



WINGSPREAD

JOINT BASE SAN ANTONIO-RANDOLPH

No. 36 • SEPTEMBER 12, 2014



JBSA-Randolph families support suicide prevention awareness

PAGE 8

INSIDE: CFC KICKS OFF, P3 ... VIETNAM-ERA PILOTS VISIT 435TH FTS, P4 ... TOBACCO CESSATION, P12

COMMENTARY

15 seconds: A rude awakening

By Airman 1st Class Clifton Dolezal
19th Airlift Wing Public Affairs

I remember gut-wrenching screams, the shattering of glass and the unforgettable sounds of metal twisting and bending all around me as my truck rolled over and over again.

I thought those were going to be my last memories.

April 12, 2012, started out like any other Thursday for me. I woke up early enough to take a quick shower and grab some breakfast before heading out the door for work. I was working a double that day, so I made sure to grab a coffee.

It was a 45-minute drive to work, which gave me time to finish my coffee and relax before I spent the rest of the day on my feet.

Halfway through my shift, I received a call from my girlfriend, Nicole, who was elated to find out that her classes on Friday had been canceled and she would have a three-day weekend.

Any other time, I would have told her I was on my way and then instantly jump into my vehicle and make the 3-hour trek to Ball State University to bring her home. Instead, I decided to tell her I had to work and that I wouldn't be able to make it until Friday night. I was lying. I wanted to surprise her.

After finishing up my shift, I made the 45-minute drive back to my house and got myself ready to make the long drive to Muncie, Ind. I asked my sister if she'd like to join me to surprise Nicole and we hopped into the truck and were on our way.

I remember not feeling as tired as I had thought I was going to be, especially after working a 16-hour shift. In hindsight, I'm sure I was just too eager to surprise Nicole and unable to perceive the actual feelings of drowsiness and lethargy that were slowly creeping over me.

After surprising Nicole, we helped her pack her things and loaded them into the truck.

We hit the road around midnight. We talked and laughed most of the way home, but it was late. Before too long, my sister had fallen asleep in the back and Nicole had laid her head on my shoulder and dozed off

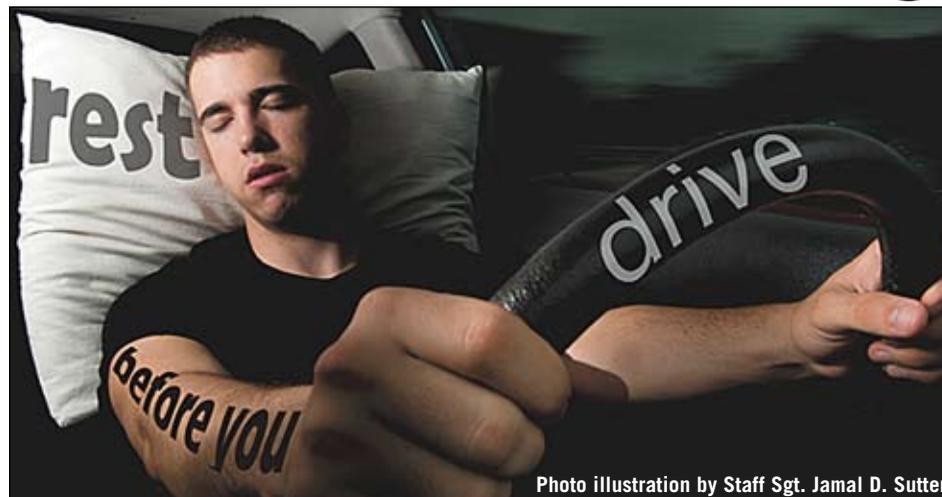


Photo illustration by Staff Sgt. Jamal D. Sutter

as well.

After 30 minutes of driving without someone to keep me company, the fatigue of 16 hours of work and more than seven hours on the road started to settle in.

With the heat blowing full blast to keep the frigid weather at bay, no music and no one to talk to, my eyes started to grow heavy and my concentration slowly deteriorated.

My head started to bob and my eyes shut as we started to cross over the shoulder of the road. I quickly awoke after feeling the roughness of the shoulder and pulled the truck back onto the road. I looked over at my sister and Nicole to see if they woke up during our little detour, but they hadn't moved an inch.

Little did they know the worst was yet to come.

That sluggish, drowsy feeling quickly returned. As we crossed the county line I remember saying, 'We'll be home in 10 minutes, guys.' I was so tired I don't remember if I actually said it or just thought I said it.

After more than seven hours of driving, I started to develop throttle foot, so I put the cruise control on. I remember stretching and thinking about lying down in bed and sleeping for hours on end. The thought had gotten the best of me and I got my wish.

I was asleep.

Flying down Highway 10, with the cruise control set to 60 mph, my 2008 Ford Ranger started to creep across the centerline carrying me and my two pas-

sengers to an unknown fate.

We were now completely in the other lane of oncoming traffic, but the Ranger still continued to pull left, taking us off the shoulder and onto the bank of a 10-foot ditch.

