoe.mil/
- Brain Injury Awareness Month Launch Page - http://dvbic.dcoe.mil/ braininjuryawarenessmonth2016.
- For additional ways to support Brain Injury Awareness Month contact your Regional Education Coordinator.
- Texas Contacts for DVBIC:
- San Antonio Military Medical Center, Fort Sam Houston, TX
- TBI Recovery Support Specialist: Harold Thibodeaux, RN, CCM 210-916-3485
- Regional Education Coordinator, Toni McCall, M.S. - 210-916-7013
- Carl R. Darnall Army Medical Center, Fort Hood, TX
- TBI Recovery Support Specialist: Tameika Way, M.A. 254-287-7577
- Regional Education Coordinator, Margie Luton, M.A., CBIS - 254-553-6920

About the author: Jessie Trofe is the new TXARNG contracting Psychological Health Coordinator and is a Licensed Professional Counselor. Jessie works out of Camp Mabry in Austin, TX and can be reached for free consultation at (512) 782-5001 ext 4232 or jtrofe2016@gmail.com.



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# Come to the 'Source'

The Texas team members provide support to Service Members and their families. Customized research and services include solution focused counseling (up to 12 sessions), information and referrals, briefings and workshops on family life skills, crisis intervention, child and youth consultations, financial management and information regarding emergency financial assistance. Upon request, they are also available to attend military and community events and provide educational presentations and support.

## Military OneSource Consultants

www.militaryonesource.mil

1-800-342-9647



Military OneSource is a free service provided by the Department of Defense to Service Members and their families to help with a broad range of concerns including money management, spouse employment and education, parenting and child care, relocation, deployment, reunion, and the particular concerns of families with special-needs members. They can also assist with more complex issues like relationships, stress, and grief. Services are available 24 hours a day — by telephone with professionally trained consultants, and online.

Christopher King (210) 428-1424 :: <a href="mailto:christopher.king@militaryonesource.com">christopher.king@militaryonesource.com</a>
Adrian Balbo (737) 704-1108 :: <a href="mailto:adrian.balbo@militaryonesource.com">adrian.balbo@militaryonesource.com</a>

## American Red Cross Representative

www.redcross.org



The American Red Cross Service to the Armed Forces program provides emergency communication, access to emergency financial assistance and information and referrals for Service Members and their families. The American Red Cross provides courses such as Coping With Deployments and Reconnection Workshops in all 50 states. For information about other services American Red Cross offers contact your local chapter.

Michael Chaison :: michael.chaison@redcross.org
For Emergency Communications :: 1-877-272-7337

### For More Information Contact

Texas State Family Program :: 1-800-252-8032/1-888-443-2124 (Español)

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### Our Force





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