



# WINGSPREAD

JOINT BASE SAN ANTONIO-RANDOLPH

No. 7 • FEBRUARY 20, 2015

**EXERCISE ... EXERCISE ... EXERCISE**

**JBSA, Seguin area  
first responders  
participate in exercise**

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## COMMENTARY

### FOCUSING ON HUMAN PERFORMANCE

# Air Force medicine: A vision for the future

By Lt. Gen. (Dr.) Thomas W. Travis  
Air Force Surgeon General

The United States Air Force's core missions are air and space superiority, intelligence surveillance and reconnaissance, rapid global mobility, global strike, and command and control. These are almost identical (but in different terms) to the missions the USAF had in 1947. But we now do these missions in three domains: Air, Space and Cyberspace.

In the Air Force I grew up in, the "operators" were primarily pilots and navigators. There are many more types of operators these days, as airpower is projected through the various domains in very new ways. Air Force medicine is adapting and innovating to better support the Airmen who safeguard this country 24/7, 365 days a year.

In that regard, Air Force medicine is now focusing on human performance. This is not a huge shift for us. Since the Air Force Medical Service began in 1949, Air Force medics have focused on occupational and population health and prevention. We are simply taking it to the next level.

Our AFMS strategy embraces this, and to focus on this as a priority, we recently changed the AFMS vision:

"Our supported population is the healthiest and highest performing segment of the U.S. by 2025."

This is an audacious but achievable goal, which is focused on health rather than health care and is clearly connected to the imperative to assure optimal performance of Airmen. Every Airman (or other service member) has human performance demands placed on them by virtue of their operational and mission tasks. These demands have changed, rather than decreased, due to the technologies employed in current

*"With our vision of health and performance in mind, the Air Force Medical Service is committed to providing the best prevention and care possible to a rapidly changing Air Force, both at the home base and deployed."*

mission environments.

In view of the evolving Air Force, the AFMS is evolving to ensure that as many of our supported service members are available to their commander as possible, and are able to perform the exquisite set of skills that are now required of them. Health in the context of mission equates to performance and every medic or health care team must know how the mission might affect the health of the individual, or unit, and how medical support affects the mission.

I think this is just as relevant for other beneficiaries – to include family members and retirees, who also have performance goals in their day-to-day activities. Toward that goal, we have begun either embedding or dedicating medics to directly support missions such as special operations, remotely piloted aircraft, ISR and explosive ordnance disposal, which have had a clearly positive impact on those Airmen, their mission effectiveness and their families. We are moving rapidly to make this "mission specific" support a more widespread practice.

At the clinic level, our intent is to provide customized prevention, access and care for patients, recognizing specific stresses associated with career specialties. Our goal is to prevent physical or

mental injuries where possible, and, if we are unable to prevent, then to provide rapid access to the right team for care and recovery to full performance. As a result, mission effectiveness and quality of life should improve, and long-term injuries or illnesses are mitigated to provide for a healthier, more active life, long after separation or retirement. Concordantly, long-term health care costs and disability compensation should also decrease.

Patient safety and quality care are foundational to supporting our beneficiaries in their quest for better health and improved performance. In order to improve both safety and quality, we are committed as part of the Military Health System to becoming a high-reliability health care system. This is a journey being undertaken by health care systems across the country. To achieve this goal, we need a focused commitment by our leadership and staff, instilling a culture of safety and quality, and a constant measurement of the care we provide, combined with robust process improvement at all levels.

These key tenets will enable the AFMS to achieve the principles of high reliability seen in the aviation

See AF MEDICINE P13

## ON THE COVER

Lt. Darren Fehlinder (left), Joint Base San Antonio-Randolph firefighter, briefs Kasey Klaus and Kurtis Hinkle, City of Seguin firefighters, during a major accident response exercise Feb. 5 at Joint Base San Antonio-Randolph Seguin Auxiliary Airfield. For more photos of the exercise, see page 11. Photo by Joel Martinez

## WINGSPREAD

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## Holocaust survivors speak at Joint Base San Antonio-Randolph



Above from left: Holocaust survivors Rose Williams, Anna Rado, Suzanne Jarnos and George Fodor share their personal experiences of perseverance and survival with members of the Air Education Training Command's Judge Advocate Office during a professional development event Feb. 11 at the Joint Base San Antonio-Randolph's Fleenor Auditorium. The event provides insight to military members of the true impact of military service. The guest speakers are four of nine remaining holocaust survivors in the San Antonio area. At right: Lt. Col. Oren Leff, Air Education and Training Command Judge Advocate Chief of Civil Law and Operations Law, greets the holocaust survivors who spoke at the event.



