



WINGSPREAD

JOINT BASE SAN ANTONIO-RANDOLPH

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Maj. Gen. Poore reviews Girl Scout flag retreat

INSIDE: AVOID TAX SCAMS, P2 ... FREEDOM FLYER REUNION, P3 ... AFAF BEGINS THIS MONTH, P4 ...

COMMENTARY

Why did you join the military?

By Lt. Col. Tammy L. McElhaney

Commander, 502nd Logistics Readiness Squadron
Joint Base San Antonio-Lackland

Since the day I raised my hand and took the oath to become an Air Force officer, I have been asked “Why did you join the military?”

For many years, my answer was about the same: I wanted to be a part of something that was bigger than me and I wanted to make a difference.

That question – and the answer – changed for me Sept. 11, 2001 at then-Bolling Air Force Base, Washington, D.C., as our country was attacked by an enemy that shamelessly took the lives of service members and innocent civilians.

During the course of my 16-year career, there were multiple long deployments that changed my perspective on the world and the Air Force. This new and changed perspective led me to ask

myself “Why do I continue to serve?”

My answer is very simple. I believe in what this great country of ours stands for: democracy, freedom and equality. I continue to serve, to protect and maintain these principles of our country. It is not an easy life, as being in the military takes its toll on all of us, physically and mentally.

For those days when the weight of the mission feels heavy on my shoulders, I only have to look into the eyes of my four-year-old daughter to be reminded of why I serve. It is truly for family, to include the sons and daughters of America entrusted into my care as a commander ... my Airmen.

I know there will be times when I will be asked to leave my loved ones for extended periods of time and work long duty days, but that sacrifice protects our way of life. This sacrifice makes what we do in the

military unique, and more than a job, because it holds true the definition of service before self.

So, here is my challenge to you: As change approaches our Air Force with the force management programs, I ask you to take a hard look in the mirror and ask yourself “Why do I continue to serve?”

If the answer back is anything more than for family and country, then it is time to reevaluate your priorities or just maybe even leave the military.

It sounds very harsh, but now is the time our Air Force needs selfless Airmen willing to meet new expectations and tackle emerging challenges to maintain our country’s principles.

If you decide to continue to serve, then I and many others will be there standing beside you in the service of this great country as we lead our Air Force together into the future.

ON THE COVER

Maj. Gen. Peggy Poore, Air Force Personnel Center commander, accepts the flag during the 64th Annual Randolph Girl Scout Flag Retreat ceremony March 4 in the Fleenor Auditorium at Joint Base San Antonio-Randolph. According to the Girl Scout fact sheet, they are an organization of 102 years that develops girl’s leadership skills across America.

Photo by Airman 1st Class Kenna Jackson

WINGSPREAD

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DID YOU KNOW?

File with caution, common tax scams to avoid



If something sounds too good to be true, it probably is. Oftentimes taxpayers fall victim to scammers during tax season. They hear promises of lower taxes, huge refunds or settlements of back taxes. Individuals may also try to scam the Internal Revenue Service themselves by hiding income or reporting more expenses.

Each year the IRS compiles a list of the “dirty dozen” tax scams, a variety of common scams taxpayers can encounter at any point during the year. But many of these schemes peak during filing season as people prepare their tax returns.

The full list of the dirty dozen can be found here, <http://www.irs.gov/uac/Newsroom/IRS-Releases-the-“Dirty-Dozen”-Tax-Scams-for-2014-Identity-Theft-Phone-Scams-Lead-List>. Based on the dirty dozen, the 502nd Installation Support Group, Judge Advocate wants all Joint Base San Antonio taxpayers to keep the following in mind.

- Taxpayers should be wary of anyone or any communication (phishing emails and websites, harassing phone calls) that claim to be from the IRS and ask for personal information or demand payments. The IRS does not email individuals asking for personal information. Report any suspected phishing to the IRS by sending it to, phishing@irs.gov. If tax fraud or scams are suspected, contact the IRS.

- Fraudulent filing can result in serious penalties. Hiding income offshore, claiming more expenses, less income, zero income, false exemptions and other practices can result in financial penalties and criminal prosecution.

- Filing scams can take many forms. Taxpayers should avoid any filing service that promises large returns and “free money” but has suspect practices like asking for large fees or not providing the customer with copies of the filings. Fraudulent filing services also can put tax payers at risk of identity theft and loss of their returns. Remember, no matter who files the return, the taxpayer is ultimately responsible for what is on their forms. For tips about choosing a preparer, details on preparer qualifications and information on how and when to make a complaint, view IRS Fact Sheet 2014-5, “IRS Offers Advice on How to Choose a Tax Preparer.”