With the Ranger almost riding completely on the left two tires, I woke up. As I regained consciousness, I remember staring at a telephone poll about 15 yards from us. I gripped the wheel and ripped it to the right. We immediately turned up the ditch, still traveling at 60 mph, and the truck began rolling onto the driver side of the vehicle.

Nicole and my sister were abruptly awakened by the sound of breaking glass, the deployment of the airbags and the positive and negative G-forces as the truck slammed into the ground. We were rolling over and over again, only stopped by a tree 40 yards from where we had originally started rolling.

The accident lasted about 15 seconds, which seemed like hours.

We came to a complete stop upside down with the driver's side pinned against the tree. I released my seatbelt and slammed against the roof of the vehicle.

After a verbal check to see if everyone was all right, I began kicking out the front windshield and helped Nicole and my sister out of the vehicle.

Once out of the Ranger, we ran up to the road and flagged down the next vehicle we saw to call 911.

ON THE COVER

Angelica Evans (left), her husband, Senior Airman John Evans (right), 502nd Civil Engineer Squadron, and their son, Johnny, run toward the finish line Saturday during the Run for Life 5K at Joint Base San Antonio-Randolph. The event kicked off the Suicide Prevention Month observance. For the complete story, see page 8.

Photo by Desiree Palacios

WINGSPREAD

Joint Base San Antonio-Randolph
Editorial Staff

Brig. Gen. Bob LaBrutta

502nd Air Base Wing/JBSA Commander

Todd G. White

502nd ABW/JBSA Public Affairs Director

Marilyn C. Holliday

JBSA-Randolph Public Affairs Chief

Airman 1st Class Alexandria Slade

Editor

Airman 1st Class Stormy Archer

Robert Goetz, Alex Salinas

Staff Writers

Maggie Armstrong

Graphic Designer

Wingspread Office

1150 5th Street East

JBSA-Randolph, Texas 78150

Phone: (210) 652-4410

Wingspread email

randolphpublicaffairs@us.af.mil

Wingspread Advertisement Office

EN Communities

P.O. Box 2171

San Antonio, Texas 78297

(210) 250-2440

This newspaper is published by EN Communities, a private firm in no way connected with the U.S. Air Force, under exclusive written contract with Joint Base San Antonio-Randolph, Texas. This commercial enterprise Air Force newspaper is an authorized publication for members of the U.S. military services. Contents of the Wingspread are not necessarily the official views of, or endorsed by, the U.S. government, the Department of Defense, or the Department of the Air Force.

The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense, the Department of the Air Force or EN Communities, of the products or services advertised.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other nonmerit factor of the purchaser, user or patron.

Editorial content is edited, prepared and provided by the Public Affairs Office of JBSA-Randolph. All photos, unless otherwise indicated, are U.S. Air Force photos.

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

Universal giving comes to Combined Federal Campaign

The fall 2014 Combined Federal Campaign marks the first time that federal employees nationwide can designate to local organizations outside their permanent duty station.

This means if they have a favorite CFC-approved charity in their hometown or another location beyond their current work assignment, employees can now give to those organizations in addition to the normal local charity listing.

All campaign regions are offering donors the opportunity to give through universal giving – the ability to donate to any national, international, or local charity not denied participation in the CFC.

Prior to offering this nationally, the Office of Personnel Management had been moving the CFC in this direction since 2006. First came the implementation of a universal coding system in 2006, then the universal designation system was successfully piloted in three markets (Chicago, Alabama and Portland, Ore.) in 2011 and 2012.

Now, any federal employee has the option to give to any participating CFC charity they choose, without regard to geographic boundaries. However, all campaigns must honor their donors' valid universal giving pledges.

The print version of the CFC charity list ("Catalog of Caring") will continue to be designed as it has in the past, as it will contain the national and international charity information provided by the OPM and the unique local charity section based on the Local Federal Coordinat-

ing Committee review of local charity applications. The printed list will not contain information on charities that did not apply to the local campaign area and were not approved by the LFCC.

The "Universal Giving List," on the other hand, is a single nationwide list of local charities and is determined through a combination of all campaigns' eligibility decisions. It will be compiled from all approved local charities. This list will only be made available to donors electronically.

In the case of a charity that belongs to different federations in different campaign regions, the charity will be listed on the "Universal Giving List" as belonging to the federation to which it is a member in its local campaign region.

OPM will produce and provide on its website (<http://www.opm.gov/cfc>) a "Universal Giving List" in both/either an online search tool and/or a searchable PDF file. Donors presenting pledge forms with valid charity codes from this list must be processed by all Principal Combined Fund Organizations.

Charity contact information, disbursement addresses, and Electronic Funds Transfer data will be provided to campaigns as needed based on the universal giving pledges they receive. Again, all campaigns must honor their donors' valid universal giving pledges, without regard for the pledging method used.

