A publication of the 502nd Air Base Wing – Joint Base San Antonio

WINGSPREAD

JOINT BASE SAN ANTONIO-RANDOLPH

No. 18 • MAY 9, 2014

Students learn value of 'going green'

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COMMENTARY

STRIVING FOR EXCELLENCE

Goals: How many of us have them?

By Tech. Sgt. DeErick Gray
387th Air Expeditionary Group

Have you set goals for your future?

According to dictionary.com, "a goal is the result or achievement toward which effort is directed." Goals can be short or long-term, personal, professional, spiritual or physical, and are usually specific to a person or group.

According to Dr. Gail Matthews, a psychology professor at Dominican University in California, you are 42 percent more likely to reach a goal by writing it down. In short, a goal that is not written down is just a thought.

On my first and second deployments I had no strategy for setting goals. For my third deployment, I bought a journal and wrote down my goals and plans to make them a reality.

As a result, I completed three online college courses and earned two Community College of the Air Force degrees. I also completed several hours of professional development, became debt free and most importantly, effectively managed my time. I achieved more on my third deployment than my first two combined.

When setting goals, you must make sure they are specific, measurable, attainable, realistic and timely, or S.M.A.R.T. A specific goal has a greater chance of being accomplished and allows for strategic planning. A measurable goal establishes concrete criteria for measuring progress toward the attainment of each goal set. You should set milestones to track progress and make corrections as needed.

"When setting goals, you must make sure they are specific, measurable, attainable, realistic and timely, or S.M.A.R.T."

To ensure goals are attainable, you must figure out the best route to take to achieve your goals. The Professional Development Guide describes this as the planning phase. You are the best person to determine if a goal is realistic based on your abilities. For instance, a goal of losing 50 pounds in 30 days is not realistic.

To ensure your goal is timely, have a reasonable completion date and adhere to the checkpoints set. If these steps are skipped, you will easily get off track.

As the individual setting the goal, you should also make sure that it is known to people who can assist in achievement.

For example, if your goal is to make senior airman below the zone, it is probably a good idea to let your supervisor know your intentions. Making your goal known shows your motivation to live the core value of excellence. Can you really be "excellent in all you do," if you do not set goals to become excellent? Also, setting and achieving goals gives you confidence to set greater milestones and achieve them.

Setting goals is an important aspect of life that has been proven time and time again.

My current goal is to earn my bachelor's degree in accounting by 2016. One of the milestones I set was the completion of four classes during this deployment. I am well on the way to accomplishing that milestone. Knowing my strengths and weaknesses has made accomplishing this easier.

It is never too late in life or on a deployment to set goals. So again I pose the question, "How many of you have goals?" We all have to start somewhere; I will see you at the finish line.

ON THE COVER

Micah Hunter, daughter of a military member, pulls weeds from a raised-bed garden April 23 at Randolph Elementary School, Joint Base San Antonio-Randolph. For the complete story, see page 9.
Photo by Melissa Peterson

WINGSPREAD

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The deadline for submissions is noon Wednesday the week prior to publication. All submissions can be emailed to randolphpublicaffairs@us.af.mil.

Air Force Assistance Fund contribution timeline extended

The annual Air Force Assistance Fund campaign for Joint Base San Antonio has been extended through May 16. The campaign supports four charities: Air Force Aid Society, Gen. and Mrs. Curtis E. LeMay Foundation, Air Force Village and Air Force Enlisted Village. For more information, call the following numbers:

- Joint Base San Antonio: 671-5492 or 925-4896
- JBSA-Randolph: 652-6849 or 925-3438
- JBSA-Lackland: 671-2007 or 925-4883
- JBSA-Fort Sam Houston: 295-4985

JBSA Pride Week keeps our corner of America beautiful

By Capt. Lesley N. Lilly
502nd Air Base Wing Commander's Action Group director

In an effort to reinforce installation stewardship as a key component of the culture of excellence, Brig. Gen. Bob LaBrutta, 502nd Air Base Wing and Joint Base San Antonio commander, has designated May 12-16 as "Joint Base San Antonio Pride" Week.

This will be a week for members of Team JBSA to showcase their pride across all locations (JBSA-Randolph, JBSA-Fort Sam Houston, JBSA-Camp Bullis, JBSA-Lackland) and join forces with other JBSA mission partners to improve the appearance of our installation.

LaBrutta asks that JBSA personnel pitch in by picking up debris and trash that winter and Texas winds have left behind. Moreover, he asks members to also remove weeds and prune bushes and trees around their assigned facilities, dormitories and work spaces.

The severe installation support budget reductions that have occurred as a result of sequestration have led to the base no longer having funding to perform these types of tasks. Therefore, we'll have to "return to the past" when we used a team approach to accomplish this effort.

"When I was an enlisted Airman through staff sergeant, I was required to perform details. During that period, we picked up trash, cigarette butts and took care of not only the grounds but the facilities we occupied. I learned a lot from that time in my career about pride, service and responsibility," LaBrutta said.