Military members, dependents and retirees can take advantage of free tax preparation on base at the Military Tax Assistance Centers. Contact for hours and locations; Joint Base San Antonio-Fort Sam Houston, 295-1040/916-1040; JBSA-Lackland, 671-8331/8475; JBSA-Randolph, 652-1040.

(Information compiled from the IRS with assistance from the 502nd Installation Support Group, Judge Advocate office)

JBSA-Randolph's 560th FTS hosts 41st Annual Freedom Flyer Reunion

From the 12th Flying Training Wing

The 560th Flying Training Squadron will host the 41st Freedom Flyer Reunion, an annual gathering of Vietnam War prisoner of war pilots, 9 a. m. to 5:30 p.m. March 28 at Joint Base San Antonio-Randolph. Since 1973, the 560th FTS has hosted the event, honoring the sacrifices of the POWs and their families, and providing a unique opportunity for others to learn about their experiences.

Public events include a POW/Missing in Action Symposium beginning 9 a.m. at the Fleenor Auditorium, with presentations by former POWs, spouses and those involved in the repatriation process. Speakers include retired Col. Ken Cordier, POW from December 1966 to March 1973; retired Lt. Col. Rocco DeFelice, 560th FTS director of operations during Operation Homecoming; retired Col. Edward Hubbard, POW from July 1966 to March 1973; retired Col. Smitty Harris, POW from April 1965 to February 1973; Louise Harris, wife of Col. Smitty Harris; and retired Lt. Col. Edward Hanson, POW escort officer.

The wreath-laying ceremony will begin at noon at the Missing Man Monument in Washington Circle. All Department of Defense ID card holders and their families are invited to attend.

For more information contact Maj. Edward Balzer at 652-0789 or edward.balzer@us.af.mil.



Air Force Col. Gerald Goodfellow, 12th Flying Training Wing commander, speaks during last year's Freedom Flyers' Reunion April 11, 2013.

Photo by Joel Martinez

NEWS



41st ANNUAL AIR FORCE ASSISTANCE FUND MARCH 24 - MAY 2

AFAF: Give today to help a fellow Airman tomorrow

By **Gen. Robin Rand**
Commander, Air Education and Training Command

I am pleased to announce the 41st annual Air Force Assistance Fund Campaign.

This year's theme of "Commitment to Caring" continues to capture our proud heritage of taking care of our own through four Air Force charities: the Air Force Aid Society takes care of Airmen and their families, with emergency assistance, educational loans, spouse tuition and base enhancement projects; the Air Force Village and Air Force Enlisted Village provide our

retirees' widows and widowers with a home and caring community among fellow Air Force family members; and the LeMay Foundation seeks out and provides the same group short- or long-term financial grants.

I ask you to consider supporting this campaign for the benefit of our fellow Airmen.

Collectively, we are an Air Force family; and this is one of the many ways we can help take care of every family member.

Let's pay it forward now because we never know when the day may come that we are in need. Give today to help an Airman tomorrow.



Gen. Robin Rand
Commander
Air Education and Training Command

An opportunity to help our fellow Airmen when they need it most



Brig. Gen. Bob LaBrutta
Commander
502nd Air Base Wing
and Joint Base San Antonio

By **Brig. Gen. Bob LaBrutta**
Commander, 502nd Air Base Wing and Joint Base San Antonio

The annual Air Force Assistance Fund campaign for Joint Base San Antonio will be kicking off on March 24 and runs through May 2, giving us all another opportunity to help our fellow Airmen when they need it most. The AFAF campaign supports four charities that are dedicated to caring for Airmen from induction through retirement and beyond.

The four charities are the Air Force Aid Society, Gen. and Mrs. Curtis E. LeMay Foundation, the Air Force Village and the Air Force Enlisted Village. These charities are not a part of the Combined Federal Campaign lineup you've seen. Instead, they are an example of Air Force people taking care of their own. Our annual campaign demonstrates this fact: Airmen take care of Airmen!

Our combined goal for JBSA this year is \$363,000. With your help, I am positive we can exceed our goal.

You should soon be seeing a key worker visiting your work center to let you know all about the

charities, answer any questions you may have, and give you the opportunity to donate if you should so choose.

You'll also be able to participate in fundraising events by way of helping or donating – either way, please get involved if you can! I invite our private organizations and units to be creative and have fun with your fundraisers for AFAF during our six-week campaign.

While the average Air Force installation has historically had between a 19 and 30 percent participation rate from their active duty members, I believe JBSA can certainly exceed the average! Remember, just a few dollars a month from your paycheck will ensure your fellow Airmen will have the assistance they need when they need it the most!

Thank you in advance for your consideration and for continuing our proud tradition of supporting the AFAF Campaign! If you have any questions or need additional information, please contact the JBSA installation project officer 1st Lt. Amy Torres at DSN 473-2282, or assistant installation project officer Master Sgt Rolland Thomas at DSN 945-4896.