(Source: Department of Defense Voluntary Campaign Management Office)

Joint Base San Antonio Combined Federal Campaign Points of Contact

The 2014 Combined Federal Campaign began Sept. 1. The following is a list of points of contact for Joint Base San Antonio:

- 502nd Air Base Wing: Master Sgt. Thomas Shockley
Alternates: Master Sgt. Kerry Thompson, Tech. Sgts. Mark Barnette and Angelica Guerrero, Staff Sgts. Christopher Sutherland, Gary Lund and Henry Roberson.
- 502nd Force Support Group: Maj. Steven Parker
- 802nd Force Support Squadron: Capt. Linda Aria
- 502nd Force Support Squadron: Chris Neubeck
- 502nd Installation Support Group: Michael Guzman
- 502nd Civil Engineering Squadron: Joseph McCullough
- 502nd Communication Squadron: Staff Sgt. Rodney Hill
- 502nd Operations Support Squadron: Staff Sgt. Kerry Prado
- 502nd Security Forces and Logistic Support Group: Master Sgt. Peter Esparza
- 902nd Security Forces Squadron: Master Sgt. Orlando Bowman
- 502nd Logistics Readiness Squadron: Tech. Sgt. Joan Dixon-Scott

502nd ABW KICKS OFF CFC FOR 2014



Photo by Mike O'Rear

Brig. Gen. Bob LaBrutta (left), 502nd Air Base Wing and Joint Base San Antonio commander, and Chief Master Sgt. Alexander Perry, 502nd ABW/JBSA command chief, sign their Combined Federal Campaign forms Sept. 4 at the wing headquarters at JBSA-Fort Sam Houston. The CFC, which began Sept. 1, is one of the largest and most successful annual charities in today's federal workplace. Donors can check with their local CFC representatives for details on their local campaign and how to donate. The campaign raises millions of dollars for more than 2,700 agencies that all go through a rigorous review process each year to be listed in the CFC brochure. The goals of the campaign are 100 percent contact with all eligible military and federal employees, with the donation target set at \$4.6 million.

Be disaster aware, take action to prepare

By John Burt
AFCEC Public Affairs

Weather forecasters cannot always predict devastating earthquakes, floods, wildfires and tornadoes – that's why it's important to be prepared. The Air Force Emergency Management Division of the AF Civil Engineer Center is using National Preparedness Month this September to encourage Airmen and their families to "Be Ready!"

National Preparedness Month is an annual campaign started by the Federal Emergency Management Agency and Department of Homeland Security in the year following 9/11.

The goal is to raise awareness of the importance of personal preparedness and to increase the number of people who are prepared for emergencies. This year's theme is "Be Disaster Aware, Take Action to Prepare."

"A disaster can be in many forms depending on where we live," said David Epstein, emergency management policy chief for the Air Force. "From a tornado that affects a community in the Midwest, to an earthquake that affects the entire West Coast, prepared-

ness is what will get us through it."

"Emergency awareness and preparedness is every individual's responsibility," said Mike Connors, the Air Force emergency manager and head of the AFCEC Emergency Management Division. "The better prepared you are, the more likely you'll be able to save a life, possibly even a family member's or your own. Recurring events like National Preparedness Month help keep that in the forefront of people's minds."

AFCEC's emergency management division manages the Air Force's "Be Ready" awareness campaign, a year-round push that provides a comprehensive set of resources covering all potential emergency situations. Materials outline what to know and do before, during and after natural or man-made disasters and are available on the "Be Ready" website as well as through each installation's office of emergency management.

"Be Ready" now offers a series of short video vignettes on specific threats from natural disasters to man-made incidents and the best way to respond to them. One recent addition is a three-minute video on active-shooter incidents. The video was produced in col-



Photo by Senior Airman Marianique Santos

Airmen from the 36th Contingency Response Group load equipment into a C-130 Hercules before departing to support Operation Damayan in Tacloban, Philippines, Nov. 14, 2013, at Andersen Air Force Base, Guam.

laboration between AFCEC and the Air Force Security Forces Center at Joint Base San Antonio-Lackland.

"It helps us better educate the

base populace on what to do if an active-shooter situation happens in a workplace or other public venue,"

See **PREPARE P7**

Vietnam-era pilots visit 435th Fighter Training Squadron

Retired U.S. Air Force Lt. Col. George McKinney (right) and retired Lt. Col. Dee Simmonds (center) share their history and knowledge with Lt. Col. Mark Schmidt,

435th Fighter Training Squadron commander, Sept. 5 during an Introduction to Fighter Fundamentals Course graduation at Joint Base San Antonio-Randolph. Simmonds and McKinney were members of the 435th Tactical Fighter Squadron, now the 435th FTS at JBSA-Randolph, when they became the first F-4 Phantom crew to shoot down two MiG-21 aircraft during a single mission Nov. 6, 1967.

Photo by 2nd Lt. Chris Flowers



Office of Personnel Management announces eOPF upgrades

By Janis El Shabazz

Air Force Personnel Center Public Affairs

The Office of Personnel Management has announced recent upgrades to their electronic personnel filing system to provide smarter and more efficient service to employees.

The OPM eOPF is a secure electronic personnel folder which provides civilian employees virtual access to their personnel records. This includes notifications of personnel actions and benefit election documentation such as Thrift Saving Plan contributions, life insurance and health benefits.