Photos by Melissa Peterson

# JBSA leaders, military ambassadors express gratitude to veterans

Photo by Melissa Peterson

Maj. Gen. Peggy Poore (right), Air Force Personnel Center commander, hands a valentine to Thomas Taylor (center), Army National Guard, during the 2015 National Salute to Veteran Patients program Feb. 13 at Audie L. Murphy Memorial Veterans Hospital. The military ambassadors and Joint Base San Antonio military leaders distributed valentines and visited with veteran patients. Veterans' Administration facilities across the United States pay tribute to veteran patients annually during the week-long salute.



Photo by Harold China

Air Force Staff Sgt. Stephanie Hall, 2015 Joint Base San Antonio military ambassador, hands a valentine to Alfredo Espinosa during the 2015 National Salute to Veteran Patients program Feb. 13 at the Audie L. Murphy Memorial Veterans Hospital.



Photo by Harold China

Navy Petty Officer 2nd Class Shantal Zavala (standing) and Air Force Tech. Sgt. Juan Flores (right), 2015 Joint Base San Antonio military ambassadors, speak to Frank and Irma Mercado during the 2015 National Salute to Veteran Patients program Feb. 13 at Audie L. Murphy Memorial Veterans Hospital.

# Innovative submissions projected to save \$35 million

By Janis El Shabazz

Air Force Personnel Center Public Affairs

Approved ideas submitted to the Airmen Powered by Innovation program since it launched in April 2014 are projected to save the Air Force at least \$35 million, Air Force Personnel Center officials said.

The API program was created to help gather cost-saving ideas and is a subset initiative to the Secretary of the Air Force and the Vice Chief of Staff's Every Dollar Counts campaign. It also combines and streamlines the processes of four legacy improvement programs: Innovative Development through Employee Awareness, Productivity Enhancing Capital Investment, Best Practices and Air Force Smart Operations for the 21st Century.

"We are averaging more than 100 submissions per month," said Roger Flynt, AFPC API program manager. "We have already received nearly 3,000 submissions. Suggestions approved to date vary in scope and complexity and highlight the ingenuity of our Airmen."

Some API suggestions included the following:

1st Lt. Ariel Green, readiness and plans chief, 647th Force Support Squadron, Joint Base Pearl Harbor-Hickam, Hawaii, advocated use of steel-toe caps instead of steel-toed boots for fatality search and recovery teams and installation search and rescue teams because her research indicated that steel-toe caps would offer the same protection as steel-toed boots at a significantly lower cost.

"Many improvements are born of necessity and that's exactly what happened with this idea," Green said.

Her squadron was preparing a search and recovery team for possible air show support when they discovered they could not meet the steel-toed boot uniform requirement due to time and funding constraints. Green's idea allowed the squadron to meet the requirement and reusing the covers is expected to save the Air Force \$118,000 per year. Green said she did not consider submitting her idea to API until her commander encouraged her to do so.

"It feels great to know that I made a difference in the squadron and potentially throughout the Air Force. I never imagined a small idea would make such

a huge impact," she said.

Master Sgt. Shane Sneary, 57th Maintenance Squadron, Nellis Air Force Base, Nev., said, "There are some folks out there that won't submit their idea because they think they won't be listened to or that their idea is too small and may not matter. I can tell them from personal experience this is not true."

Sneary submitted an idea suggesting improvement to F-16 oxygen system bottle testing. His suggestion is expected to save the Air Force \$58,000 per year.

"I submitted my idea to API so that if my new process was approved it could possibly be implemented across the Air Force. I want to let my fellow Airmen know that with API any idea – large or small – will be looked at and reviewed. It feels good to know that my idea will have a positive impact at the Air Force level," Sneary said.