JBSA Honor Guard stops flag folding at retirement ceremonies

By Alex Salinas

Joint Base San Antonio-Randolph Public Affairs

The Joint Base San Antonio Honor Guard will no longer offer flag folding during individual retirement ceremonies April 1.

Instead, the unit will dispatch a member to present a pre-folded flag at retirements – replacing the current two-person flag-folding process – to sustain the integrity of a busy schedule, Master Sgt. Nidia Hodge, JBSA Honor Guard superintendent, said.

“All military funeral honors take precedence over retirement and public ceremonies, so sending one member saves us time and every minute counts,” she said. “We want to serve as much of the community as possible, but that requires a constant balancing of time.”

The JBSA Honor Guard’s area of responsibility spans 65,000 square miles and 69 counties. In January, the 32-member honor guard performed a total of 173 details, which included 154 funerals, according to Hodge.

Next month’s policy change does not affect the folding of the national flag at military funerals.

“The honor guard takes great pride and

honor in providing colors at military and civic ceremonies, but they are secondary to the core of the unit’s existence, which is and will remain military funeral honors presentations,” Tech Sgt. Juan Garcia, JBSA Honor Guard Flight NCO in charge, said. “We may not manage to attend every requested ceremony, but rest assured we will do our best and continue to promote the mission, protect the standards, perfect the image and preserve the heritage of our service.”

In lieu of the updated protocol, Hodge said individuals can contact the honor guard for training on how to properly fold a flag, which “only takes a couple of hours.”

“In this way, flag folding can still be part of a retirement ceremony, if desired, and someone special to the retired person can be the one to do it,” Hodge said.

The honor guards at JBSA-Randolph and JBSA-Lackland merged to form the JBSA Honor Guard late last year and performed its first detail as a conjoined unit Oct. 1. Every quarter, new members replenish the honor guard.

For requests or more information, call the JBSA Honor Guard at 671-2562.



Photo by Joel Martinez

Air Force Senior Airmen Antonio Montalvo, left, Air Education and Training Command, and Jessica Aulenbacher, Air Force Personnel Center, both members of the Joint Base San Antonio Honor Guard, practice folding the flag Feb. 25 at JBSA-Randolph.

JOINT BASE SAN ANTONIO-RANDOLPH MISSION PARTNER

AETC section chief's husband creates online resource for male military spouses



Courtesy photo

Chris Pape, founder of "Macho Spouse," and his wife Maj. Dana Pape, Air Education and Training Command Directorate of Manpower, Personnel and Services, Resources section chief, pose for a photo during an Air Force function.

By Tech. Sgt. Beth Anschutz
Air Education and Training Command
Public Affairs

The husband of an Air Education and Training Command, Directorate of Manpower, Personnel and Services major was recently recognized for his creative efforts in educating other male military spouses.

Chris Pape, husband of Maj. Dana Pape, Resources Section chief, was named the AETC winner of the Joan Orr Spouse of the Year Award.

Pape is lauded in the citation for bringing a male, military spouse perspective into the spotlight as the founder of "Macho Spouse," an interactive online resource and educational video library. Macho Spouse videos capture life lessons from male spouses, advice from family counselors and career tips from military spouse career experts.

Maj. Pape said she remembers the day her husband came up with the name for his new project.

"One afternoon while walking our dog, Chris was bouncing ideas off me for naming his project. When he said, 'How about, Macho Spouse?' I immediately smiled and laughed!" she said. "Not only does the quirky, creative name stick in your mind, but it also reflects his personality."

Although he works full time and tries to spend as much time with his wife as possible, with both of their busy schedules, Pape stays motivated to make a change.

"Creating Macho Spouse has been my biggest accomplishment within the military community," he said. "This project has given me the opportunity of feeling as if I'm making a difference. To this point, Macho Spouse has been purely a labor of love and volunteer effort; this is what makes me most proud. I can rest at night knowing I've at least tried to make life for military families a bit better."

Pape used his video producer background, creating online video content for the Arkansas Department of Education, to design the content for Macho Spouse.

"Video is a very powerful way of communicating, and I wanted to share the stories, experiences, and insight from other male spouses in

a very effective manner," Pape said. "For guys to be able to see and hear life lessons of others is a very important component to Macho Spouse."

Each video is designed to share positive and pro-active insight on how best to handle the challenges of being a military spouse, according to Pape.

"(In the videos) you won't see a bunch of guys sitting around crying about the difficulties of military family life," he said.

Pape has also hit the road as a key speaker at four military spouse conferences, addressing more than 1,300 attendees all together. At each event, he was lauded by both men and women for providing an avenue where the male spouse community can feel accepted and understood.

"Knowing that I'm actually helping to make a small difference for military families is my motivation. Also being aware that the amount of support I put in will eventually come back to me when I'm in a jam and need some support," he said. "Even though there are millions of us around the world, we can be a small community when it comes to helping others in times of need."