"This upgrade provides substantially improved navigation," said Chuck Zedek, Air Force Personnel Center eOPF project manager. "Employees who have not done so should set up an eOPF account and review their records to ensure they are correct and up-to-date."

"Ultimately, we're all responsible for managing our own future and professional development. Ensuring our records are correct will help us achieve our profes-

sional goals," he said.

To help employees do that, AFPC sends all employees an annual email reminder during their birth month.

To create an eOPF account, log in to myPers at <https://mypers.af.mil>. Select "Career Management" under "Learn More About." Select "Self Service," then "Accessing your Electronic Personnel Folder" and follow the instructions.

Employees must have a valid work email address in the eOPF in order to

create their user accounts. The eOPF email data field is updated from the employee's email address in MyBiz. Therefore, employees should check their MyBiz email addresses to make sure they are accurate. To do that, go to <https://compo.dcpds.cpms.osd.mil/>. It takes approximately 24 hours for MyBiz email updates to flow to the eOPF.

The eOPF can only be accessed from a government or military computer network. The eOPF and MyBiz

are secure applications, so employees do not need to worry about their data being compromised, Zedek said.

"Using the myPers self-service applications and the eOPF puts employees' personnel information at their fingertips," Zedek said. "They can now complete actions that previously took an inordinate amount of time out of their day with the click of a mouse."

Employees can initiate requests for corrective action for certain eOPF errors or omissions such as date of birth correction, name change and social security number correction.

To learn more about self-service updates, visit the myPers self-service page, accessible via the home page "I would like to" section.

For questions about accessing MyBiz, contact the A1 Service Help Desk at 565-0102, DSN 665-0102: choose Option 8, then Option 2 and then Option 1.

For more information about other personnel issues, visit the myPers website at <https://mypers.af.mil>.



Courtesy graphic

CAC holders allowed temporary access to Air Force Network

By Capt. Chris Sukach
Air Force Space Command Public Affairs

Over the upcoming months, Air Force Space Command will field an application called 'DOD Visitor' throughout the Air Force Network.

DOD Visitor will allow any Department of Defense common access card holder temporary access to the non-secure Internet Protocol Router Network when away from their home bases. Non-Air Force Network users, including those from sister services, can log into an AFNet computer and work without an AFNet user account.

"DOD Visitor is a (Defense Information Services Agency)-directed application already in use at Army and Navy locations around the world," said Brig. Gen. Kevin Wooton, Air Force Space Command director of communications and information. "Now that we've migrated to a centralized AFNet, we're able to begin providing some of the benefits of a centralized network, which, in turn, makes life easier not only for the end user, but for our communications specialists who support the network as well."

The implementation of DOD Visitor will eliminate the need for local communication focal point personnel to create temporary accounts for visitors to the AFNet.

"This process is fully automated and eliminates the burden of manually creating user accounts," said Maj. Christopher McMillian, Air Force Space Command action officer. "Following installation, DOD Visitor should require little to no local support as temporary accounts will both auto-create and auto-delete 24 hours after the visitor no longer needs it."

Through the DOD Visitor application, temporary users of the AFNet will have access to programs installed on AFNet computers as well as access to webmail, Defense Travel System and their home service's web portal.

"The implementation of DOD Visitor should make accessing the AFNet so much easier, not only for CAC members visiting (United States Air Forces Europe) bases, but for our communications focal point folks as well," said McMillian. "It should be almost as convenient for the end user as accessing the network from their home station machine."

Implementation of DOD Visitor is just one of the many ways in which the Air Force is progressing to the DOD's Joint Information Environment, a network construct that should eventually unite the entire military around a single set of shared infrastructure and information technology services.



AWAKENING from P2

We were lucky. We all walked away from this horrific accident with only minor injuries.

According to the National Sleep Foundation's 2005 "Sleep in America" poll, 60 percent of adult drivers, about 168 million people, say they have driven a vehicle while feeling drowsy in the past year. More than one third, 37 percent or 103 million people, have actually fallen asleep at the wheel.

In fact, of those who have nodded off, 13 percent say they have done so at least once a month. Four percent, approximately 11 million drivers, admit they have had an accident or near accident because they dozed off or were too tired to drive.

The foundation also lists some helpful tips to fight and prevent fatigue while driving:

- Sleep – Get at least eight hours of sleep prior to a long drive.
- Sit up straight – Slouching down in a seat can promote sleepiness.
- Take a break – For every two or three hours of driving, try to pull over and get at least 20 minutes of rest or even take a nap if you can.
- Avoid heavy meals – Larger meals tend to make us feel lethargic. If you have to eat, try and keep it light when driving long distances.
- Caffeine – One to two cups of coffee is actually good for you and a better alternative than carbonated beverages such as soda and energy drinks. But do not rely on it to keep you awake.

Hopefully, these tips help avoid accidents that often result from driver fatigue. An alert driver is a safe driver. Remember to practice safety. Don't learn it by accident.

PREPARE from P4

said Master Sgt. Michael Ellis, active shooter response course manager at AFSFC. "It not only depicts actions to take during an incident, but what to do once first responders are on the scene."