"When I was an enlisted Airman through staff sergeant, I was required to perform details. During that period, we picked up trash, cigarette butts and took care of not only the grounds but the facilities we occupied. I learned a lot from that time in my career about pride, service and responsibility,"

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

In order to execute this massive effort, the 502nd Civil Engineer Squadron will designate "self-help" locations at JBSA-Lackland, JBSA-Fort Sam Houston and JBSA-Randolph to provide clean up and appearance improvement items for organizations to use. Rakes, brooms, trimmers, trash bags, wheel barrels, gloves and safety goggles will be provided at the designated locations on a first-come, first-served basis to sign out.

Organizations are asked to augment the items provided to help ensure adequate supplies for JBSA Pride Week. Filled trash bags should be deposited in one of the designated dumpsters in your area. Additionally, dumpsters will be available for green waste and regular trash.

For items too large for organizations to safely transport, civil engineers will have curbside service available to assist in removing large debris.

Not only will we be taking care of our installation, but participation in this "JBSA Pride Week" makes JBSA a champion of the Great American Cleanup which is occurring concurrently across the United States during this time period.

For more information, contact your civil engineer customer support team representatives:

- JBSA-Lackland: 671-2339, Ernesto Guzman, building 5497.
- JBSA-Fort Sam Houston/JBSA-Camp Bullis: 221-3471, Jerome Oliver, building 4196, Bay F-4.
- JBSA-Randolph: 652-2242/3808, Frank Speed or George Smoot, building 891, Benchstock.
- 502nd CES Operations Flight: 671-3015, Antony Person, flight chief; or Ben Gauna, deputy flight chief.

NEWS

Air Force secretary reports on total force balance

By Amaani Lyle
American Forces Press Service

Air Force Secretary Deborah Lee James outlined the service's progress in leveraging the talent and capabilities of the Air National Guard and the Air Force Reserve within the total force concept April 30.

James, along with Air Force Chief of Staff Gen. Mark A. Welsh III, testified at a Senate Armed Services Committee hearing.

A tiger team of three generals from each reserve component conducted a comprehensive review of mission requirements, recommended ideas for improving collaboration and sought avenues to balance total force capabilities, James told the senators.

"We laid in force structure changes to take advantage of the Guard and Reserve's strength," James said. "For example, in the area of (intelligence, surveillance and reconnaissance), we've increased reserve components' presence in the MQ-1 (Predator) and MQ-9 (Reaper) fleets of remotely piloted aircraft, so we're going from 17 percent to 24 percent representation in that arena."

In the cyber arena, James said, three new Air Force Reserve units will reflect an increase in that capability in fiscal year 2016.

Meanwhile, James said the Air Force will decrease its active component end-strength by 17 percent while decreasing the Air Force Reserve and Air National Guard end-strength by 3 percent and 0.4 percent, respectively, by fiscal 2015.

"In the future, we hope to garner enough savings by moving capability and capacity to the reserve component so that future end-strength cuts may not be necessary," she said.

The secretary also reported better projection and budgeting of Guard and Reserve man-day use, with a 70 percent increase in planned man-years over the next two years.

Photo by Scott M. Ash
Secretary of the Air Force Deborah Lee James and Air Force Chief of Staff Gen. Mark A. Welsh III present the structure of the Air Force to the Senate Arms Services Committee April 29 in Washington, D.C.

James told the senators that Air Force leaders agree with 86 percent of the suggestions put forth by the National Commission on the Structure of the Air Force, established by Congress as part of the fiscal 2013 defense spending bill. However, she added, they differ with the commission's recommendation that Air Force Reserve Command be disestablished.

"We're all for integration, and of course, that is the basis of that recommendation," James said. "But we feel … in fiscal year 2015, we don't have a good alternative way to manage and provide for … 70,000 members of the Air Force Reserve, so we would disagree with that proposition, at least for (fiscal 2015)."

James reported that the Total Force Continuum, another group of generals, will lead the charge for myriad initiatives, one being facilitating an Airman's ability to serve in the active force, the Air National Guard and the Air Force Reserve in the course of a career.

To facilitate a new total force personnel and pay system in support of the continuum of service, the secretary said, the Air Force has integrated force support squadrons at Peterson Air Force Base, Colo.; March Air Reserve Base, Calif.; and Pease Air National Guard Base, N.H.

"One unit is essentially serving all of the three different components in the geographic area with respect to personnel systems," she explained.

James noted an uptick in shared active and reserve-component squadrons, or Air Force associations, from 102 to 124, a 22 percent increase in recent years.

"It's a form of integration and we're kicking it up a notch and doing more of these in the future," she said.

To retain talent across the total force, the secretary said, the Air Force has reduced the active-duty service commitment payback in the Palace Chase Service Commitment Waiver Program from three reserve years for every year of active commitment down to one.

Palace Chase is the name of the Air Force program in which an active-duty Airman transfers to the reserve component. The program also expanded to include rated officers, James said.

"Bottom line is we're making it easier and more attractive to people to enter the Guard and Reserve," she added.

James also reported seeking authority from the Defense Department to implement aviator retention pay to traditional reservists.

"As an aviator leaves active duty (for) the Guard and Reserve, I want to be able to (offer) that incentive pay," she said.

JOINT BASE SAN ANTONIO-RANDOLPH MISSION PARTNER

AETC changes approach to SAPR training

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

The Air Education and Training Command will change the approach for this year's annual Sexual Assault Prevention and Response training.

Air Force officials announced the 2014 SAPR training will be broken into two topically-driven modules. The first module will be conducted in the spring and focuses on identifying offenders and the second, delivered in the fall, will focus on understanding victims.