Maj. Pape said she couldn't be more proud.

"Chris has opened my eyes to better understanding the demands placed on military spouses and I am thrilled that 'my Macho Spouse' is being recognized for his significant contribution to enhancing the military spouse community," she said.

While all of his work has paid off with each new member of Macho Spouse and each new follower on social media, Pape still hopes to get more male spouses involved.

"I hope to achieve a higher rate of inclusion for male military spouses," he said. "I hope to help bring our extremely high divorce rate down to levels that reflect normal society. I want to build a resource that gives guys a way to connect with one another, especially in times of need."

To check out the resources available on Macho Spouse, visit <http://malemilsponse.com/>. You can also show support by liking the Macho Spouse Facebook page at <https://www.facebook.com/#!/MachoSpouse>.

U.S. Office of Personnel Management director discusses diversity in federal work force

By Army Staff Sgt. Corey Baltos
Army North Public Affairs

Katherine Archuleta, the director of the U.S. Office of Personnel Management, spoke to members of the Alamo Federal Executive Board March 5 at the Fort Sam Houston Golf Club about the direction she wants to take the federal work force during her tenure.

“My major priority as the director of OPM is to build an engaged, inclusive, diverse and well-trained federal work force for the 21st Century,” said Archuleta, who was sworn in as the 10th OPM director Nov. 4, 2013 and is the first Latina to head the agency.

She also said the federal government needs to retain quality employees and recruit new skilled workers.

“We need ethnic, racial and gender diversity in our workforce,” she said. “I want to make sure everyone has opportunities.”

Robert Naething, deputy to the commanding general, U.S. Army North

(Fifth Army), said that the director’s comments about diversity in the work force really hit home for those on the Army North team.

“This command is totally committed to not just hiring the right people, but ensuring we challenge them intellectually and develop them professionally so they stay with our team as valuable members throughout their career,” he said.

One of the keys to keeping and recruiting new employees are the Federal Executive Boards, located in 28 cities around the United States. The FEB was established in 1961 as a forum for communication and collaboration among federal agencies working outside the beltway with Washington D.C.

“You are engaged with the local community,” Archuleta said. “Fifty-eight percent of our federal work force is outside Washington D.C.”

The OPM director also discussed the need to develop and train current employees so they can remain competitive in today’s environment.



Photo by Army Staff Sgt. Corey Baltos

Katherine Archuleta, director of the U.S. Office of Personnel Management, spoke to members of the Alamo Federal Executive Board March 5 at the Fort Sam Houston Golf Club about the direction she wants to take the federal work force during her tenure.

To advertise in the Wingspread, call 250-2440.

902nd SFS civilian policeman wins Air Force award

By Alex Salinas

Joint Base San Antonio-Randolph Public Affairs

Richard Coon, a 902nd Security Forces Squadron police supervisor, proved to be the “best of the best” by winning the Air Force 2013 Outstanding Security Forces Flight-Level Award in the civilian supervisor category.

This accolade for the longtime law enforcement officer came from a year’s worth of hard work – and a little good fortune.

“I’m proud of the award and thankful to the people who believed in me because there are many others out there who deserve this honor,” he said. Coon served in the military for 23 years before retiring in 2000 and coming to Joint Base San Antonio-Randolph in 2005.

Responsible for supervising about 14 civilian policemen, Coon said he also assists in managing an additional 80 uniformed security forces.

“Other than supervisory duties, my job is to provide law enforcement coverage and perform day-to-day security operations,” he said.

On any given day, JBSA-Randolph security forces may respond to dozens of calls ranging from building alarms



Photo by Joel Martinez

Richard Coon (left), 902nd Security Forces Squadron police supervisor, points out a map location to Senior Airmen Frederick Randolph and Sierra Contreras Feb. 27 at Joint Base San Antonio-Randolph.

and fire activations to medical emergencies and criminal activities, Coon said.

“I learn something each day from interacting with the people I work with and the people I serve,” he said. “Law enforcement has a constant learning curve and no matter the number of years you put in, no situation is exactly the same.”

In fiscal 2013, Coon helped his squad respond to 256 traffic violations, 63 larcenies, 10 driving under the influence charges and two drug-related cases.

Filling a void the equivalent of an E-8 for a number of months, Coon also became an operations supervisor for three flights, the military working dogs and five programs that accounted for 130 members.

During a time when 42 percent of his unit was deployed, Coon preserved eight-hour shifts and kept the gates open – where thousands of people enter and exit JBSA-Randolph every day.

Most meaningful to Coon is upholding the responsibilities that come with wearing the badge and having the “heart and soul to take care of business the right way.”

“In any community, I believe everybody must be treated with professionalism and compassion,” he said. “That is the kind of integrity that makes or breaks us.”

