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WINGSPREAD

JOINT BASE SAN ANTONIO-RANDOLPH

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12th FTW hosts Seguin community during airfield open house

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Maj. Vince Sherer, 560th Flying Training Squadron student instructor, greets retired Chaplain (Lt. Col.) Kenyon Hutchenson Nov. 13 during the Joint Base San Antonio Seguin Auxiliary Airfield Open House.
Photo by Joel Martinez

Courtesy of National Fire Protection Association

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Photo by Melissa Peterson

American Indian heritage honored, page 5

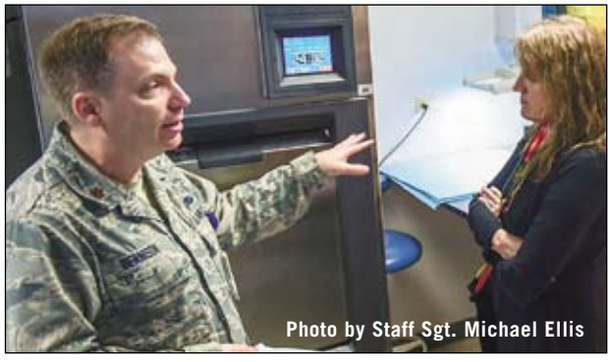

Photo by Staff Sgt. Michael Ellis

Patient safety initiative, page 7

COMMENTARY

EXCELLENCE IN ALL WE DO

Commitment to excellence: What motivates you?

By Col. Kirsten Benford
71st Medical Group commander Vance Air Force Base, Okla.

Motivation is an idea that is used to explain behavior. It is the reason for people's actions, desires and needs.

What motivates you? Is it a pay raise, promotion, family or friends?

When I applied for an ROTC scholarship back in the early 1980s, my motivation was monetary. I needed money for college. Many of us join the military for monetary reasons. Others join for travel, adventure and to see the world.

Occasionally, we need to reflect and reevaluate our motives for being in the total force. What is curious to me is the number of people who stay in the military beyond their original commitment when they seem to have lost their initial motivation, enthusiasm and zeal.

I entered the Air Force with a three-year commitment back in 1992. I stayed in the Air Force because I appreciated the more level playing field and opportunities for growth and development.

I have thoroughly enjoyed each job and "bloomed where I was planted."

It is hard to stay motivated when you don't get assigned the career field or base that you really wanted. That being said, it helps to keep a positive attitude and believe that things happen for a reason. We all can bring something to the fight if we stay motivated "in spite of" our temporary circumstances.

We need to remind ourselves of the choice we made to be part of the total force and get excited about the fact that we can still serve.

Motivation, enthusiasm and a positive attitude are just as contagious as negativity. They help us push through trials, unmet expectations, undesired jobs and other disappointments.

When I walked around the 71st Medical Group when I first arrived a few months ago, I couldn't tell those happy to be here from those simply riding out their assignment. Everyone appeared motivated and enthusiastic about the role they were playing. I fed off that enthusiasm and motivation and wanted to be a better leader and help each of my team members succeed.

I was ecstatic when I was first assigned to Vance. Then I "caught" the medical group enthusiasm fever and was motivated to keep up with the team.

Now I am "committed to excellence," and want everyone I come in contact with to catch the fever as well.

Achieving mission success: The importance of mentorship

By Lt. Col. Scott Linck
71st Student Squadron commander
Vance Air Force Base, Okla.

When I worked at U.S. Africa Command, the organization took steps to connect its member countries and cultures, to include referencing local proverbs during meetings.

The most frequently mentioned saying was, "If you want to travel fast, travel alone; if you want to travel far, travel together."

This was an effective rallying cry that reminded the various organizations within the command that success wasn't measured by individual achievements, but by the success of the entire team.

For any team to achieve sustained, ever-increasing success, it needs to do more than just work well together. It needs a process to refresh and grow leaders from within.

That process is mentorship. As defined by Air Force Manual 36-2643, "Air Force Mentoring Program," mentorship is "a relationship in which a person with greater experience and wisdom guides another person to develop both personally and professionally. This relationship will help achieve mission success and motivate Airmen to achieve their career objectives."

Although mentorship has been around for a number of years, it hasn't been widely implemented. This could be due to high operations tempo, limited understanding of how to establish a mentoring program or frequent personnel changes.

Whatever the reason, it is time to break the cycle where new personnel struggle with the same issues faced by those that came before. Leaders need to establish meaningful connections with subordinates to foster and develop the diverse strengths, perspectives and capabilities of all Airmen.

These connections are arguably more critical in a time of fiscal austerity and shrinking force structure. Each remaining Airman becomes more important, increasing the need for leaders to develop structured programs to pass wisdom, information and advice.

Where to begin? AFMAN 36-2643 provides the basic information needed to establish a mentoring program. It outlines the roles of mentor and mentee, how communication is passed between the two parties, suggests goals for the program and provides links to additional resources.

From there the path is up to you. As an example, the 71st Student Squadron established a mentoring program centered between flight commander and student pilot. They meet five times during training; essentially having a conversation each time the student transitions to or from each training phase.

Feedback has been overwhelmingly positive, with participants reporting they are consistently learning new things about themselves and the Air Force; preparing the mentees to successfully assume future leadership roles.