Christine Burnett, Sexual Assault Response Coordinator for AETC, explained that the change in approach is not as much about what information is given or how many days of training is required, but about who is facilitating the training.

"This year we are including intense training for small group facilitators who are not SAPR staff," Burnett said. "Their attendance at facilitator's training will give them a better basis of knowledge and skills to be able to lead, not only as a facilitator, but in the future as a leader where this topic is concerned."

The unit-selected facilitators will lead the training, which will be focused on interaction and discussion. Burnett believes this style of training is the best method of presentation to achieve SAPR goals.

"The desired end state is a change in our Air Force culture, not an accumulation of facts and information on an important topic," she said. "While facts and information do play a part in changing attitudes, values, beliefs and behaviors, a shift is best achieved through thoughtful discussions with peers."

Chief Master Sgt. of the Air Force James Cody chose SAPR as the topic of his latest Roll Call, reinforcing the importance of courage and commitment when it comes to sexual assault prevention.

"We must commit to creating an environment where every Airman is treated with dignity and respect," Cody said. "We must have the courage to admit sexual assault is happening and is a problem, the courage to act when a fellow Airman is in danger, and the courage to speak up when we hear or see something that just isn't right. We know what's right, and what's not."

See SAPR TRAINING P8

Joint Base San Antonio 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.

Clothes Dryer Fire Safety Tips

Doing laundry is part of our every-day routine. Taking care of the clothes dryer is an important part of safety in the home. The following safety tips can help prevent a clothes dryer fire:

- Have clothes dryers installed and serviced by a professional.
- Do not use the dryer without a lint filter.
- Always clean the lint filter between loads.
- Rigid or flexible metal venting material should be used to sustain proper air flow.
- Make sure the air exhaust vent pipe is not restricted and the outdoor vent flap will open when the dryer is operating. Once a year, or more often if you notice that it is taking longer than normal for clothes to dry, clean lint out of the vent pipe or have a dryer lint removal service do it for you.
- Keep dryers in good working order. Gas dryers should be inspected by a professional to make sure that the gas line and connection are intact and free of leaks.
- Make sure the right plug and outlet are used and the machine is connected properly.
- Follow the manufacturer's operating instructions and don't overload your dryer.
- Turn the dryer off if you leave home or when you go to bed.
- Dryers should be properly grounded.
- Check the outdoor vent flap to make sure it is not blocked by debris or covered by snow.
- Keep the area around the dryer clear.
- Clothes that have come in contact with flammable substances should be hung outside to dry, then laundered as usual.

Content courtesy of the National Fire Protection Association at http://www.nfpa.org.

JOINT BASE SAN ANTONIO-RANDOLPH MISSION PARTNER

New AFRS mobilization assistant incites change within Air Force

By Tech. Sgt. Hillary Stonemetz
Air Force Recruiting Service Public Affairs

Col. Robert Ament, a former active duty fighter pilot and Reserve helicopter pilot, arrived March 17 as the Air Force Recruiting Service Mobilization Assistant to the commander.

Ament, who lives near Patrick Air Force Base, Fla., was so enthusiastic about serving as the AFRS/MA, he left immediately to travel to headquarters AFRS and spent two weeks getting spun up on the people and mission.

"I love the AFRS mission," he said. "I've chosen to take this time and get out here immediately to get into the job as quickly as I can. It's an opportunity to look to the absolute next generation all the way across. We have recruiters going out and finding who will take the Air Force to the next level."

Ament learned to fly when he was 12 years old, had his first solo flight at age 16 and his pilot's license at 17. He served in the Civil Air Patrol before attending the U.S. Air Force Academy.

After graduating in 1984, he became a T-37B instructor pilot, then flew F-15Cs before separating from active duty and joining the Air Force Reserve as an HH-60G Pave Hawk helicopter pilot in 1993. When he is not on Reserve orders, he's a pilot for American Airlines.

"I was handed the Air Force at the end of Vietnam," Ament said. "I first started in ROTC in 1979. With that era and mentality with the things that were going on, the Air Force was in rough shape. It has transformed into a very clean, cutting-edge, amazing organization."

Through the next transformation of the Air Force, it is essential for recruiters to communicate with future Airmen through their technology, he said.

"My smartphone took me a long time to figure out, but I can hand it to my son or daughter and they can figure it out in 12 seconds and fix any problem," Ament said. "The recruiters will need to identify and communicate with this generation. That's the way AFRS transforms and that's what's needed now. We need to keep up with technology of this generation to make sure we present the right image and we have credibility with them."

Ament believes one transformation that is needed for a successful Air Force is Total Force Integration, which combines the active duty, Guard and Reserve as one unit.

"I'm a total believer in total force," he said. "We have a lot to learn on how to do things better between the Active, Guard and Reserve recruiters. If we are going to be cut back as much as we have with sequestration and descending budgets, we are going to have to do things smarter."

As for his time in AFRS, Ament is eager to meet the recruiters in the field.

"I've already set up an opportunity to meet the 372nd Recruiting Group at Hill Air Force Base, Utah, the end of June," he said. "I'm going to start in Utah and end up in Alaska; it will probably take five or six days."

Ament is also excited about molding future Airmen.