The readiness campaign also features the Air Force "Be Ready" mobile app, an on-the-go emergency preparation resource. Available for Android devices as well as iPhones and iPads, this free app gives information on a wide range of threats. It also provides users with practical tools including customizable family evacuation plans, and emergency numbers and websites, as well as emergency supply checklists.

For the second year, National Preparedness Month culminates Sept. 30, with a national day of action called "America's PrepareAthon."

This community-based event encourages organizations like schools, houses of worship and businesses to take simple, specific actions to increase preparedness for potential disasters.

FEMA wants participants to understand the possible threats in their community, know what to do to be safe, take action to increase overall preparedness as well as participate in community resilience planning.

Air Force emergency managers believe it's a great opportunity to step up and be a leader in emergency preparedness.

"First, take personal action to safeguard

yourself and your family – get a kit, make a plan and be prepared," said Sam Hazzard, emergency management education and training manager. "By doing those things and espousing them to friends, neighbors and co-workers, everyone can be a leader."

"Personal preparedness works to strengthen our national preparedness," said Lt. Col. Madison Morris, emergency services branch chief at Air Force headquarters, Washington, D.C. "The more self-sufficient the population is, the fewer outside resources it will need to ride out an event. Ultimately, in times of crisis, prepared Airmen and families enable our local, state and federal partners to apply response assets faster to where they are needed most."

Air Force emergency management embraces a leadership role as a benchmark program, added Epstein.

"We advocate individual Airman preparedness and how it is vital to the safety and well-being of families and communities," said Epstein. "We take great pride in our program and it's our honor and responsibility to do our part for National Preparedness Month."

For more information and resources to help you and your family "Be Ready," contact your installation's office of emergency management or visit <http://www.BeReady.af.mil>.

Suicide Prevention Month: A reminder of our responsibility to ourselves, each other

By Jonathan Stock
Air Force Surgeon General Public Affairs

All Airmen have a responsibility that lasts much longer than a one-month campaign. This responsibility extends beyond ourselves and includes our work environment, our families, friends, fellow Airmen and our communities.

While Suicide Prevention Month is observed across the United States in September, the month-long event is a reminder of everyone's 24/7, 365-day responsibility to be a true Wingman. That means knowing our fellow Airmen, family members, coworkers and what is happening in their lives, as well as being willing and able to support them when they are facing challenges that test their resilience.

The Air Force has undertaken several initiatives to improve resilience for individuals and our communities. These efforts can be found under the umbrella of Comprehensive Airmen Fitness, which focuses on maintaining a balanced and healthy lifestyle across physical, mental, social and spiritual domains. Individuals practicing comprehensive fitness are more likely to seek help when needed and be able to identify risk factors and warning signs when an individual is off balance.

"Prevention begins with each individual work-

ing to strengthen and maintain their overall well-being across all CAF domains, as well as being able to identify when others need help," said Lt. Col. Kathleen Crimmins, Air Force Suicide Prevention manager. "A good Wingman offers help knowing what resources are available, and follows up to stand by their side throughout a challenge. Assisting Airmen to get help – whether peer or professional – is what a Wingman does."

A number of resources are available to include the Air Force Suicide Prevention website at <http://www.airforcemedicine.af.mil/suicideprevention>, the Airman's Guide for Assisting Personnel in Distress at <http://www.airforcemedicine.af.mil/airmansguide>, or go online to chat at <http://www.militarycrisisline.net>, with access to peer counselors in person and through online chats and text messaging. People can also call the Military Crisis Line at 800-273-8255, press 1, text 838255.

The Air Force Wingman Online-Suicide Prevention website is available at <http://www.wingmanonline.org/Home> and people can also call 866-966-1020.

You can also find help by contacting your local agencies who make up the installation Integrated Delivery System.

In addition to the crisis phone line, help is also available through the Vets4Warriors peer support

"A good Wingman offers help knowing what resources are available, and follows up to stand by their side throughout a challenge. Assisting Airmen to get help – whether peer or professional – is what a Wingman does."

Lt. Col. Kathleen Crimmins
Air Force Suicide Prevention manager

chat line at 855-838-8255 or online at <http://www.vets4warriors.com>. This line will connect an individual with veteran peers who understand the unique challenges of military life and assist with problem solving and resolution.

Family members, retirees and veterans can also use these resources for themselves if they feel the need to speak with someone.

According to Crimmins, Air Force mental health clinics reported an increase in the number of visits annually over the last few years which are positive results of the Air Force's effort to remove the perceived stigma of seeking help.

Leaders at all levels must continue to promote and encourage individuals to seek support agen-

cies and clinician services as a normal step in maintaining a good work and life balance.

Early resolution of stress helps Airmen maintain a balanced lifestyle, which in turn allows them to withstand, recover and grow in the face of adversity.

"We can all make a difference by helping our Wingmen understand they are not alone," Crimmins said. "Sharing our stories and highlighting our own personal resilience and perseverance will let others know their Air Force family is behind them and those needing help are not alone."

The Joint Base San Antonio Helpline can be reached at 877-995-5247 and the JBSA duty chaplain is at 221-9363.