Several recent API improvements will make it easier for Airmen to submit their ideas.

According to Flynt, the API program managers have developed an enhanced webpage hosted on the Air Force Portal. The site provides a wealth of information from the latest API approval statistics to tools that can help refine and enhance potential submissions, making it even easier to communicate ideas to improve how the Air Force does business.

Other API site enhancements allow Airmen to search to see if an idea has already been submitted, see previously approved ideas, submit new ideas, check the status of their submissions and view an expanded database of ideas submitted under the previous Air Force IDEA program. Additionally, the page includes monthly reports on process submissions. Finally, Airmen will find a link that enables them to communicate directly with the API team.

Have an idea for a game-changer? No matter how big or small, the API team is waiting for good ideas because every Airman needs to make every dollar count.

For more information about API and suggestions submitted to date, go to the Air Force Portal at <https://my.af.mil> and enter "API" in the search window. To submit an idea, go to <https://ipds.afpc.randolph.af.mil>. For information about other personnel issues, visit the myPers website at <https://mypers.af.mil>.

# Workshops set for Military Saves Week go beyond basics

By Robert Goetz

Joint Base San Antonio-Randolph Public Affairs

Five workshops focusing on credit management, investments and retirement planning are the centerpieces of the 2015 Military Saves Campaign next week at Joint Base San Antonio-Randolph.

Military Saves Week – an annual opportunity for installations and organizations to promote good savings behavior – begins Monday with the evening workshop “Credit When Credit is Due” and continues through Feb. 27 with the class “Wise Investment Strategy.” All classes are at the Military and Family Readiness Center, building 693.

Criselda Smith, 802nd Force Support Squadron community readiness consultant, said last year’s Military Saves Week was more “foundational” while this year’s campaign will “open new possibilities” to active-duty members and their families, retirees, Department of Defense civilians and contractors.

“We’ve been fortunate that we have a lot of families with a strong financial foundation,” she said. “We want to enhance what they’re already doing. This week will go a step further than the basics.”

Bob Williams, 802nd FSS community readiness consultant, said this year’s campaign will be facilitated by

See **MILITARY SAVES P13**



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## STRAIGHT TALK

For inclement weather notifications, information on the upcoming 2015 Joint Base San Antonio air show and open house, and current information on base operating status during a natural disaster, crisis or emergency, call your local Straight Talk line.

• JBSA-Randolph: 652-7469

You can also check the JBSA Facebook page for updated announcements at <http://www.facebook.com/JointBaseSanAntonio>.

# Air Force Chief of Staff: Call to the future

By Staff Sgt. Torri Ingalsbe

Secretary of the Air Force Public Affairs Command Information

Air Force Chief of Staff Gen. Mark A. Welsh III shared his thoughts on where the Air Force is, where it's going and how it's going to get there with an audience of Airmen, industry representatives and Air Force supporters during his speech at the Air Force Association's annual Air Warfare Symposium and Technology Exposition Feb. 12, in Orlando, Fla.

"One of the great things about this job is I get to spend a lot of time talking to Airmen," Welsh said. "There've been lots of distractions – it is an unending stream of things that have kind of grabbed our consciousness and, while we continue to fight the fight really well while we're deployed and the folks who support it from home station focus all day long on fighting do fantastic work, as soon as you step away from that environment, or you 'redeploy,' the conversations turn to this stuff."

Welsh said the questions he gets the most from Airmen revolve around things like sequestration, compensation packages and health care. His call to the Air Force is to refocus on the primary mission of the Air Force.

"We need to refocus on the things that really matter to us as members of this service and this profession," he said. "I think we have to start with a refocus on our mission – and our primary job which is to fight and win the nation's wars. All that other discussion will still

happen – we'll still include our Airmen in it – but that shouldn't be the focus of every conversation we have."

The operations both around the world and in the U.S. should remain the primary focus for the Airmen who perform and support those operations, Welsh explained. Having a distracted military can lead to serious problems if it continues over time.