"Here I am, in the twilight of my career, getting ready to hand it off to the next generation and looking in their faces is amazing. That's the best part of this job. I look forward to when I retire and hand off the Air Force to the 18- and 19-year-olds, so they can take it from here and keep it the best in the world."

To advertise in the Wingspread, call 250-2440.

JOINT BASE SAN ANTONIO-RANDOLPH MISSION PARTNER

Attaché duty application deadline June 2

By Debbie Gildea
Air Force Personnel Center Public Affairs

Active duty staff through senior master sergeants interested in attaché duty can apply for assignment opportunities with international affairs teams around the world, but those interested must submit their applications by June 2 to be considered, Air Force officials announced.

The Secretary of the Air Force, International Affairs is accepting applications for enlisted defense attaché specialists at 17 locations, with tour lengths ranging from 12 to 36 months, said Jim Yarbrough, Air Force attaché program chief.

Enlisted attaché support positions include operations coordinator and operations noncommissioned officer. Duties include managing logistics and administrative support, executing budget requirements, working various clearances, supervising foreign national staff and direct support for distinguished guest visits, Yarbrough said.

"Attaché personnel represent the secretary and chief of staff of the Air Force to the host nation government officials and are charged with developing and maintaining harmonious and cooperative relationships between the U.S. Air Force and the host nation air force," said Yarbrough. "They must be self-starters who are flexible, persuasive and persistent."

Applicants and all immediate family members must be U.S. citizens. In addition, member and all accompanying family member health, educational and special needs must be medically cleared.

"Selection for enlisted attaché duty is very competitive," Yarbrough said. "Their role and impact are critical to multi-national working relationships, so only exceptional NCOs will be considered."

Air Force Personnel Center representatives will contact Airmen selected for further screening, and applications from Airmen who are not selected this cycle will be retained through the end of the cycle in the event a primary selectee is unable to fulfill the requirement.

For more information, including eligibility criteria and application procedures, go to myPers at https://mypers.af.mil, select "search all components" from the drop down window, and enter "27542" in the search window. In addition, information and application documents are available on the Air Force Portal. Go to https://my.af.mil and enter "attaché program" in the search window.

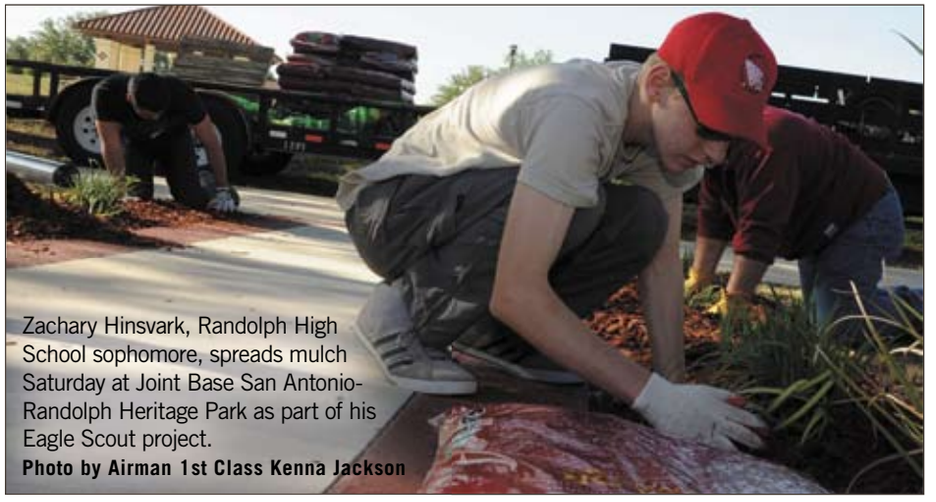
To advertise in the Wingspread, call 250-2440.

New mulch was applied at key areas around Joint Base San Antonio-Randolph Saturday and Sunday as part of Zachary Hinsvark's Eagle Scout project.
Courtesy photo

Randolph High School student renovates landscaping for Eagle project

By Alex Salinas
Joint Base San Antonio-Randolph Public Affairs

Zachary Hinsvark, a 15-year-old Randolph High School sophomore, is a step closer to becoming an Eagle Scout – the Boy Scouts' highest achievement – after performing extensive community service at Joint Base San Antonio-Randolph Saturday and Sunday.



Zachary Hinsvark, Randolph High School sophomore, spreads mulch Saturday at Joint Base San Antonio-Randolph Heritage Park as part of his Eagle Scout project.
Photo by Airman 1st Class Kenna Jackson

All he needs is a cooking badge, but his Eagle project, which consisted of restoring the landscape around Heritage Park, Medal of Honor Memorial, Missing Man Monument and the Daughters of the American Revolution sites, will heavily determine if he is selected for the prestigious rank.

According to the Boy Scouts of America website, about 7 percent of all Boy Scouts earned the Eagle Scout rank in 2013.

With supervision from members of the 502nd Civil Engineer Squadron, Hinsvark and 50 volunteers from his church, school, scout troop and family removed overgrowth, replaced rock and mulch, and repaired a walking path.

"I pass the memorials every day on my way to school and I thought that they could use a touch up," Hinsvark said. "They all represent the achievements of people who've done remarkable things and by maintaining them, we're continuing to honor those people."

The group worked about 11 hours between the two weekend days, Hinsvark said.