Graphic by Steve Thompson



Photo by Desiree Palacios

Joint Base San Antonio-Randolph members participate in the Run for Life 5k event Saturday at Eberle Park at JBSA-Randolph. The Run for Life event for JBSA-Fort Sam Houston takes place 8 a.m. Saturday at MacArthur Parade Field and for JBSA-Lackland, 8 a.m. Sept. 20 at Gillum Fitness Center.

ASK YOUR WINGMAN

- Have the courage to ask the question, but stay calm
- Ask the question directly: Are you thinking of killing yourself?

CARE FOR YOUR WINGMAN

- Calmly control the situation; do not use force; be safe
- Actively listen to show understanding and produce relief
- Remove any means that could be used for self-injury

ESCORT YOUR WINGMAN

- Never leave your buddy alone
- Escort to chain of command, Chaplain, behavioral health professional, or primary care provider
- Call the National Suicide Prevention Lifeline

National Suicide Prevention Lifeline: 1-800-273-8255 (TALK) <http://chppm-www.apgea.army.mil/>

Joint Base San Antonio-Randolph News Briefs

Prisoner Of War/Missing In Action week

Three POW/MIA remembrance events will take place on Joint Base San Antonio-Randolph Tuesday through Thursday:

- Breakfast: 8-9:30 a.m. Tuesday at the JBSA-Randolph Parr Club. Contact Tech. Sgt. Nicole Hicks at 665-1647 for ticket costs.
- Remembrance run: 7-9 a.m. Wednesday at the JBSA-Randolph Golf Course 5K trail.
- Retreat ceremony: 4-5 p.m. Thursday in front of the JBSA-Randolph Missing Man Monument. Volunteers are needed for 30-minute shifts from 7:30 a.m. to 3 p.m. Thursday. To volunteer, call Airman Raul Reyna at 652-3061. For more information about the week's events, call Tech. Sgt. Barrett Magee at 652-0891.

Parenting legal clinic

A free clinic on legal information for parents takes place 11 a.m. to 1 p.m. Sept. 24 at the Military and Family Readiness Center, building 693, at JBSA-Randolph.

JAG Corps and Texas Attorney General Staff will answer questions about family care plans, visitation, paternity and child support, but cannot represent or give legal advice. Attendees are asked to not bring their children, but to bring any prior court orders with you.

Call the Legal Assistance Office at 652-6781 for more information.

JBSA 2014 Military Retiree Appreciation Day

The Joint Base San Antonio 2014 Military Retiree Appreciation Day takes place 8 a.m. to noon Sept. 27 at building 2841 at JBSA-Fort Sam Houston. Services provided will include an expired medication turn-in station, legal services, TRICARE services and ID card appointments.

For more information, call 652-6880, 671-2728 or 221-9004.

JBSA takes back prescription drugs Sept. 27

People can help prevent pill abuse and theft by ridding their homes of potentially dangerous expired, unused and unwanted prescription drugs from 10 a.m. to 2 p.m. Sept. 27 at National Prescription Drug Take Back Day locations throughout Joint Base San Antonio.

Three collection sites will be located at JBSA-Fort Sam Houston. The first is at the medical mall in the San Antonio Military Medical Center. The second is at the community pharmacy, located at corner of Scott and Allen Roads, near the main exchange. Another location is available during the Military Retiree Appreciation Day at building 2841 from 8 a.m. to noon.

There will also be collection sites at the JBSA-Randolph Exchange refill pharmacy located in the main exchange. At JBSA-Lackland, the satellite pharmacy, across from the main exchange, will collect medications. The service is free and anonymous.

All pills should be emptied into a zip-lock or plastic bag and only the bag of pills should be brought to the collection site. Medication bottles can be disposed of through local recycling programs.

Additional local "Take Back" locations can be found at http://www.deadiversion.usdoj.gov/drug_disposal/takeback/.

CHECK US OUT ON . . .

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

CCAF continues to provide value to Air Force, enlisted members

By Robert Goetz

Joint Base San Antonio-Randolph Public Affairs

More than 40 years after it was established at then Randolph Air Force Base, the Community College of the Air Force remains a unique entity in the armed services – a degree-granting institution that provides great value to enlisted members at installations worldwide.

It continues to meet its original intent of gaining accreditation and recognition for Air Force training.

“We are the only service that offers a program like this,” Gay Close, 802nd Force Support Squadron education services specialist, said. “It takes enlisted members’ military training and converts it to regionally accredited college credits. They’re able to get college credit for learning their jobs.”

The CCAF is a key component of professional development and is also directly associated with personal readiness and the mission, Master Sgt. Amy Kanawi, 340th Flying Training Group first sergeant, said.