Mentoring is best defined as a process of engagement. No one can mentor without connection. Leaders must actively seek out opportunities to establish these connections to ensure that all members of the Air Force team are prepared to "travel far and travel together."

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Officials emphasize safe cooking tips for holiday gatherings

By Tech. Sgt. Michael Evans
502d Air Base Wing Safety Office Occupational Safety specialist

The kitchen is the heart of the home, especially at Thanksgiving. With all the activity that will be going on, safety in the kitchen is paramount.

According to the National Fire Protection Association, Thanksgiving Day (Nov. 28, 2013) was the leading date for home cooking fires with 1,550, which is 230 percent above the average number of fires per day.

Thanksgiving is the peak day for home cooking fires, according to the NFPA, followed by Christmas Day and Christmas Eve. Unattended cooking was by far the leading contributing factor in cooking fires and fire deaths. Cooking equipment is the leading cause of home structure fires and associated civilian injuries and was the third leading cause of home fire deaths.

When it comes to risk management, many people forget just how dangerous cooking can be, especially when additional "cooks" and adult beverages are thrown into the mix.

Typically, home fires on Thanksgiving will nearly double the rate of any other day. We all want to show off our culinary abilities, but all too often disregard common sense and normal safety precautions. Additionally, your house is usually full of family and friends, which makes the potential of injury that much greater.

The following are some tips that will help better protect you and our family this Thanksgiving:

• Check your smoke alarm's batteries the day before to make sure they are functional.

• Check your fire extinguisher. Make sure you know where it is and that it's functional. Also, make sure you have an appropriate extinguisher for the type of cooking you'll be doing. Not all extinguishers are registered for grease fires and will do little to stop them.

• Cook as much as possible before Thanksgiving Day. That way, you won't be overloading your oven. Many fires are the result of trying to cram too many things into one oven.

• Stay in the kitchen when you are cooking on the stovetop so you can keep an eye on the food.

• Keep children away from the stove. The stove will be hot and kids should stay 3 feet away.

• Be sure electric cords from an electric knife, coffee maker, plate warmer or mixer are not dangling off the counter within easy reach of a child.

In addition, if you choose to use a turkey fryer, here are some safer use tips:

• Deep-frying your turkey is one of the most hazardous things you can attempt to cook. Make sure you follow all of the instructions on your fryer or consider an alternate method of cooking.

• Only use turkey fryers outdoors; away from any building or material that can catch fire; in full view.

• Make sure there is at least two feet of space between the liquid propane tank and the fryer burner.

• Never place the fryer on wooden decks or under a garage, carport, or breezeway.

• Never leave fryer unattended; monitor temperature closely.

• If any smoke at all comes from the heating pot of oil, turn the burner off immediately – this means the oil is too hot.

• Make sure the turkey is completely thawed and dried before adding to the oil; water and ice crystals can cause the oil to splatter or spill over.

Thanksgiving, like all holidays, is often an excuse to pour a little more wine or have a couple more beers or mixed drinks. Don't overdo it and don't drink and drive. If a family member or guest has too many drinks, offer to call them a cab or provide a comfy couch for them to sleep on.

During this Thanksgiving Day, remember to give thanks and enjoy spending time with family and friends, while indulging in some delicious food. Some simple preparations will ensure that it stays fun from start to finish. For additional safety tips, visit http://www.nfpa.org.

Beating the battle of the bulge: Tips to avoid holiday weight gain

By Kathleen A. Viau
Kenner Army Health Clinic Fort Lee, Va.

It's common this time of year to be concerned about staying on track with your health and fitness goals. During the holiday season, more than ever, we tend to be surrounded by the temptation to eat more and exercise less, which, as we all know, is the textbook recipe for weight gain.

Courtesy graphic

Just when people finally get their eating pattern under control, the holidays always seem to roll round bringing a cornucopia of food temptations.

From the office to shopping, not to mention parties and Family events galore, it seems as if the Thanksgiving-to-New Year's celebration season is one long, tempting food fest designed to make everyone gain weight.

How can people beat this battle of the bulge? Dieticians recommend that people gain knowledge, not weight, this holiday season.

Here's what it takes to keep the pounds off:

Keep weight in check. Weigh yourself in the morning, at least once or even twice a week Monday and Thursday during the holidays. This is enough to notice any slight increase from the week and to keep people in check for the weekend and vice-versa.

Jump start the body's metabolism for the day. Get up and at it 15-30 minutes earlier and do some fun movement. Early morning workouts strengthen everyone's resolve for the day and revs up metabolism. Remember, energy creates energy physically and mentally. Consider purchasing a walking video, downloading a quick workout app, or "shaking it" with Hip Hop Abs or a Zumba video. A lot can be found on YouTube.

Be thrifty with calorie spending. Peruse the buffet table and only take the foods enjoyed once a year. Don't start with sushi, especially if eaten all the time, and expect to be able to resist the chicken wings, which most people love, but avoid. Eat what is loved in moderation to stave off those cravings that get you in trouble later. Don't waste calories on foods anyone can eat anytime.

Avoid food-orexia. Don't starve all day just to pig out at night. Eat lean protein and non-starchy vegetables throughout the day. It will keep blood sugar from dipping and spiking and keep one full until the big event. The combo even gives calories to spare on an individual's favorite splurge.

Say "no" and mean it. Empower willpower. Don't let others lessen your resolve. Each time someone says no it can strengthen them. But remember, the stress is in the resistance. So, if people have to say no too many times, it may be better to decline an invite. Having to resist too much can backfire.