In addition to weed removal and granite replacement, the volunteers also trimmed shrubbery around the memorials, Richard Herrera, 502nd CES operations section chief, said.

"Zachary was in charge of the entire project," Herrera said. "He is a great young man and his volunteers did an awesome job making these tributes to American heroes presentable."

Hinsvark enrolled in Cub Scouts in 2004 and Boy Scouts in 2009. He participates in Troop 512 of Schertz, Texas. His father, Lt. Col. Brian Hinsvark, is an Air Education and Training Command division chief at JBSA-Randolph.

JBSA-Randolph's Troop 38 also helped with Zachary's renovation project.

SAPR TRAINING from P4

He explained that although sexual assault is a serious issue that destroys the lives of Airmen and weakens the force, the Air Force will overcome because of the traits that set us apart as Airmen.

"Throughout history we have relied on our commitment and courage to conquer our enemies, foreign and domestic, seen and unseen," he said. "We cannot allow this enemy from within to continue to exist and define who we are as an Air Force."

Editor's Note: This year's Sexual Assault Prevention and Response annual training, also known as SAPR Stand Down, requires an increased number of participants for it to be successful. "This year's training gets many more personnel involved in delivering the message and discussing a solution," Dr. Charlotte Moerbe, Joint Base San Antonio sexual assault response coordinator, said. "This kind of effort is exactly what we need in the Air Force if we hope to make positive cultural change and prevent sexual assault. We at JBSA SAPR are standing by ready to assist commanders and their designated facilitators as we meet this challenge."

The JBSA SAPR office members have offered, "Train the Facilitator" courses for command-designated facilitators. Designated facilitators are encouraged to sign up early as class size is limited. To register, go to JBSA SAPR Sharepoint site at https://jbsa.eis.aetc.af.mil/SAPR/default.aspx , or contact your local SAPR office at JBSA-Fort Sam Houston at 808-6316; JBSA-Lackland at 671-7273; or JBSA-Randolph at 652-4386.

Bryan Hummel (center), 502nd Civil Engineer Squadron natural resources manager, gives Randolph Elementary School students a gardening lesson April 23.
Photo by Melissa Peterson

Raised gardens transform Randolph Elementary campus

By Robert Goetz
Joint Base San Antonio-Randolph Public Affairs

Randolph Elementary School students participated in Earth Day and Arbor Day activities April 23-24, but the spirit of those two special days lives throughout the year at their school, where nearly 30 raised garden beds and a small habitat area have transformed the campus in recent years.

The most recent project to benefit the school came courtesy of a $6,500 grant from the National Environmental Education Foundation, one of four grants presented to Joint Base San Antonio locations.

"The purpose of this project at Randolph Elementary was to provide environmental education opportunities to the students, provide habitat for our native pollinators and demonstrate water conservation techniques for JBSA and Central Texas," Bryan Hummel, JBSA natural resources specialist, said.

Hummel, who applied for and obtained a $6,500 grant for each JBSA location, said the most recent grant for Randolph Elementary provided all the materials for installing 10 raised beds on the campus, including soil, mulch and 375 native plants, which will also be used in existing beds. The grant also funded cedar boards to create the 4- by 8-foot raised beds, 12 rain barrels and a variety of books, posters and brochures.

The rain barrels were added "so the kids can learn about rainwater harvesting and the importance of water to all living things," Hummel said.

"The raised beds were built Nov. 6 and the gardens were filled with soil and plants Nov. 13," he said. "There was another planting day on Nov. 20, and numerous plants were left with the science teachers so the kids could plant their own plants and have a more intimate involvement in the butterfly discovery gardens."

Hummel said support for the project came from the 502nd Civil Engineer Squadron; Master Sgt. Ennis Fowler, who brought a crew of JBSA-Randolph firefighters; Randolph Elementary science teachers; and parents of garden club members.

The raised beds are located between both wings on the west side of the campus and on the south side of the kindergarten and first-grade wing, which is on the school's east side. The fenced-in habitat area is located east of the raised beds next to the K-1 wing.

Beth Zipp, a third-grade teacher and the school's garden club sponsor, said the raised beds are home to a variety of plants, from vegetables to perennials such as Eve's necklace, esperanza, rock rose and rosemary.

"The beds are full of perennials," she said. "They attract pollinators like butterflies, hummingbirds and bees."

The habitat area is likewise filled with plants that attract pollinators, Zipp said.

"There will be tons of butterflies when everything starts blooming," she said.

Zipp said the school's garden club, which is open to third-, fourth- and fifth-graders, plays a big role in planting and maintaining the beds along with other students.

"They absolutely love it," she said. "They learn to plant things, watch them grow and harvest the food. They also learn about teamwork and working with others."

Hummel said the raised beds and other earth-friendly projects, including a planned rain garden, benefit the school as well as JBSA.

"These efforts will help enhance the environmental education of our school children for years to come, provide sanctuaries for native pollinators, help sustain the migration of monarch butterflies, and reduce water usage and flooding on JBSA-Randolph," he said.