Shaq credits Cole teammates, coaches for success

By L.A. Shively

Joint Base San Antonio-Fort Sam Houston Public Affairs

NBA legend Shaquille O’Neal’s basketball jersey was retired by Robert G. Cole High School officials March 7 during a rousing 25th anniversary ceremony in the school’s gymnasium at Joint Base San Antonio-Fort Sam Houston.

O’Neal played for the Cougars during his junior and senior years. After graduating from Cole, he played at Louisiana State University and went on to become the No. 1 overall pick in the 1992 NBA draft.

During the summer of 1996, O’Neal was a member of the gold medal-winning team at that year’s Olympics in Atlanta.

Known as one of the top basketball players of all time, the 7-foot-1-inch O’Neal carved out an illustrious career, scoring 28,596 points in 19 NBA seasons that included four championships – three with the Los Angeles Lakers and one with the Miami Heat.

O’Neal retired from basketball in June 2011 and has since become a media personality, film actor, commentator and musician, with at least eight albums to his credit.

About 700 students watched and laughed as O’Neal’s former Cougar



Photo by Dan J. Solis

Dr. Gail Siller (right), Superintendent of Schools for the Fort Sam Houston Independent School District, addresses former student and National Basketball Association star, Shaquille O’Neal, March 7 during a ceremony at Joint Base San Antonio-Fort Sam Houston to retire the basketball jersey he wore as a student at Robert G. Cole High School.

teammates, coaches and friends shared tributes, video highlights and personal stories about his two years at Cole.

A framed jersey was presented to O’Neal as he stood to make his remarks to chants of “We love you!”

from students.

“I love you, too,” O’Neal responded. “I am very humbled by this. But before me and, I am sure, after me there were many great athletes who we could be celebrating today. One of them is standing right over here.”

O’Neal introduced Trooper Deon Cockrell, a Texas Highway patrolman and brought him onstage.

“Deon was my idol. I wanted to be like Deon first, that’s why I chose number 33. I never told you that,” O’Neal said as he shook the trooper’s hand. “I want to thank you for inspiring me.”

O’Neal invited all of his former Cougar teammates on stage, where he introduced each player and joked with each other and the audience.

“These guys right here taught me the meaning of teamwork and the meaning of friendship,” O’Neal said, adding that he wanted to thank the Sandberg family who helped him transition from living in Germany where O’Neal’s stepfather, Army Reserve sergeant Phillip Harrison, was stationed.

“It is as much a celebration of the military community as it is for our team and for our school, which makes it special,” said Darren Mathey, a Cougars point guard and O’Neal teammate during the 1989 state championship. “I couldn’t imagine a better childhood than the one that I was a part of, capped off by an experience like this and having an opportunity to play with someone like Shaquille.”

JBSA fire department urges home cooking safety

By Michael A. Guzman
Assistant Fire Chief

Cooking brings family and friends together, providing an outlet for creativity and relaxing, but if not done safely, it can be dangerous.

Home fires as a result of cooking continue to be the most common type of fire experienced in U.S. households. They are the leading cause of home fire injuries. Most cooking fires in the home involve the stovetop.

Across Joint Base San Antonio, there has been a recent increase in stove fires.

Following a few kitchen safety tips can prevent these fires and keep individuals and families safe:

- Cook with caution.
- Never leave cooking unattended. Stay in the kitchen, especially if cooking in grease or if the oven is at a high temperature. Turn off the burner or oven if it's necessary to leave the house.
- Keep combustibles such as dish towels, pot holders, paper towels, etc. away from the stove.
- Keep appliances serviced and clean. Dump the crumb tray and clean out the crumbs periodically from the toaster or toaster oven. Wipe out the microwave. Clean the oven.
- Unplug electric appliances when not



in use. Toaster ovens, mixers and coffee makers continue to draw electricity even when they're not on. If the wiring is old or faulty, a fire could break out.

- Install a smoke detector near, but not in, the kitchen. Small amounts of smoke or steam that cooking sometimes generates could trigger the alarm frequently. Placing it nearby allows it to

sense a kitchen fire.

- Use caution when lighting the pilot light or burner on a gas stove. Follow the manufacturer's instructions
- Don't use metal in the microwave. The sparks can seriously damage your microwave or start a fire.
- Don't overfill cooking utensils with cooking oil. The oil can splatter

and cause a fire.

- Wipe up spills and don't cook on a dirty stove. Grease buildup is flammable. A clean stove is a fire-free stove.

- Always roll up long sleeves and tie back long hair when cooking. Don't allow clothing or hair to catch fire.

- Have a "kid-free zone" of at least 3 feet around the stove and areas where hot food or drink is prepared or carried.

If there is a fire:

- Just get out. Close the door to help contain the fire.