"We've also been refocusing on our core values," he said. "We've kind of been reminded that if these three simple words with elegant meaning, [integrity, service, excellence] if they're really going to be foundational values for our service then they have to be cared for and sustained. They have to be embraced; they have to be discussed over and over and over."

Welsh talked about the importance of not only being a professional, but being a member of the profession of arms – being an Airman first.

"This is a different business," he said. "It's an ugly business sometimes, and somebody's got to be good at it – and the people who are, need leaders who care. Everything we teach in terms of those core values, leadership and supervision, has to be in context of the profession of arms."

The Air Force is standing up the new Profession of Arms Center of Excellence at Air Education and Training Command at Joint Base San Antonio-Randolph. This center will ensure the concept and culture of the profession of arms is taught at every

level of leadership and supervision.

Welsh tied culture to understanding and appreciating the vast area of responsibility in which the Air Force operates, by showing the audience a picture of the Earth.

"Every centimeter of it is covered by air, and surrounded by space, where you operate," he said. "I don't even want to begin to figure out how to determine how much terrain is in the cyber environment that surrounds all of that. This is our AOR."

Welsh talked about the decreasing size of the Air Force and the evolution behind every major shift in priorities throughout the Air Force's lifespan. Air power has consistently changed and adapted to the needs and challenges placed before it, and resets about every 25 years, learning lessons along the way.

"We made Operation Desert Storm look ridiculously easy," Welsh said. "It wasn't that easy, but we were that good – and that large. But any weapon, no matter how technically proficient – no matter how functionally advanced or functionally capable, can be too small to accomplish its desired purpose – and so can air forces."

There are a few areas Welsh sees a specific need for a reset: infrastructure, space, cyber, total force integration and the Air Force's self image.

"As the leading service proponent of innovation, we were born from it," he said. "It should be in our DNA,

**See CHIEF OF STAFF P13**

## 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.

# Tuskegee Airmen's legacy continues at 99th Flying Training Squadron

By Robert Goetz

Joint Base San Antonio-Randolph Public Affairs

The first all-black unit in the Army Air Corps was based at Tuskegee Institute and Tuskegee Army Air Field in Alabama, but its legacy is also preserved at Joint Base San Antonio-Randolph.

The 99th Flying Training Squadron, which has been based at JBSA-Randolph since 1993, honors the heritage of the 99th Fighter Squadron, the first of four African-American fighter squadrons in World War II whose aircrews and support teams were known as the "Tuskegee Airmen."

The 99th FTS' home in Hangar 12 is filled with photographs and other mementos that remind squadron members and visitors of the Tuskegee Airmen's prominent role in World War II – more than 15,500 sorties and 1,500 missions in Europe and North Africa.

"To be part of the Tuskegee Airmen's legacy is the greatest honor of my life," Lt. Col. Oliver Johnson, 99th FTS commander, said. "We've embraced their heritage and history and inculcated it into our mission."

The 99th FTS does not share the Tuskegee Airmen's mission, but it has built its own legacy as the Air Force's center of excellence for T-1A Jayhawk operations and training, Johnson said.

"That's what we pride ourselves on," he said.

The squadron's mission is "to produce world-class T-1A instructor pilots and instructor combat systems officers today with the skill set, knowledge and expertise to forge tomorrow's warriors."

"There are roughly 40 to 50 trainees in the pipeline at any given time," Johnson said.

Students are divided into three flights – A, B and C – which pay tribute to Tuskegee Airmen Charles "A-Train" Dryden, Charles "Buster" Hall and Daniel "Chappie" James. Dryden, in his P-40 nicknamed "A-Train," led the first group of African-American pilots who engaged enemy aircraft in combat. Hall was the first black pilot to shoot down an enemy aircraft and James became the first African-American four-star general in the Air Force.

The squadron's core tasks are to train pilots for instructor pilot duty at pilot instructor training and joint specialized undergraduate pilot training bases, provide right-seat qualification for instructor combat systems officers at Naval Air Station Pensacola, Fla., qualify civilian IPs for duty at NAS Pensacola and provide senior officer qualification training.

Maj. Kevin Justice, 99th FTS assistant director of training, said the squadron uses a "building-block" approach to instruction.