Have a plan before arriving at a holiday party. Holiday parties are social times, but they shouldn't leave an individual feeling guilty and depressed. Enjoy the festivities and a few favorite treats and to those "eating-encouragers," have a few planned responses such as:

- "No thank you, I'm full."
- "No thank you, I am on a special program and it's really working for me. I'm excited at the results I am getting."
- "No thank you, I've already enjoyed some of my favorite goodies."
- Comment on the spread/decorations and party-planners efforts.

Many times, compliments are what they want, not necessarily caring about what's on the plate. For those persistent partiers pause, look them in the eye, and smile. Say something like, "Why do you want me to eat more than I want to?" That will usually stop their food-pushing. Remember, nothing tastes as good as healthy and fit feels.

Intensify workouts. Time is always in short supply during the holidays, but don't ditch a workout – just bump up the intensity to shorten the time. If one usually walks on the treadmill for 30 minutes, do 15 minutes of higher-intensity intervals. If going to the gym is cutting into shopping time, use shopping as a workout – take the stairs, park farther away, walk faster and after a purchase, take it to the car. When standing in line, do calf raises, contract and relax abs, use a purse as a dumbbell, stand up straight, tighten shoulder blades – get creative to avoid just standing in place scrolling through a phone.

Practice the three-bite rule. Just have to have it? Take enough for three small bites - that amazing first taste, a satisfying middle and then a lingering finale bite – and savor each bite. All the bites after that will taste the same and just add calories. When all else fails, go on the "no thanks honey, I'll just have a bite of yours diet."

Avoid hangover food. Don't take leftovers home or send them home with others. If it's not in your house, it won't tempt you and others in your household. If family members insist, tell them to portion out what they want and put it in the freezer. Non-perishables? Keep them up high in the cupboard behind the cornstarch. In moments of weakness, people generally go for what they see first. Out of sight, out of reach, out of mind, off the hips.

Keep healthy snacks readily available. Good options include fresh fruit in a bowl, dried fruits and nuts in snack packs, veggies and fruits cut up in the fridge, packs of tuna/salmon, yogurt and cheese sticks. Many times, snacking is about accessibility and visibility. Keep healthy snacks on hand, in sight, easy to grab 'n go.

National American Indian Heritage Month events fill November calendar

By David DeKunder
Joint Base San Antonio-Randolph Public Affairs

Photo by Melissa Peterson

Edward Blauvelt, Joint Base San Antonio-Randolph National American Indian Heritage Month Committee chairman, shares stories with children Nov. 12 at the JBSA-Randolph library.

Activities focusing on the cultures of Native Americans were held throughout November as Joint Base San Antonio-Randolph observed National American Indian Heritage Month.

The JBSA-Randolph National American Indian Heritage Month Committee hosted several events at the JBSA-Randolph Youth Center, including a youth poster contest, an art contest, and doll making and cooking demonstrations. The committee also announced the winners of its annual scholarship essay contest.

Ed Blauvelt, JBSA-Randolph National American Indian Heritage Month Committee chairman, said the activities gave children and adults the opportunity to learn about Native American cultures and customs.

Blauvelt said entries in the poster, art and scholarship contests were based on this year's theme, "Growing native leaders: Enhancing our seven generations."

The theme is based on a Native American premise on how the actions of past generations of leaders are affecting us today and how the decisions leaders make today will affect children seven generations into the future, Blauvelt said.

The poster contest included entries submitted from eight- and nine-year-olds. Posters are on display at the youth center. Members of the JBSA-Randolph National American Indian Heritage Month Committee judged and picked the best three entries. Creators of the top three posters selected were awarded a Native American statuette.

The first place poster will be displayed at several JBSA-Randolph locations, including the library, dining hall, the Exchange and commissary and the Randolph Native American Facebook page.

Blauvelt said the art contest includes submissions from students at Randolph High School that are on display at the youth center. He said the committee picked the top three entries that will be posted on the Randolph Native American Facebook site and entered into the Texas 4-H club state art contest.

Other National American Indian Heritage Month activities held at JBSA-Randolph included storytelling sessions Nov. 10 at the youth center and Nov. 12 at the library, a demonstration by Airman 1st Class Weslynn Wooten on making corn husk dolls at the youth center and on Thursday, a cooking demonstration led by Blauvelt at the youth center in which children learned how two Native American foods, hoe mush cakes and fry bread, were made.

On Monday, the winners of the scholarship essay contest were honored at the Taj Mahal. Two area high school seniors were each awarded a $1,000 scholarship and a feather fan made by Blauvelt. The scholarship contest was open to area high school seniors whose parent or legal guardian is employed at JBSA-Randolph.

Activities conclude Saturday when Native American dancers take the stage at the 16th Annual Honoring the Veteran's Pow Wow at the historic quadrangle at JBSA-Fort Sam Houston from 10:30 a.m. to 4 p.m. The event is hosted by the United San Antonio Pow Wow Inc. The event is open to the general public and visitors for the event must enter through the Walters Street Gate and show identification.

There are 566 Native American and Alaska Native tribes that are recognized by the federal government and more than 100 tribes recognized in states across the U.S., according to Blauvelt.

"It's the largest ethnic group in the military by population," Blauvelt said.