- Call 911 after escaping the home.

- If attempting to fight the fire, be sure others are getting out and there is a clear way out.

- Keep a lid nearby while cooking to smother simple grease fires. Smother the fire by sliding the lid over the pan and turn off the stovetop. Leave the pan covered until it is completely cooled.

- For an oven fire, turn off the heat and keep the door closed.

For more fire safety information, review the National Fire Protection Association Public Education Division at www.nfpa.org/education. For local questions regarding kitchen fire safety, contact your JBSA Fire Prevention Office, 671-2921 JBSA-Lackland, 221-5452 JBSA-Fort Sam Houston or 654-8110 JBSA-Randolph.

JOINT BASE SAN ANTONIO-RANDOLPH MISSION PARTNER

Retention recommendation forms critical for ERB, QFRB eligibles

By Debbie Gildea
Air Force Personnel Center Public Affairs

Commanders and senior raters of enlisted Airmen slated to meet the quality force review board in May or an enlisted retention board in June must complete an AF Form 3538E, Enlisted Retention Recommendation Form, for each eligible Airman, Air Force Personnel Center officials said. Completed forms must be provided to Airmen and submitted to AFPC by April 4 for the QFRB and May 17 for the ERB.

The retention recommendation form, although common to the officer retention program, is new to enlisted members, said Will Brown, evaluation and recognition programs branch chief.

"Commanders and senior raters who have never completed an RRF for officers may need some guidance on how to complete one," Brown said. "The form is self-explanatory for the most part, but there are sections – like the stratification section – that re-

quire commanders to assess their Airmen and rank-order them based on which Airmen have exhibited traits and behaviors that indicate they are suited for retention, so completing the ERRFs will require that commanders and senior raters thoroughly review their Airmen's records."

Board-eligible Airman lists have been provided to military personnel sections for distribution to commanders and senior raters and information about the form and how to complete it is available in the personnel systems delivery memo on myPers. Lists will be periodically updated in the event eligible Airmen are added or removed from the lists.

With some exceptions at the major command, combatant command, numbered Air Force and field operating agency levels, recommendation forms for technical sergeants and below will be completed by administrative unit commanders. For senior noncommissioned officers, forms will be completed by the senior rater.

The form includes a job description section for

duty title and key duties and responsibilities. That information can be pulled from the last enlisted performance report, unless an Airman has changed jobs since the last report, Brown said. In that case, the new supervisor/rater should provide information for the job description section.

In addition, the form has a block for mandatory evaluator comments.

"This section is limited to three bullets, which should relay to the retention board the unique qualities and skills the Airman possesses and justification for retaining the Airman in the Air Force," Brown explained.

For the ERB, commanders or senior raters must then "stratify" their Airmen to let board members know how Airmen compare to others in their current Air Force specialty codes and grades, and how they compare to others by grade only. QFRB-eligible Airmen will not be stratified.

See RETENTION P11

JBSA Sexual Assault Prevention, Response

To report a sexual assault, call the 24/7 Joint Base San Antonio Sexual Assault Prevention and Response Hotline at 808-7272 or the Department of Defense Safe Helpline at 877-995-5247.

Joint Base San Antonio-Randolph News Briefs

Road closure on 5th Street West until Tuesday

A portion of 5th Street West will be closed through Tuesday due to construction. Activities will include saw-cutting and excavating the existing pavement to install a new water service. Detour and warning signs will be placed in advance. For more information, call James Cipollone at 889-8113.

Tax center open

The Joint Base San Antonio-Randolph tax center hours are 8 a.m. to 4 p.m. Monday-Thursday and 8 a.m. to 2 p.m. Friday. For more information or to schedule an appointment, call 652-1040.

Toastmasters open house

The Randolph Toastmasters will host an open house 11:30 a.m. to 1 p.m. March 19 at the JBSA-Randolph Education Center. This event is open to all who have base access. For more information, contact Amy Espinoza, Randolph Toastmasters Open House chairperson at 652-9437 or 422-6271.

Professional development seminar

The JBSA Joint NCO Professional Development Seminar is scheduled for March 27-28 from 8 a.m. to 4 p.m. each day at JBSA-Fort Sam Houston Medical Education Training Campus Auditorium, building 1467. The two-day course is designed to introduce NCOs to sister-and joint-service performance reporting, award writing, career progression and physical fitness standards. Registration deadline is March 19. To register or for more information, contact Master Sgt. Donnie Pleasant at donnie.pleasant@us.af.mil or call at 977-2073 and Master Sgt. Alberto Maldonado at alberto.maldonado@us.af.mil or call at 977-5723.