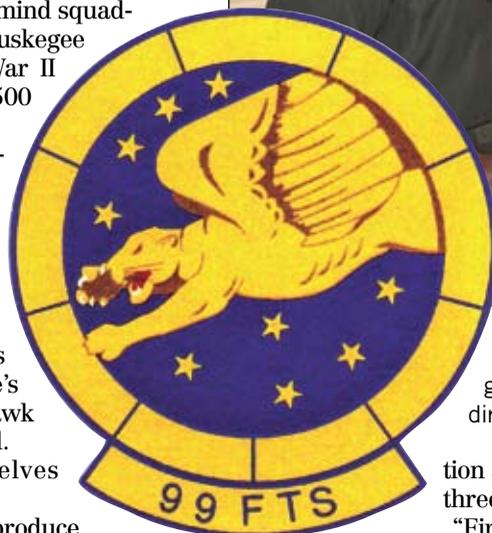
"We teach them how to fly the T-1A, then how to become an instructor," he said.

Capt. Brianne Mosquera, 99th FTS B Flight commander, said trainees learn "how to balance instruc-



Photo by Harold China

Lt. Col. Scott Shelton (center), 99th Flying Training Squadron instructor pilot, gives Capt. Keegan Maple (left) and Capt. Richard Jansen (right), 99th FTS instructor pilot students, preflight directions on the wing of a T-1A Jayhawk aircraft Feb. 11 at Joint Base San Antonio-Randolph.



tion and safe flying by going through three phases.

"First, tasks are practiced for proficiency, then instruction is added and lastly they practice how to be safe while allowing an inexperienced and unqualified pilot to practice the same tasks," she said.

Trainees also learn how to teach emergency procedures and systems, and must become proficient in performing and teaching pattern and military operations area procedures, simulated air drop, simulated air refueling, formation and instrument approach and navigation procedures, Mosquera said.

The squadron's teaching cadre includes 60 instructor pilots, who average about 1,500 T-1A flying hours, Johnson said. The squadron produces 120 to 140 graduates per year.

"We fly 16 lines a day," he said. "We launch eight sorties in the morning and eight in the afternoon."

The squadron employs 17 T-1As, which are medium-range, twin-engine jets, to train students to fly airlift or tanker aircraft, which Johnson said account for 70 percent of the Air Force's fleet. The T-1A, now in its 22nd year as a trainer, has cockpit seating for an instructor and two students.

The squadron's home in Hangar 12 not only honors the heritage of the Tuskegee Airmen, it also pays tribute to one of their own instructor pilots who was killed while serving his country.

The Maj. Jeffrey Ausborn Memorial Heritage Room honors the memory of the 99th FTS instructor pilot

who died April 27, 2011, in Kabul, Afghanistan, when a shooter opened fire at the Kabul International Airport, killing eight Airmen and one American contractor. Ausborn was deployed at the time.

At a ceremony to dedicate the heritage room in April 2014, Lt. Col. Gavin Marks, who was then serving as a 99th FTS commander, said the squadron sought to achieve "a space that was warm and inviting and would encourage individuals to come in, look at photos, look at the memorabilia, read the articles and reflect on the ultimate sacrifice this hero gave for our squadron."

The squadron's story began when President Franklin Roosevelt ordered the creation of the flight training program at Tuskegee, Ala. The 99th Pursuit Squadron became the program's first unit in March 1941 and was redesignated the 99th FTS one year later, followed by the 100th FTS, 301st FTS and 302nd FTS. The pilots excelled in their primary mission, escorting bombers in their red-tailed P-40s and P-51s, and played a crucial role in successes in the European theater while fighting racism and segregation on the home front.

Now their legacy of excellence continues in Hangar 12 and in the air, where instructor pilots in the squadron's red-tailed T-1As pursue their mission.

"It is rewarding to be an instructor pilot in the 99th because everything we teach has the potential to be taught to hundreds of undergraduate pilots a year," Mosquera said. "It is also very rewarding to impart mission-specific knowledge to our trainees, many of whom are experienced and seasoned aviators."

A C-17 aircraft fuselage is disassembled by members of the 502nd Trainer Development Squadron at Joint Base San Antonio-Randolph in preparation for shipment to Wright-Patterson Air Force Base, Ohio.