According to the Department of Defense, as of March 2013 there were 152,897 veterans of Native American descent. Currently, there are 22,248 Native Americans serving in the armed forces, accounting for 1.7 percent of the military population.

Holiday Cookie Drive

A Joint Base San Antonio-Randolph cookie drive is planned to provide a sweet touch of holiday cheer for junior enlisted members who might be away from home for the first time during the holidays.

Donations can be dropped off from 8 a.m. to 5 p.m. Dec. 9 at the JBSA-Randolph chapel annex, building 103. Those who wish to volunteer for this year's cookie drive can call 395-9362 or 565-1292.

SAFETY MESSAGE

Hunters embrace safety with simple, basic rules

By Michael Horstman
Joint Base San Antonio-Lackland Weapons Safety manager

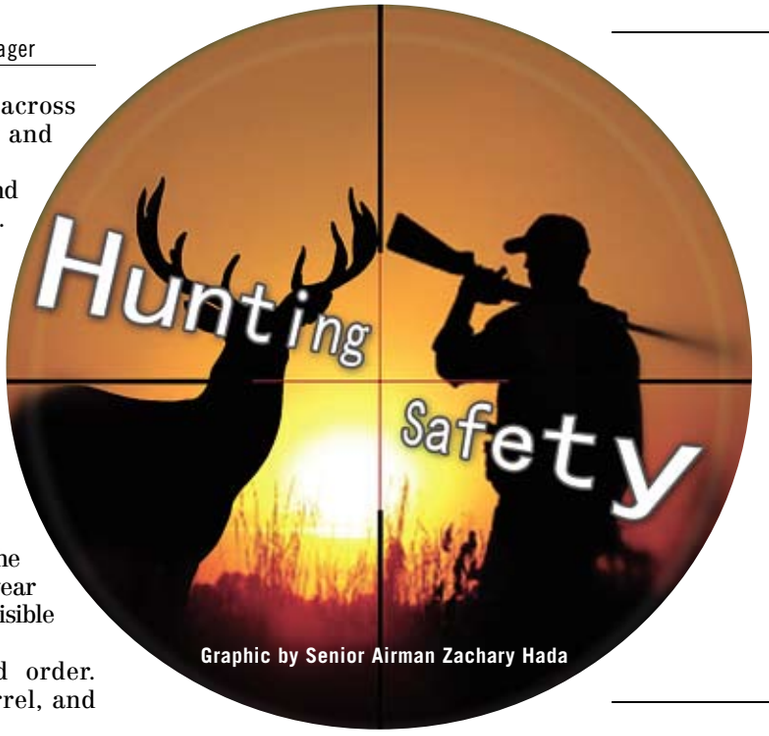
Hunting is a tradition in Texas and across the country. It is a time spent with family and friends in the woods perusing game.

This is also a time when risk assessment and management can be used to great advantage. Hunting with archery equipment or firearms has some similarities, but also have their stark differences.

The first rule of hunting safely is to let someone know where you plan to be and when to expect you back. Current technology allows us to stay in contact much easier than in the past, even letting them know where you plan to park your vehicle and possibly how to get to your hunting location should you not come home as scheduled.

Wear clothing and footwear designed for the weather and conditions you anticipate. Also, wear the required "Hunter Orange" so you will be visible to other hunters.

Always keep your equipment in good order. Check firearms for any obstructions in barrel, and that the safety is functional. Check archery equipment to ensure the string is in good condition and the bow is not damaged. All of these can result in future damage or injury.



Graphic by Senior Airman Zachary Hada

According to Texas Parks & Wildlife, all persons on public hunting lands (state, national forests and grasslands) during daylight hours when hunting with firearms must wear at least 400 square inches of hunter orange material with orange headgear and at least 144 square inches appearing on both chest and back.

Make sure of your target. Do not shoot unless you are certain that it is the game you intend to harvest. Shooting at a patch of brown can prove disastrous. Also, be sure the area past your intended target is clear. Bullets and even arrows do not always stop when they hit the target.

Be cautious when hunting from elevated positions. Three points of contact when climbing and a harness in good shape to keep you in the stand are essential. Long periods in a stand on a sunny day can cause you to drift off and a full body safety harness can come in handy. Being jarred awake at the end of a tether is better than waking up on the ground with a few broken bones.

These are just a few simple rules to help ensure that you have an enjoyable time in the outdoors. This, along with common courtesy for others that are out there with you, can go a long way toward ensuring an enjoyable and potentially successful hunt. Just remember there is nothing as important as coming home safely from a memorable hunt.

The point of the hunt is not always at the sharp end of your arrow, but rather most of its significance is found within your heart.

Shoot straight, be aware and have a safe day in the woods.

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 • Flickr: Joint Base San Antonio Public Affairs

59th Medical Wing kicks off patient safety initiative

By Staff Sgt. Michael Ellis
59th Medical Wing Public Affairs

With a focus on patient safety, 59th Medical Wing leaders and staff at Joint Base San Antonio-Lackland met with industry-leading patient experience experts Oct. 20-22 in a bid to achieve a significant organizational milestone – to become a high-reliability organization.

In the summer of 2014, Lt. Gen. (Dr.) Mark A. Ediger, Surgeon General of the Air Force, sought an outside review aimed at bringing the industry's best practices to the Air Force medical system. He launched the Trusted Care safety science initiative with one purpose – to bring a proven high-reliability safety science program to the Air Force Medical Service.