2014 JBSA Annual Awards Banquet

The 2014 Joint Base San Antonio Banquet will be held March 29 at the Marriott River Center Hotel, 101 Bowie St, San Antonio. Military attire will be mess dress and semi-formal and civilian attire will be formal. Award nominees must reserve and pay no later than March 14. Spouses will pay the same price as their military partners. For ticket prices, more information or to make reservations, visit <http://jbsaannualawards.com>.

Check us out on . . .

- Facebook: Joint Base San Antonio, JBSA-Fort Sam Houston, Lackland JBSA and JBSA-Randolph
- Twitter: @JBSA_Official, @JBSAFSH, @JBSALackland and @JBSARandolph
- YouTube: Joint Base San Antonio



CAUTION – CAUTION

JBSA-Randolph road-repair work schedule

Joint Base San Antonio-Randolph South Gate, East Gate, 5th Street West and Golf Road will be closed for road repair, according to the timelines below. Detour and warning signs will be placed in advance of repair activities. A temporary road will be constructed for South Gate access during construction via Perimeter Road. All closures and detours are subject to weather conditions.

Fifth Street East (East Gate), through May 2:

- Electronic signs will be posted along both sides of FM 78 to route vehicles to Main Gate and West Gate.
- Propose using the perimeter gate for construction vehicles as needed. Gate will otherwise remain closed. In-ground barriers will remain deployed to ensure unauthorized vehicles are not able to enter the base.

Golf Road Phase 2, through March 31:

- Golf Road Phase 2 will close Golf Road from South Perimeter Road to the clubhouse. Duration: six weeks.
- Enter Golf Course from East Perimeter Road or South Gate Road via South Perimeter Road.

Fifth Street West, through Aug. 15:

- Replacement of 5th Street West is being performed concurrent with South Gate Road to minimize the impact.

South Gate, May 2 - Sept. 15:

- Signs will be posted at the high school to deter traveling toward South Gate Road on Perimeter Road.
- An alternate road will be constructed for commercial vehicles to enter JBSA-Randolph at South Gate. A temporary perimeter gate and guard house will be provided for entry control.

RETENTION from P9

Stratification means differentiating between very good, good, average and poor performers, based on the whole person concept, he explained.

After stratifying an Airman, the commander or senior rater will select the "retain," "consider" or "do not retain" block, print and hand-sign the form, provide each Airman with a copy of his or her form, and submit all forms to the Air Force Personnel Center.

Airmen eligible to meet the ERB or QFRB must be provided with a copy of their ERRFs at least 30 days before their board meets, said Brown. That enables Airmen who dispute or have concerns with the comments, ratings or stratification to discuss their concerns with their

commander or senior rater.

"An Airman may also write a letter directly to the board to address any concerns in his or her record. This correspondence should be focused on factual information, rather than opinion or emotion and the letter is limited to one page, so information must be very clear and specific," Brown said.

Airmen slated to meet the ERB or QFRB can find more information about the program and the ERRF on the myPers website. Go to <https://mypers.af.mil> and enter "FY14 Force Management Programs." Once on the FM page, scroll down to the enlisted only programs section and review the documents linked there.

SPORTS - HEALTH - FITNESS

Reducing sodium intake vital in controlling hypertension

By Robert Goetz
Joint Base San Antonio-Randolph Public Affairs

Sodium is essential to the human body for fluid distribution, blood pressure, cellular work and electrical activity.

However, according to the American Heart Association, too much sodium causes the body to retain water, placing an extra burden on the heart and blood vessels, which may lead to or raise high blood pressure. High blood pressure is one of the risk factors for developing heart disease and having a stroke.

During American Heart Month in February – and throughout the year – Joint Base San Antonio-Randolph Medical Clinic professionals stressed the importance of achieving and maintaining a healthy blood pressure. One of the ways to accomplish that goal is to reduce sodium in the diet.

“The current recommendation for sodium consumption is 2.3 grams per day, which is the equivalent of 6 grams of salt, or sodium chloride,” Lt. Col. (Dr.) Yi Yang, 359th Medical Operations Squadron Family Health Clinic physician, said. “That’s little more than a teaspoon.”

However, those who are more at-risk should consume even less sodium, according to officials at the Centers for Disease Control and Prevention. Those population groups include people who are 51 years of age or older, African Americans and people who have high blood pressure, diabetes or chronic kidney disease.

Controlling sodium intake is not easy, especially in the western diet, Yang said.

“The average American consumes about 20 grams of salt per day,” he said. “Some people get up to 30 grams.”

The problem is that salt is added to many foods people buy at the grocery store, Yang said. Meals served at restaurants are often high in salt as well.

“There’s salt in bread, sodas and many other foods and drinks,” he said. “Most recipes call for salt. So it’s not just the salt you add to your food. When you’re talking about 6 grams a day, everything should be included.”



“There’s salt in bread, sodas and many other foods and drinks. Most recipes call for salt. So it’s not just the salt you add to your food. When you’re talking about 6 grams a day, everything should be included.”