Photo by Joel Martinez



## Trainer development team preps C-17 for departure

By Maricris Moore

Joint Base San Antonio-Randolph Public Affairs

The C-17 Globemaster III became the most adaptable aircraft for the U.S. Air Force when it entered service in 1993. One of the major uses for a C-17 is for aeromedical evacuations to transport patients. For the first time, the U.S. Air Force will have a chance to give the retired fuselage of one C-17 a new purpose.

Four years ago, members of the 502nd Trainer Development Squadron at Joint Base San Antonio-Randolph were given the task of transforming the fuselage into a fully functioning C-17 aeromedical evacuation trainer. Today, this C-17 is almost ready to be shipped to its final destination at the U.S. Air Force School of Aerospace Medicine at Wright-Patterson Air Force Base, Ohio.

The fuselage came from Long Beach, Calif., and was previously used by Boeing as a test platform. In 2011, it was transported via flatbed truck to JBSA-Randolph to be converted into the first training center for students at the USAFSAM.

The transformation required a rebuild of the interior to replicate an actual C-17 that has the capability to transport patients. The fuselage was also engineered to provide several simulated capabilities to include sounds, temperature changes, smoke and other variances to provide a realistic C-17 aeromedical training environment.

“The C-17 AE trainer will fill a critical training

need for more than 1,300 flight nurses, aeromedical technicians, critical care physicians, intensive care qualified nurses, respiratory nurses and flight surgeons per year who are all required to be deployment-qualified,” Kevin Haley, 502nd Trainer Development Squadron director, said. “This training will prepare these medical professionals to better care for their patients in real world conditions.”

Now members of USAFSAM will have the ability to provide various aeromedical training for students without taking a C-17 aircraft out of service.

“They can perform their initial training without having to tie up an actual aircraft,” Michael White, 502nd Trainer Development Squadron engineer technician and project manager, said. “It’s also an egress trainer where students can practice going through the procedures on how to get out of the aircraft in case of an emergency.

“Students will hear the same sounds they hear on the ground; engines running up, taking off, in-flight sounds, landing and powering down. Trainers will also be able to run a program to sequence a specific time that will simulate an actual flight.”

The C-17 will be dismantled into five major pieces for transportation to Wright-Patterson AFB. The move begins in March and continues through May.

White and his crew will travel to Wright-Patterson AFB in June to reassemble the C-17. His plan is to have the trainer being used for training by October.



Photo by Joel Martinez

Ernie Boulet, 502nd Trainer Development Squadron sheet metal shop supervisor, drills the C-17 fuselage Feb. 11 as he prepares the aircraft for shipment.

## Joint Base San Antonio-Randolph News Briefs

### **SAMCC commercial, main gate closures**

The San Antonio Military Medical Center main gate entrance will be closed 10 p.m. today through 10 p.m. Sunday. The San Antonio Military Medical Center Commercial Gate will maintain a normal closure schedule during these periods.

The George C. Beach Avenue gate will be open during this time and the SAMMC marquees will direct people to that gate. The closures will allow necessary safety tests for the denial barriers at the main gate and commercial access drives.

### **Tax center operating hours**

The JBSA-Randolph tax center will operate through April 15. Hours will be as follows:

- Monday: Closed
- Wednesday: 8 a.m. to noon
- Tuesday, Thursday and Friday: 8 a.m. to 2 p.m.

For more information, call 652-1040.

### **JBSA-Randolph legal assistance hours**

The new JBSA-Randolph legal assistance hours have shifted to a primarily appointment-based system. To schedule an appointment, call 652-6781.

### **JBSA-Randolph Dining Facility hours**

The Joint Base San Antonio-Randolph Rendezvous Dining Facility hours are as follows:

#### **• Weekdays:**

Breakfast: 6:30-8 a.m.

Lunch: 11 a.m. to 12:30 p.m.

Dinner: 5-6:30 p.m.

#### **• Weekends/ Holidays:**

Breakfast: Closed

Lunch: 11 a.m. to 1 p.m.

Dinner: 5:30-6:30 p.m.