Air Force senior leaders decided to seek help from civilian experts with experience in helping hospitals improve their safety programs. Over the next year, military treatment facilities will implement the same methodology used at more than 800 civilian medical facilities.

"Our ultimate goal is to provide trusted care to patients, to diagnose and implement new practices at Air Force military treatment facilities," Maj. Gen. (Dr.) Bart Iddins, 59th MDW commander, said. "Because the 59th MDW provides medical care across San Antonio, the impact of the safety initiative will be felt throughout the community."

"We owe our patients safe care and the perfect patient experience. We must leverage this opportunity to its fullest," he said.

The initiative will take place in three phases. This initial visit marked the first step in a series of steps estimated to span 18 months. During the visit, the health care consultants toured wing facilities, conducted a diagnostic assessment by surveying the work climates and performed a common cause analysis.

"This first visit primarily focused on reviewing records with patient safety and risk management staff," Army Col. John Ekstrand, 59th MDW chief medical officer, said.

After the diagnostic assessment visit, improvements will be implemented to promote a safety culture during the second phase.

"Our ultimate goal is to provide trusted care to patients, to diagnose and implement new practices at Air Force military treatment facilities. Because the 59th MDW provides medical care across San Antonio, the impact of the safety initiative will be felt throughout the community.

Maj. Gen. (Dr.) Bart Iddins
59th Medical Wing commander

Photo by Staff Sgt. Michael Ellis
Maj. David Dennison, 359th Aerospace Medicine Squadron Dental Flight commander, explains new sanitization procedures to a group of health care consultants at the Joint Base San Antonio-Randolph Clinic Oct. 22 at JBSA-Randolph.

"We want to make it easy to do the right thing, and hard to do the wrong thing," Jennifer Martin, Healthcare Performance Improvement consultant, said.

The final phase will involve forming long-term habits and sustaining a safety culture, a vital step toward becoming a high-reliability organization, she added.

"They will help identify gaps and develop sustainable solutions. They are not a one- or two-visit consulting firm we will never see again," Ekstrand said. "They have a track record of working with hundreds of health care organizations and improving the focus on patient safety."

12th FTW highlights T-38 training mission at Seguin Airfield Open House

By Senior Airman Alexandria Slade
Joint Base San Antonio-Randolph Public Affairs

Members of the 12th Flying Training Wing explained the flying training missions taking place at Seguin Auxiliary Airfield for City of Seguin leaders and residents Nov. 13 during the Seguin Auxiliary Airfield Open House.

Built in 1941, Seguin Auxiliary Airfield reopened for flying operations Jan. 20 following a $13.4 million repaving and construction project that included replacing and grading the entire airfield, stabilizing existing soils and constructing a new taxiway, parking apron and emergency access road.

"With this space you have provided us, members of the 560th Flying Training Squadron are able to practice procedures that will keep America's Airmen safe," Col. David Drichta, 12th Operations Group commander, said. "The next generation of these Airmen starts with great instructors, which is what we will be creating here."

The open house provided Seguin city leaders and residents a first-hand look at what it takes to train the next generation of Air Force pilot instructors and pilots. Aircraft static displays and support equipment were available to view during the open house.

After training and flying with members of the 560th Flying Training Squadron Nov. 12 at JBSA-Randolph, City of Seguin Mayor Don Keil said he "gained a greater appreciation" for the degree of expertise required to accomplish the mission.

"The Seguin community is grateful to host these talented, dedicated and patriotic individuals,"Keil said. "We recognize the important role this airfield serves in the training missions taking place here and we're proud to do our part to help defend the nation."

The reopening of the Seguin Auxiliary Airfield allows a 30 percent increase in flying operations for the 560th Flying Training Squadron, which qualifies fighter and bomber pilots as instructor pilots in the T-38C Talon. The squadron currently flies a total of 9,700 hours annually in a fleet of 39 aircraft and produces an average of 132 graduates per year.

"With this space you have provided us, members of the 560th Flying Training Squadron are able to practice procedures that will keep America's Airmen safe. The next generation of these Airmen starts with great instructors, which is what we will be creating here."

Col. David Drichta
12th Operations Group commander

Photos by Joel Martinez

Maj. Vince Sherer, 560th Flying Training Squadron student instructor, shows the T-38 Talon aircraft to visitors Nov. 13 during the Joint Base San Antonio Seguin Auxiliary Airfield Open House.

Lt. Col. Joel DeBoer (left), 560th Flying Training Squadron commander, explains the mission of the Seguin Auxiliary Air Field to Seguin residents Nov. 13 during the Joint Base San Antonio Seguin Auxiliary Airfield Open House.

From left: Col. Michael Gimbrone, 502nd Security Forces and Logistics Support Group commander; Brig. Gen. Christian Funk, 19th Air Force vice commander; Col. David Drichta, 12th Operations Group commander; Don Keil, Mayor of Seguin; and Col. Matthew Isler, 12th Flying Training Wing commander, salute during the National Anthem Nov. 13 at the Joint Base San Antonio Seguin Auxiliary Airfield Open House in Seguin, Texas.

Col. David Drichta (left), 12th Operations Group commander, addresses visitors while Lt. Col. Kevin Yates (right), 560th Flying Training Squadron instructor pilot, acts as master of ceremonies Nov. 13 during the Joint Base San Antonio Seguin Auxiliary Airfield Open House

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.