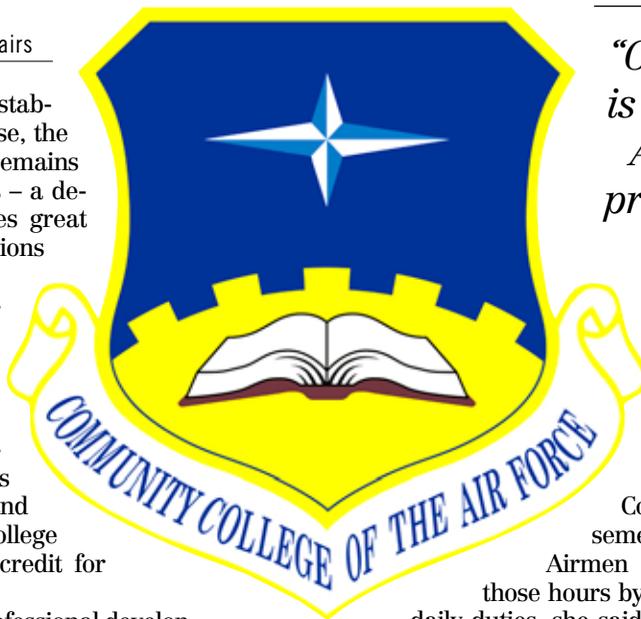
“Obtaining a CCAF degree is strongly advised and is considered a responsibility among all ranks,” she said. “All Airmen should strive to complete the CCAF; the program enhances Airman and mission readiness, enabling greater future successes.”

New Airmen hear about the CCAF during basic training, but it receives more emphasis at their first duty station as part of First Term Airman Center briefings, Close said.

In addition, base education centers are ready to help Airmen start the process to obtain a CCAF degree.

“For new Airmen, what I stress at FTAC is that, when they’re ready to go, they should see a counselor one-on-one,” Close said. “We’ll go over their CCAF degree in detail and walk them through the entire process.”

A CCAF degree – an associate of applied science de-



“Obtaining a CCAF degree is strongly advised and is considered a responsibility among all ranks. All Airmen should strive to complete the CCAF; the program enhances Airman and mission readiness, enabling greater future successes.”

Master Sgt. Amy Kanawi
340th Flying Training Group first sergeant



gree that relates to a member’s Air Force Specialty Code – requires 64 semester hours, but Airmen satisfy many of those hours by attending to their daily duties, she said.

“A lot of people I talk to don’t realize how much credit they get through the military,” Close said.

Completing basic training satisfies the physical education requirement of the degree, which is four semester hours, and the work they perform in their AFSC typically addresses the technical education requirement of 24 semester hours.

Some AFSCs surpass the 24-semester-hour requirement, in which case the surplus hours can be applied to electives, Close said.

Airmen may also satisfy the management requirement of six semester hours through Air Force programs such as Airman Leadership School, she said.

A CCAF degree also requires 15 semester hours of general education courses – oral communication, written communication, math, social science and humanities – which Airmen can satisfy by attending classes offered by colleges and universities at their installations and at local campuses, taking accredited online courses and successfully completing

College Level Examination Program and Defense Activity for Non-Traditional Education Support credit-by-exam tests.

Another requirement of a CCAF degree is completion of the five-skill level, Close said.

“For everybody, regardless of their AFSC, the five-level is worth eight semester hours,” she said.

Obtaining a CCAF degree is not mandatory, Close said, but it offers Airmen more career advancement and promotion opportunities. When they separate from the service, they have a degree as well as job experience to help them find employment in the civilian workforce.

Another benefit is that, with tuition assistance, Airmen can significantly reduce the cost of their education, she said.

Kanawi said earning a CCAF degree can also serve as a springboard for continuing education and advancement.

“The CCAF provides additional educational and professional avenues for Airmen, either by continuing their education in a bachelor’s or master’s program, or applying for a special duty, broadening their skill sets for greater responsibilities,” she said.

For more information, call the Joint Base San Antonio-Fort Sam Houston Education Center at 221-1294, the JBSA-Lackland Education Center at 671-2895 or the JBSA-Randolph Education Center at 652-5964, or visit <http://www.au.af.mil/au/ccaf>.

— To advertise in the Wingspread, call 250-2440. —

Rambler 120, youth biathlon take place Sept. 20 at Canyon Lake

Joint Base San Antonio’s premiere adventure race, the Rambler 120, takes place Sept. 20 at JBSA Recreation Park at Canyon Lake. The race will consist of a 22-mile bike race, a 6-mile run, a 2-mile raft event and a mystery event. Thirty teams from the Army, Navy and Air Force are expected to compete. Spectators are welcome to attend. The bike-race portion of the event starts at 7:30 a.m.

An Iron Kid youth biathlon also takes place during the Rambler 120. Youth ages 5-12 are invited to participate in the biking and running event. Sign up takes place the morning of the event. The race starts at 8:30 a.m. Youth are encouraged to bring their own bicycle. The \$10 sign-up fee includes a T-shirt and free lunch for all participating youth.

For more information, call 267-7358.

Tobacco use harms military readiness, official says

By Claudette Roulo

Department of Defense News, Defense Media Activity

Because tobacco use is harmful to military readiness, the Defense Department has an added responsibility to curb its use, the assistant secretary of defense for health affairs said today, noting that service members are more likely to use tobacco products than civilians.

Tobacco use can lead to excess oral cavity disease and morbidity, Dr. Jonathan Woodson said.