Lt. Col. (Dr.) Yi Yang

359th Medical Operations Squadron Family Health Clinic physician

One way to control sodium intake is to read nutrition labels and steer clear of foods that contain too much sodium, Yang said. Another way is to prepare your own meals.

“If you prepare your own meals, you have better control,” he said. “It saves you money, too.”

Salt is not the only sodium compound that people should limit in their diets, according to the American Heart Association. Others are monosodium glutamate, or MSG; baking soda; baking powder; disodium phosphate and any compound that has “sodium” or “Na” in its name.

The American Heart Association also recommends avoiding prepackaged, processed and fast foods, such as salted snacks; ham, bacon, corned beef, luncheon meats, sausages and hot dogs; canned foods and juices that contain salt; frozen dinners that are high in salt; seasoned salts and meat tenderizers; and ketchup, mayonnaise, sauces and salad dressings.

In addition to reducing sodium intake, people can achieve a healthy blood pressure by exercising, losing weight, and reducing caffeine and alcohol consumption, Yang said.

Joint Base San Antonio-Randolph
Sports BRIEFS

JBSA seeks volunteer game officials

The Joint Base San Antonio Sport and Fitness programs are seeking volunteers to officiate intramural sport games at all three JBSA locations. Volunteer officials need to be certified in the sport they officiate. Certifications may be obtained through local official associations and chapters, and must remain current by attendance at a yearly rules clinic.

Volunteers should be willing to officiate at least once a week for all games that day. For more information, call the sports office at 221-1367 or email douglas.w.stanley2.civ@mail.mil.

Golf tournament

The JBSA-Randolph Oaks Golf Course hosts a spring golf tournament Saturday. The tee times are 7-9 a.m. and the entry fee is \$10, plus green fees and cart rental. For more information, call 652-4570.

St. Patrick’s Day run

JBSA-Randolph Fitness Center invites all patrons to celebrate St. Patrick’s Day by running or walking a 5K 7:30 a.m. Monday at Eberle Park. For more information, call 652-7263.

Archery Range open

The Archery Range at JBSA-Camp Bullis is open 8 a.m. to 4 p.m. Thursday through Monday. Targets, which range from 10-60 yards, cost \$3 a day or \$20 annually. A 3-D archery competition is also offered every fourth weekend of the month. For more information, call 295-7577.

Chiefs’ Group sponsors golf tournament

The Randolph Chiefs' Group holds its annual golf tournament 8 a.m. to 12:30 p.m. March 21. For more information or to sign up, contact any chief master sergeant or call 652-9348 or 652-2281.

Joint Base San Antonio Stage II water restrictions in effect

By Charles F. Baish III
502nd Civil Engineer Squadron

Stage II water restrictions are in effect for all JBSA and include the following measures:

- Landscape watering with an irrigation system, sprinkler or soaker hose is allowed only once a week from 7-11 a.m. and from 7-11 p.m. on designated watering day.

- Irrigation of athletic fields is permitted only as required to maintain turf viability and safety. Athletic fields may water between the hours of 3 a.m.-8 a.m. and 8 p.m.-11:00 p.m. once per week.

- Watering with drip irrigation or five-gallon bucket is permitted any day, but only from 7-11 a.m. and 7-11 p.m.

- Watering with a handheld hose is allowed any time on any day.

- The use of fountains, waterfalls, or other aesthetic water features, outdoors or indoors, is prohibited unless a variance has been granted for 100 percent non-potable water use.

- Government vehicle washing is allowed twice per month, during the first full week and third week of each month.

- Installation of new landscape plantings or turf is prohibited unless included in contract deliverables, required to repair damage resulting from maintenance or construction actions, or authorized by base civil engineer. Irrigation of new turf or landscape outside of the allowed times requires base civil engineer approval.

Joint Base San Antonio is still in drought conditions, so we must strictly adhere to watering rules and conserve water. Conservation is tantamount to protect our mission and support the region's conservation efforts. We need everyone's help to conserve!

We must continue to pursue ways to conserve this precious resource and ask for everyone's compliance. For more information, or to report misuse, call the JBSA Water Conservation Hotline at 466-4H2O (4426).

Water Conservation Tips

- Insulate all hot water pipes to reduce the delays and wasted water experienced while waiting for the water to "run hot."
- Be sure the water heater thermostat is not set too high. Extremely hot settings waste water and energy because the water often has to be cooled with cold water before it can be used.
- Use a moisture meter to determine when houseplants need water. More plants die from overwatering than from being on the dry side.
- Install an automatic rain/wind shutoff device on lawn sprinkler systems.
- Use mulch around landscaped plants to reduce evaporation and weed growth.

(Source: 502nd Civil Engineer Squadron)



To advertise in the Wingspread, call 250-2440.