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Joint Base San Antonio-Randolph News Briefs

2015 Federal Benefits Open Season underway

The open season for the Federal Employees Health Benefits Program, Federal Employees Dental and Vision Insurance Program and the Federal Flexible Spending Account Program continues through Dec. 14. Enrollment in a Self Plus One option is now available for the FEHB and Affordable Care Act's minimum essential coverage requirement. FEHB elections are effective Jan. 10, 2016 and will be reflected on leave and earnings statements for the pay period ending Jan. 23, 2016. FEDVIP elections are effective Jan. 1, 2016. The benefit period for health care and limited expense flexible spending accounts runs from Jan. 1 to Dec. 31, 2016. The benefit period for dependent care flexible spending accounts runs from Jan. 1 of the current year through March 15 of the following year. Federal employees can find more detailed information on making an open season election on the myPers website at https://myPers.af.mil.

Holiday mail deadlines

To ensure holiday packages and mail are delivered on time for the holidays, the United States Postal Service recommends customers observe the following mailing and shipping deadlines:

- Dec. 1 - First-Class International® and Priority Mail International®
- Dec. 8 - Priority Mail Express International®
- Dec. 15 - Standard Post™
- Dec. 19 - Global Express Guaranteed® and First Class Mail®
- Dec. 21 - Priority Mail®
- Dec. 23 - Priority Mail Express®

For more details, call the Joint Base San Antonio-Randolph Post Office at 652-2606.

Construction planned for Golf Road

The 502nd Civil Engineer Squadron is planning a pavement rehabilitation project on Joint Base San Antonio-Randolph's Golf Road, which will include removal and replacement of existing pavement and curbs. The construction staging for this project will be located on the crossover road intersection of Golf Rd., North of Taxiway Echo and Delta and South of Taxiway Foxtrot and Delta.

Demolition and construction will occur in a single phase forcing commercial and privately owned vehicle traffic entering JBSA-Randolph's South Gate to be re-routed to the West Perimeter Road.

The West Perimeter Road detour for drivers will be located on the second left entering the South Gate. Traffic exiting the South Gate will also use West Perimeter Road as a detour route. Traffic to and from Randolph Oaks golf course will be accessible from the South Gate and West Perimeter Road. Airfield traffic will not be affected by the project.

Golf Road will be closed starting Dec. 7 with a planned reopening Feb. 2, 2016.

Airmen Powered By Innovation

Airmen can submit innovative ideas to the Airmen Powered by Innovation website at https://ipds.afpc.randolph.af.mil or through the Air Force Portal.

For assistance with the documentation of process improvement ideas, call the 802nd Force Support Squadron Manpower Office at 652-8953 or 652-8954.

Key spouses acquire initial training

Criselda Guerrero-Smith (right), Joint Base San Antonio-Randolph Military & Family Readiness Center community readiness consultant and licensed professional counselor, provides initial training for newly-assigned key spouses Kristen Bishop (left) and Tiara Safic-Martin Nov. 13 at Joint Base San Antonio-Randolph. The Key Spouse Program is a commander's program that serves active-duty members by providing a direct line of communication between their spouses and unit leaders to address the needs of all military families. Volunteers for the program are chosen by the commander of a unit and are typically the spouse of an active-duty member or a retired service member. For more information on the Key Spouse Program, call 652-5321.

Photo by Melissa Peterson

Education service center provides tools for success

By David DeKunder
Joint Base San Antonio-Randolph Public Affairs

"It is my job to take them from wherever they are in their educational world to wherever they have a desire to be at, whether it be technical, certification or a traditional college environment."

Lynda Packett
Joint Base San Antonio-Randolph Education Services Center education specialist

Whether it's getting a college degree or earning certification in a job skill, service members can turn to the Joint Base San Antonio-Randolph Education Services Center to provide them with the resources, tools and counseling to meet their educational and career goals.

The JBSA-Randolph Education Services Center, in building 208, is staffed by three education specialists who can provide academic counseling to active-duty service members and their dependents and any Department of Defense civilian employees or cardholders.

Lynda Packett, JBSA-Randolph Education Services Center education specialist, said the center provides academic counseling in several programs for service members, from job skill certification to college level degrees.

"It is my job to take them from wherever they are in their educational world to wherever they have a desire to be at, whether it would be technical, certification or a traditional college environment," Packett said.

Laurie Murphy, 802nd Force Support Squadron chief of education and training at JBSA-Randolph, said the Education Services Center offers educational and career assessment resources, such as the online Kuder Journey Tools program that utilizes a five step approach for educational planning and career development.

Packett said assessment resources such as Kuder Journey Tools can be useful to service members in determining what educational and career goals are attainable for them.

Murphy said the center provides counseling in the Air Force Credentialing Opportunities On-Line Program, or COOL, which enables service members to earn certification in several career fields in the Air Force. Tuition assistance is available to service members who take their examinations for certification in the COOL program.

Service members can take courses from several colleges and universities at the Education Services Center, including Alamo Colleges, Embry Riddle Aeronautical University, Park University, Wayland Baptist University and Webster University. There are several degree plans service members can enroll in at the schools that are based at the center, including associate, bachelor's and master's degrees.

Within the last year, 764 students have taken 2,000 college-level courses at the JBSA-Randolph Education Services Center, Murphy said.