"It affects dental readiness, which is very important in making sure that we have a healthy force ready to deploy for the nation's defense," he explained.

"We know that tobacco use figures prominently in development of cancers, but also there are many other health related consequences – decreased lung function, heart function, excess heart attacks and strokes," Woodson said. "And so it's something that we really do need to concentrate on as a public health issue for the services."

In the coming decades, 171,000 of the personnel currently serving are likely to die prematurely due to tobacco use, he added.

"We have an extra responsibility to address this problem," Woodson said. "The way I look at it is, just as we would leave nobody behind in the combat zone and we expend every effort to save the life of a battle buddy that's on our right or on our left, we need to do the same with tobacco use."

The Military Health System is partnered with tobacco cessation programs Action to Quit and U Can Quit 2 and has developed Operation Live Well, all in an effort to provide encouragement and resources to tobacco users looking to quit, he said.

The campaigns are more than just buzzwords, Woodson said.

"It's about a concentrated effort to support the health of the men and women who serve – both immediately and long term – by reducing the use of tobacco products," he said.

This effort isn't about denying the rights of service members, Woodson stressed, rather "it is about encouraging and creating environments to make healthy choices."

Yet, "it's also about protecting the nonsmoker," he added. "We know the issues that occur in terms of health-related effects from ambient smoke for nonsmokers and so we need to look at the issue of smoking in housing and smoking on installations, again, to protect the health of the entire force."

Tobacco use is pernicious, Woodson said. "Individuals start and then they get addicted to it and then it becomes a lifelong habit," with terrible health consequences, he said.

The Joint Base San Antonio-Randolph Health and Wellness Center offers a four-session tobacco cessation class. The class provides the tools necessary to permanently break the tobacco habit, including medication and education, for those who are ready to quit. For more information on attending a class, call the HAWC at 652-2300 or visit their location next door to the Rambler Fitness Center at 1751 1st Street East, Suite 2.



Courtesy graphic

"At one point in our history when we didn't know so much about tobacco and its health effects, we actually supplied cigarettes in our rations," Woodson said.

But, he noted, as science demonstrated the harmful effects of tobacco use, the department reformed its policies to better serve the health of service members.

And concern for the health of the entire force

is at the heart of the Military Health System's efforts, Woodson said.

"We need to address all health-related habits that adversely affect the health of our servicemen and women," he said. "We want to encourage the development of more smoke-free installations, particularly where children learn, work and play – that's very important for their health – but also we want to encourage healthy behaviors."

Air Force Women's Softball Team 'ready to go' for tournament

By Alex Salinas

Joint Base San Antonio-Randolph Public Affairs

The Air Force Women's Softball Team has placed second the last two years during the Armed Forces Softball Championship at Fort Sill, Okla., but some members believe their luck is about to change when this year's tournament starts Sunday.

"From looking at box scores, (our) teams didn't hit the ball too well and scored low, so our focus is to improve hitting and put runs on the board," head coach Senior Master Sgt. Salomon Vieyra, an Air Force Intelligence, Surveillance and Reconnaissance Agency functional manager at Joint Base San Antonio-Lackland, said. "Once we do that, we'll be hard to stop."

This is Vieyra's first stint as head coach after serving as an assistant coach in 2012. His team's second-place finish that year left him disappointed, so he's ready to overcome those feelings with a squad that shares his competitive drive, he said.

Staff Sgt. Schameka White, who is stationed at Kadena Air Base in Japan, said this is the best group she's played with since debuting for the team in 2005.

"Our team chemistry has clicked since day one," the co-captain said. "There has been zero drama among the players and everyone is dialed into a team concept."

Training camp began Aug. 28 at JBSA-Randolph with 21 active-duty women trying out. Coaches eventually trimmed the roster to 15 players and practices resumed, often three times a day until camp ended.

Nine newcomers joined six returning players. One member, Staff Sgt. Lyndsay Moen from JBSA-Lackland, is representing Texas.

They arrive Saturday in Oklahoma, where games begin the next day and conclude Sept. 19.

A team from each military branch competes in the tournament and is scheduled to play nine total slow-pitch games. The one with the best record wins the event.

White said since her involvement with the tournament, winners have either been from the Air Force or Army, "so I have my sights set on the Army."

Senior Airman Amber Devlin, stationed at Osan Air Base in South Korea, said she might have the jitters when she steps on the field representing the Air Force for the first time, but she'll draw on 20 years of softball experience to keep her cool.

"I expect to play against the best of the best in the military, but I'm confident in our communication skills and the leadership our vets have shown during practice," she said.

For Vieyra, strong team chemistry with experienced players "leading by example and not talking down to others" will take his team a long way.

"Even though it's a short time to prepare for this, all my players have put in hard work and we're ready to go," he said. "We all want the same thing, which is a gold medal around our necks."



Photo by Stormy Archer

Staff Sgt. Lyndsay Moen, Air Force softball team player, bats during a scrimmage Sept. 5 at the Joint Base San Antonio-Randolph soft ball field. The scrimmage was in preparation for a tournament Monday at Fort Sill, Okla., against teams from the Army, Navy and Marine Corps.