For more information, call 652-4404.

### **Walk-in physical therapy now available**

The 359th Medical Operations Squadron Physical Therapy office offers direct access physical therapy to active-duty members Mondays from 7:15-8:45 a.m. at the Joint Base San Antonio-Randolph Clinic.

For more information, call 652-3137.

**EXERCISE ... EXERCISE ... EXERCISE*****JBSA, Seguin area first responders participate in exercise***

*A major accident response exercise involving first responders and emergency management personnel from the City of Seguin, Guadalupe County and Joint Base San Antonio-Randolph took place Feb. 5 at JBSA-Randolph Seguin Auxiliary Airfield.*



Top: Joint Base San Antonio and Seguin area first responders arrive at the scene of a simulated aircraft accident during a major accident response exercise Feb. 5 at the Joint Base San Antonio-Randolph Seguin Auxiliary Airfield. A MARE is intended to test the ability of first responders and other agencies to handle various emergency scenarios, in this instance, a T-38 crash off-base that involved assistance from local community first responders. Above: Lt. Darren Fehlinder (left) and Senior Airman Olsen Brett (center), both Joint Base San Antonio-Randolph firefighters, and Kasey Klause, City of Seguin firefighter, secure the site of a simulated aircraft accident during the MARE.

# Internal or external: Finding the motivation to train

By Tech. Sgt. Joshua Strang

Air Education and Training Command Public Affairs

“Physical training test” may be a polarizing phrase in the Air Force language for Airmen.

While some Airmen look at the PT test as just another workout in a weekly routine of strength building and cardio training, others cringe in anticipation of what a possible test failure can do to their performance reports and careers.

Some Airmen dislike training and the PT test. However, one simple fact remains: the PT test isn’t going anywhere. Physical fitness is an integral part of Air Force culture and it helps Airmen embrace the physical domain.

A part of the Comprehensive Airman Fitness culture, the physical domain focuses on taking care of Airmen and their families by providing for their physical fitness needs. By definition, the military is a physically demanding profession and PT helps prepare for deployments to austere environments. Taking part in physical training is not only healthy on the physical front, but a mental one as well.

According to the Anxiety and Depression Association of America, exercise helps improve physical condition fight disease, maintain mental fitness, reduce stress and fatigue, improve alertness and concentration, and enhance overall cognitive function.

However, for Airmen who dislike PT, the key to increased physical activity may not be to stress the health benefits, as the pain of training doesn’t always feel very healthy. The key to success may lie in associating training with a goal that is enjoyable and motivates the member.

“Find a way to make training enjoyable on some level,” said Master Sgt. Jake Parker, Joint Operations Superintendent at Fort George G. Meade, Md. “Sometimes just the feeling you get afterward is enough to make the experience enjoyable.”

For years, Parker said he continually struggled to get in shape right before a PT test, but a severe back injury and subsequent surgery made him realize he needed to get in shape and stay consistently fit.

“Fortunately, the surgery went well and I’m able to maintain an active lifestyle,” Parker said. “I do have limitations that add certain challenges, so lifting weights has become yoga and Pilates.”

Parker’s wife, Jennifer, suggested training for a half-marathon. Initially thinking she was crazy, Parker said he went with her suggestion to train in order to support her in making healthy choices.

“She introduced me to the run-and-walk method to train for distance runs,” Parker said. “I was surprised how easy a long run became. My first time out I made it four miles; farther than I had ever run before.”

Parker currently enjoys Run Disney events and uses their allure as motivation to keep his fitness goals.

“They set courses through the parks, there are a lot of people cheering you on and they have character meet and greets as well as bands and DJs along the routes,”

Parker said. “And let’s be honest, there is also the allure of a shiny medal at the end.”

Parker says training with his spouse also helps keep him motivated. However, some couples don’t always have time to train together.

“Our schedules don’t really allow us to do PT together on a regular basis,” said Angela Adkins, an Air Force spouse stationed at Eglin Air Force Base, Fla. “My husband and I try to do local runs together when our schedules allow.”

Adkins, who has completed multiple fitness events, says that having someone present to cheer her on helps keep her motivated.