Murphy said students can take courses through one of the schools at the center that can go towards an associate degree with the Community College of the Air Force.

The center has a testing area for service members to take college level entrance exams such as the Defense Activity for Non-Traditional Education Support and College-Level Examination Plan tests. Service members can also take the Defense Language Proficiency Test and the Defense Language Aptitude Battery at the center.

Once a month, the center hosts a two-day seminar, the Transition Goals Plans Success Higher Education Track program, for service members who are leaving or retiring from the military and who want to go to college. Murphy said the seminar informs service members on the process for enrolling in a college program and obtaining financial aid.

The JBSA-Randolph Education Services Center is open 8 a.m. to 2 p.m. Monday-Thursday and 8 a.m. to noon Friday. Call 652-5964 to make an appointment to see an education specialist or one of the college or university representatives based at the center. The center also accepts walk-in appointments for education specialists from 8 to 11:30 a.m. Monday through Thursday.

Photo by Airman 1st Class Stormy Archer

Diamond Sharp Award

Staff Sgt. Alisha Slone
Unit: 359th Medical Operations Squadron
Duty title: NCO in charge of immunizations at Joint Base San Antonio-Randolph
Time in service: 9 years
Hometown: Brady, Texas

With flu season being the busiest time of the year for the Joint Base San Antonio-Randolph Immunizations Clinic, in a 30-day period, Staff Sgt. Alisha Slone singlehandedly organized 29 flu lines staffed by 109 volunteers for the JBSA area. In a 26-day period, Slone's efforts with the flu vaccine program led to JBSA-Randolph being 49 percent vaccinated for flu and the 359th Medical Group reported a 98.6 percent vaccination rate. Slone simultaneously maintained access for immunizations individual medical readiness requirements for active-duty JBSA-Randolph members.

Slone recently completed her Community College of the Air Force degree and will be pursuing her bachelor of science degree in the future. Her goal is to someday lead an immunization clinic at a larger medical treatment facility.

North Central Federal Clinic adds 800 patient slots

From 59th Medical Wing Public Affairs

As part of the 59th Medical Wing's ongoing drive to provide the perfect patient experience, the Air Force is opening 800 additional patient slots to TRICARE Prime beneficiaries ages 2 to 64 at the sought after North Central Federal Clinic.

Located at 17440 Henderson Pass, near US 281 North and Loop 1604, the clinic saves patients a trip across town when accessing common healthcare services.

The clinic provides primary care, pharmacy, lab, radiology, mental health, patient education services and more, while still being integrated with the outstanding specialty care support available at Wilford Hall Ambulatory Surgical Center and San Antonio Military Medical Center.

The NCFC boasts a consistently high 97 percent patient satisfaction rate.

"Dr. Scott Monroe is awesome. He realized I needed immediate surgery and sent me to SAMMC with a point of contact by name; they were waiting and took care of me quickly. Dr. Monroe has been my primary care manager for five years. I love him and his team. The people here are great from check in to check out," one patient reported through the Interactive Customer Evaluation system.

With six providers, across two different Patient-Centered Medical Home teams and 93 percent provider-team continuity, the clinic delivers comprehensive care. Additionally, the clinic affords reliable same-day acute appointment availability and all other appointment types – including physicals, wellness appointments, and follow-up care – are available within three days.

In addition to convenience, patients appreciate the level of provider engagement common at the clinic.

To join the NCFC family, call 1-800-444-5445 to request a PCM at the facility. As a clinic enrollee, you will continue to book appointments via your preferred route, including the Consult Appointment Management Office at 916-9900; TRICARE Online at http://www.tricareonline.com; or by sending a RelayHealth (MiCare) secure message to your PCMH team at http://www.airforcemedicine.af.mil/MiCare.

Courtesy photo

The Air Force is opening 800 additional patient slots to TRICARE Prime beneficiaries ages 2 to 64 at the North Central Federal Clinic in San Antonio. Services at the clinic include primary care, pharmacy, lab, radiology, mental health care and patient education.

Clinic hours are Monday through Friday 7:30 a.m. to 4:30 p.m.

The NCFC does not provide emergency care services. In case of a medical emergency, call 911 or go to your nearest emergency room.

Randolph High School cross country teams make strides in 2015

By David DeKunder
Joint Base San Antonio-Randolph Public Affairs

The Randolph High School boys and girls cross country teams made successful strides this year, including winning a district title at the sub-varsity level and qualifying a varsity runner for regionals.

Three of the four Randolph cross country teams finished in the top four of their divisions at the District 26-3A meet Oct. 16 in San Antonio. The Ro-Hawks boys' junior varsity team won the district title with 40 points, beating San Antonio Fox Tech by three points. Randolph's boys' varsity team finished fourth.

Kayman Plummer, a junior, led the junior varsity boys squad with a second place finish, finishing the three-mile course in 19 minutes, 21.58 seconds. He was followed by junior Hunter Noble, who came in fifth in 20:42.51.

Senior Jacob Isler was the Ro-Hawks' top boys varsity runner at district, finishing in 17th place in 19:38.99. He was followed by another Randolph runner, senior Micah Wilson, who finished 18th in 19:42.34.

In the varsity girls division, junior Rachelle Ramirez finished in eighth place on the two-mile course to qualify for the Region IV-3A meet held Oct. 26 at Texas A&M University-Corpus Christi. At regionals, Ramirez finished 56th out of 175 runners.