Joint Base San Antonio-Randolph News Briefs

Mass BAH recertification briefing

The Joint Base San Antonio 502nd Comptroller Squadron Financial Services Office will host a JBSA Basic Allowance for Housing mass recertification town hall meeting from 8 a.m. to 1 p.m. May 16 at JBSA-Lackland, building 5616, room 118. Attendees need to bring original or notarized copies of the following: birth certificates of dependents, marriage certificates or divorce decrees. All legal documents that justify entitlement to "With Rate BAH," for example: notarized agreements or dependency determinaztions, DD214 for spouse recently separated or retired. Participants will also have to fill out a new AF Form 594 that day. For more information, call the Customer Service Contact Center at 652-1851.

Financial services office updated hours

The Joint Base San Antonio 502nd Comptroller Squadron Financial Services Office hours of operation are 8 a.m. to 3 p.m. Monday through Friday and 8 a.m. to 2 p.m. Wednesdays. The office will be closed the following dates:

- Today, for 502nd Air Base Wing Pride Day operations
- May 16, for BAH mass recertification at JBSA-Lackland, building 5616, room 118

For more information, contact the Customer Service Contact Center at 652-1851 or email finance.callcenter@us.af.mil.

Road repair work schedule changes

The construction of South Gate Road will start on June 9. Construction will finish by Sept. 15. Signs will be posted outside of the installation at 1604 Lower Seguin Road, FM 1516 and Lower Seguin Road. A temporary entry and alternate road will be constructed for vehicles to enter Joint Base San Antonio-Randolph at South Gate. Signs will notify drivers of the construction and re-route through the temporary South Gate entry. For more information, call Joseph Domeier at 652-1312.

Sports physical appointments

The 359th Medical Group at Joint Base San Antonio-Randolph has begun scheduling annual sports physical appointments for June 28 and July 26. The Saturday exams will be 8-11 a.m. by appointment only and are for healthy children between the ages of 10-18 years who are enrolled in the 359th Medical Group at JBSA-Randolph. Other medical issues such as asthma, ADHD, required immunizations or medication refills will not be included in the sports physical. Parents are asked to schedule a regular appointment to address these medical needs. If a child is sick on the day of the sports physical appointment, their parent is asked to cancel the appointment and reschedule, as clearance cannot be granted during illness. Call the central appointment line at 916-9900 from 6:30 a.m. to 4:30 p.m., Monday-Friday. Participants are asked to wear comfortable athletic attire and must be accompanied by a parent, guardian or sibling who is 18 years or older.

The following forms are required at the time of the appointment:

- A completed school sports physical form from the school or downloaded from http://www.uiltexas.org/files/athletics/forms/preparticipation-physical-evaluation.pdf This form must be completed before the appointment.
- The child's immunization record. Parents whose child is in the Air Force system may print their shot record from https://imr.afms.mil/imr/MyIMR.aspx (CAC enabled).

JBSA-Randolph Chapel Regular Schedule

PROTESTANT

Sunday

8:15 a.m. service, Main Chapel

11 a.m. service, Religious Activity Center (building 975)

CATHOLIC

Monday-Thursday

11:30 a.m. daily Mass, Main Chapel

Saturday

5:30 p.m. Mass, Main Chapel

Sunday

8:30 a.m. Mass, Religious Activity Center (building 975)