Ramirez finished the cross country season placing in the top 10 in four of the races she ran.

Mai Lani Gutierrez won the junior varsity girls race at district by dominating the competition. Gutierrez, a sophomore, ran her way to the title in 13:22.77, beating the second place runner by more than two minutes. She earned her third gold medal of the season and won the last three races she competed in.

> *"We had a season that met the needs of our students and athletes. As a coach, it's great to win. But when you see a child do their best and walk up to you and say, 'I beat my time by a minute today,' they have done something."*
>
> **Charlie Phillips**
> *Randolph High School coach*

Randolph coach Charlie Phillips said he was proud of the effort Ramirez gave at the regional meet. Running on a muddy course, Ramirez finished the two-mile race in 14:12:0, which was close to seven minutes per mile.

Phillips said Ramirez, the girls' cross country team captain, made it to the regional meet in her first year running cross country.

"It's phenomenal she made it to regionals," Phillips said. "She has a never-give-up attitude and she pushes herself. She's a versatile runner."

Phillips said both Plummer and Noble and the rest of the junior varsity boys' team were determined to win a district title after coming up short at last year's district meet in which they placed second.

"They decided they wanted it this year," Phillips said. "These boys at the JV level wanted to come together to do something special and that something special was winning district."

Phillips said Isler set his goal to be the top runner on the Randolph boys' varsity squad at the district meet.

"It was tremendous watching him run," Phillips said. "It was awe-inspiring when a kid who has run third or fourth all year on the team decides he's going to get first on the team. Mentally, he was ready for this. He was in prime shape and in prime condition. He was ready."

There were 37 high school and middle school students who ran cross country this year. Phillips said he was glad to see a lot of those students fulfill their goals and expectations.

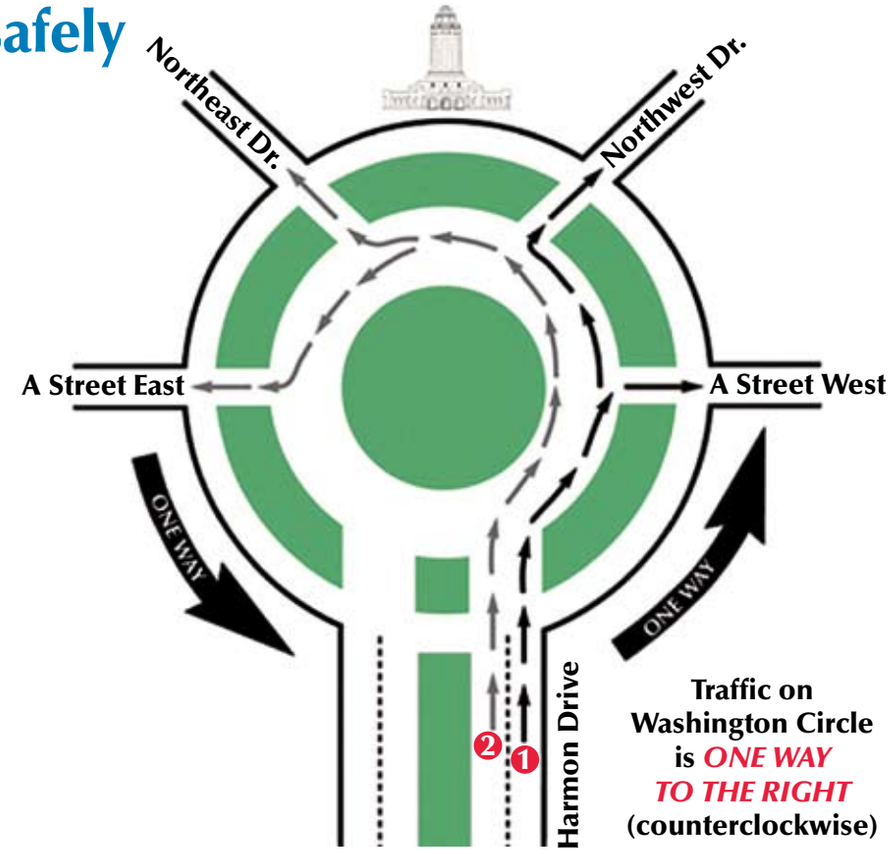
"We had a season that met the needs of our students and athletes," Phillips said. "As a coach, it's great to win. But when you see a child do their best and walk up to you and say, 'I beat my time by a minute today,' they have done something."

Driving around Washington Circle safely

Base safety and security officials want people to be aware of the procedures for driving in and out of Joint Base San Antonio-Randolph's Washington Circle.

Officials want to ensure motorists know which lanes they should be in when entering and exiting the circle.

The biggest safety issue occurs when vehicles try to directly exit the circle from the left lane instead of moving to the right lane in advance of their exit turn. Officials urge people to drive defensively and use caution in and around Washington Circle.

TRAFFIC RULES FOR WASHINGTON CIRCLE

- Traffic entering the circle must yield to traffic already in the circle.
- When entering the circle:
  - ❶ If you are exiting at the first or second exit, stay in the outside lane or right lane.
  - ❷ If you are exiting at the third exit or beyond, use the inside or left lane until ready to exit
- If two vehicles are side by side, the vehicle in the outside lane has the right or way.
- All traffic must signal for turns when exiting the circle.