11:30 a.m. Mass, Main Chapel

HAWC gait analysis lab creates better runners, improves lives

By Alex Salinas
Joint Base San Antonio-Randolph Public Affairs

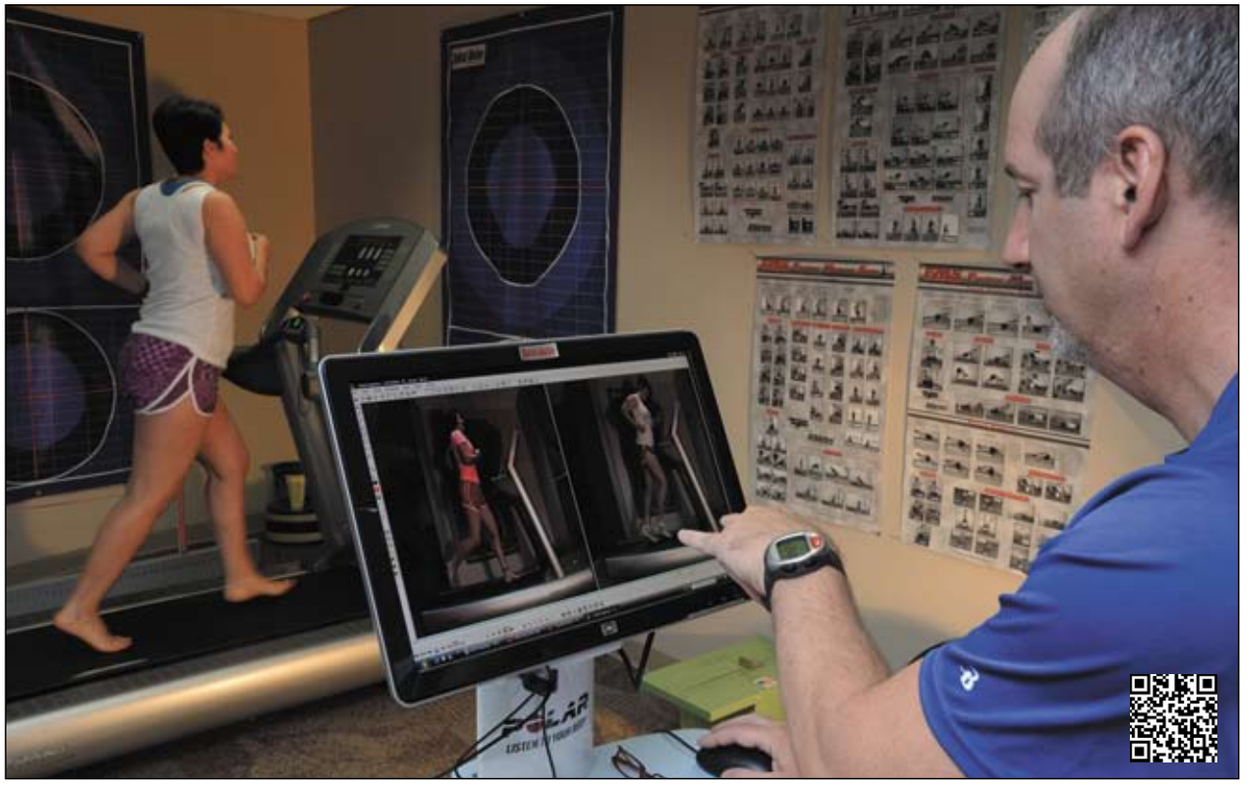


Photo by Johnny Saldivar

Karl Leonard, Health and Wellness Center exercise physiologist, monitors Master Sgt. Karla Iglesias, 359th Aerospace Medical Squadron, on her running technique during her gait evaluation efficiency lab test April 25 at Joint Base San Antonio-Randolph.

Since September, nearly 300 people of all ages have stopped by the Joint Base San Antonio-Randolph Health and Wellness Center to get their walking and running forms evaluated and most learned they had major flaws.

Performing the evaluations is Karl Leonard, HAWC exercise physiologist, who said 90 percent of the examined – even athletes in peak shape – are inefficient runners who are oblivious to the damage they cause to their joints and other areas every time they run.

"Young people's bodies can quickly recover from poor running, but the older they get and the longer they run incorrectly, the chances of serious injury are high," Leonard said.

While Leonard started his gait analysis lab by taking call-in appointments, it's become more clinical as half the people he sees now are medically referred due to injury or being on military profile. Since Leonard arrived last summer, the HAWC's quadrupled its business with help from the lab, he said.

During a gait assessment, Leonard breaks down an individual's running mechanics and tells them how to improve his or her form.

"My goals are for Airmen to run efficiently so they can pass the physical training test and get off of profile, and for people to improve their performance and physical abilities, so they can become injury-free and more productive," he said.

However, many HAWC clients come in with worn-down bodies.

Maj. Scott Bentley, a 59th Medical Wing pediatric cardiologist at San Antonio Military Medical Center, developed a passion for running after completing a half marathon in 2010, but during a 2012-13 deployment to Afghanistan, he experienced recurring shin splints and pain in his hamstrings and gluteal muscles.

"After I returned, I continued running, but the pain in my upper legs continually worsened and eventually impaired my ability to run as frequently as I wanted," he said. "Even walking and sitting for a long car ride became painful."

Scott lost more than 2 1/2 minutes from his 1.5-mile run time and failed his January PT test. The next week, he made an appointment with Leonard and learned his heavy heel striking caused overuse injuries.

After applying Leonard's recommended running technique and other programs like heart rate training, Scott saw "immediate" results.

Within weeks, he regained lost run time, retook the PT test and passed.

"Most of us (in the military) have never been trained how to run properly," he said. "Having the training to be able to do this required element of our physical fitness allowed me to enjoy this activity again and meet the standards expected of me."

Master Sgt. Robert Thomas, 24th Air Force Manpower, Personnel and Services manager at JBSA-Lackland, scheduled an appointment with the HAWC in February to get off profile.

While there, Thomas discovered he was a heavy heel striker, which explained why his ankles, knees and back were constantly in pain and why he felt tightness in his hamstrings and Achilles tendons.

"I was running four to five times per week and was making everything worse each time I ran," he said.

After evaluation, Thomas noticed less joint pain in one week and "tremendous relief on my knees and ankles after two weeks," he said.

Civil servants also benefit from the HAWC's gait analysis.

"I've been a runner on and off for 20 years and never knew my gait contributed to my knee pain," Gina Ramirez, 359th Medical Operations Squadron psychology technician, said. "My initial appointment was to get exercises to strengthen my knee, but I found my gait was all wrong and exacerbating the pain."

Ramirez said she felt sudden, severe knee pain after she stopped lifting weights, which in the past helped her body compensate for poor running form.

"It took about a month to learn and practice the correct form before I noticed changes in my knees and to get back the mileage I lost," she said. "On Leonard's recommendation, I began lifting weights again and before long had no knee pain."

In addition to no pain, her legs no longer ached after long runs, Ramirez said.

However, Leonard said helping a 359th Medical Group nurse discover a life-threatening condition earlier this year sticks out most.

Leonard said the nurse could hardly hold herself up because she thought she was weak.

Alarmed at her unusual plopping foot strikes, he suggested she get further evaluated. She soon learned she had advanced demyelinating polyneuropathy, which affects the nerves outside of the brain and spinal cord and can cause fainting spells while standing up, burning pain in the extremities and loss of feeling in the legs and arms.

Leonard eventually wants to introduce his gait analysis program at basic military training at JBSA-Lackland, which – in theory – would correct recruits in the earliest stage of their career and prevent unnecessary long-term pain and surgery.

"That would be the next big step for exercise physiology and a huge step for the military," he said. "Basic military training is the gateway to the Air Force."

According to Leonard, proper running form entails landing on the balls of the feet with a slightly forward lean at a cadence of 180 beats per minute, which naturally shortens stride length and eliminates the tendency to strike the ground with heels first. Wearing minimalist shoes can also reinforce proper foot strike.

For more information, call 652-2300. To make an appointment, email Leonard at karl.leonard@us.af.mil.

Virtual Wingman app provides Airmen with resiliency information

By Robert Goetz
Joint Base San Antonio-Randolph Public Affairs

Apps have become an important part of everyday life, giving smartphone and tablet users a convenient shortcut to their favorite mobile websites.

Apps are also playing an increasing role in Air Force communications.

Airmen now have a wealth of resiliency and safety information at their fingertips thanks to an app that allows them to access a mobile site created by contractors at Air Education and Training Command.

Accessible through the free Joint Knowledge Online Mobile app, the site, Virtual Wingman, helps Airmen to better manage risks and gives them general information about the Air Force.

"Virtual Wingman originally was a website optimized for mobile devices, but there wasn't any sustainment funding," Carol Wall, Virtual Wingman program manager, said. "Subsequently, the application was reworked by JKO Mobile and now resides on the JKO Mobile application."

Users can find Air Force Virtual Wingman mobile by downloading the JKO Mobile app from Google Play or iTunes and searching for Virtual Wingman from the public view, Wall said. They then need to install AFVW on their devices.

Virtual Wingman comprises six main topics, starting with a "Wingman Kit" that includes a link to the Military OneSource website; Airman-to-Airman videos; a reminder to program the phone numbers of supervisors, first sergeants and other important contacts into mobile devices; and a local taxi finder with an 800 number.

Photo by Airman 1std Class Kenna Jackson

"Airmen will have this in their pockets and easily get the help they need."

Carol Wall
Virtual Wingman program manager

"One of the highlights is the taxi finder," Carol Wall, Virtual Wingman program manager, said. "Airmen will have this in their pockets and easily get the help they need."

Other topics are "Risk Management"; "Activities," which reminds Airmen to complete certain forms if they are engaged in high-risk activities and includes a checklist of high-risk activities; "ACE," or Ask Care Escort, which includes a suicide prevention crisis line; "SAPR," or Sexual Assault Prevention and Response; "Safety," which focuses on motorcycle safety; and "Links," which feature the Air Force, Air Force Safety Center, Air Force Facebook, AETC Torch Magazine and other websites.

"Virtual Wingman gives Airmen all they need for risk management and high-risk activities as well as information about suicide prevention and sexual assault prevention and response," Wall said. "We also wanted to provide a lot of links to give them the most up-to-date information."

SAVING ON TRAVEL

Making 'every dollar count' through state lodging tax exemptions

By James L. Sisson
Air Force Banking Division director

The Air Force encourages you to stop paying taxes!

Well, not your personal taxes, but it turns out that several states exempt uniformed service members and federal government employees from paying state lodging taxes when on official travel orders.

Unfortunately, travelers have to know to ask for these exemptions, and as a result Air Force members pay about $4.5 million in lodging taxes needlessly in these locations each year. If you are travelling to Florida, Texas, New York, Pennsylvania, Massachusetts, Missouri or one of seven other states and territories that offer these exemptions, a few simple steps can save your unit and the Air Force real money.

Considering today's fiscal challenges coupled with tomorrow's uncertainties, the Air Force is continuously searching for cost-saving initiatives.

In a memo to comptrollers across the Air Force, assistant secretary for financial management Jamie Morin said, "The Vice Chief of Staff has taken a key step forward with the 'Every Dollar Counts' campaign and we have received a huge response from Airmen around the world. One idea that caught my attention pertains to state lodging tax exemptions, which could save millions for reinvestment in mission needs."

Eleven states – plus Puerto Rico and the U.S. Virgin Islands – exempt U.S. military members and employees of the U.S. government from paying state taxes on hotel lodging charges which are directly reimbursable by the U.S. government.

This lodging sales tax exemption applies to both TDY and PCS travel paid using the government travel card. All government travelers are already exempt from lodging tax if their lodging bill is paid directly by the government using a centrally billed account.

The General Services Administration maintains a website and map with state tax information at https://smartpay.gsa.gov/about-gsa-smartpay/tax-information/state-response-letter. Some states require a form and some do not. Puerto Rico and six states (Texas, Florida, Massachusetts, New York, Pennsylvania, and Wisconsin) do require a form, downloadable from the GSA website. The U.S. Virgin Islands and five states (Alaska, Delaware, Kansas, Missouri and Oregon) do not require any special forms.

Travelers should take advantage of this tax savings and be aware of these state laws. If you are about to go on official travel to one of these locations, you should visit the GSA website before traveling and obtain the tax exemption form if applicable.

All travelers should also check with their hotel to verify state tax law compliance. If the hotel does not comply, the traveler should consider another hotel. Approving officials should review travel authorizations and vouchers for strict compliance with this requirement.

By everyone doing their part, the Air Force can save millions of dollars.