“I have done local charity runs, color runs, and even a mud run that included obstacles at night,” Adkins said. “If one of us doesn’t want to do a race, then we make sure the other one is at the finish line to cheer each other on.”

A former Airman herself, Adkins adds that Airmen should think outside the box when it comes to PT.

“You don’t always have to run. Instead, mix things up and try new exercises,” Adkins said. “We have done kickboxing, basketball, tennis, paddle boarding and many other exercises over the years. Don’t get stuck in a rut where you think PT has to always be the same thing all the time.”

Parker adds that you don’t need to be in a relationship to have someone with which to train.

“Find friends who have the same interests and train with them,” Parker said. “A friend of mine is single and met people at races from other areas. They chat online about their training and meet up at races. There are always options.”

Finding someone to train with may help in finding personal motivation, but deciding to take PT seriously can be the pivotal step in changing an Airman’s life.

“Training is life changing in many aspects,” said Rob Wieland, a retired senior master sergeant and a triathlon athlete. “Not only does improving your PT score help your professional career, being physically fit is proven to add years to your life. My fitness goals have always been tied to my longevity; I want to live to 100 and still be able to exercise.”

Wieland said he has competed in more than 100 triathlons, including six Ironman triathlons and was recently selected to represent the United States at the International Triathlon Union World Championships in Chicago later this year. He said he couldn’t have done it alone.

“It was all made possible with the help of hundreds of people that continue to support and provide me with positive energy,” Wieland said. “My biggest fan and supporter is my wife, Jenny.”

Wieland says that good physical fitness isn’t something that will happen instantaneously, but takes time and a positive attitude.

“One day 25 years ago, I ran around the block and that was all the further I could go,” Wieland said. “Six months later, I finished a marathon, my first race ever, in three hours and 18 minutes.”

Wieland added that Airmen should not rush into



Photo by Joel Martinez

Maj. Mark Fissel, 99th Flying Training Squadron instructor pilot, lifts weights Feb. 12 at the Rambler Fitness Center at Joint Base San Antonio-Randolph.

a training program.

“It is vital to your health that you take a very structured approach to beginning fitness,” Wieland said. “This includes checking with your doctor and finding a qualified coach or PT leader to build a proper training program.”

Wieland says his motivation to train comes from an internal force.

“My driving force to continue competing in triathlons is the idea of continuous self-improvement,” Wieland said. “I also have the desire to get faster, even as I get older.”

Whatever motivates Airmen to begin training, they need to set achievable, realistic goals and hold themselves accountable to exceeding them. Physical training is a part of Air Force culture and ensures Airmen are mission ready.

“Fitness is directly linked to our mission and readiness,” said Chief Master Sgt. Gerardo Tapia, Air Education and Training Command command chief. “It is always a great time for you to make a culture change involving your fitness. Make it a part of who you are as a warrior and valued family member.”

Airmen and their families who are ready to make a fitness change can begin by consulting the Human Performance Resource Center website at <http://hprc-online.org/>

**AF MEDICINE from P2**

and nuclear communities, and are aimed at eliminating medical errors. To that end, we are committed to strengthening our performance-improvement programs and training all medics as "process improvers."

This will require advanced training for key leaders and staff, driving process improvement activities from the executive suite down to the front lines of our clinics and wards. A great example of this is Wilford Hall Ambulatory Surgery Center's "Gateway Academy," designed to equip mid- and senior-level leaders with the knowledge and skills to lead in an innovative environment.

Another area where we are pursuing process improvement is obstetric care. All military treatment facilities with maternal-fetal care have implemented standardized checklists and operating instructions created by a team of AFMS obstetric care subject matter experts. The consistency provided by these clinically proven guidelines allows medical staff to work in any Air Force OB department, with the confidence that the processes are the same regardless of location.

Additionally, these experts have worked with Air Force Medical Modeling and Simulation Training to implement state-of-the-art mobile emergencies simulator training for all staff that cares for OB patients. This technology promotes teamwork and communication, enabling a systematic approach aimed at managing infrequent, yet high-risk, obstetric emergencies.

Air Force Intensive Care Unit representatives also are working on updated checklists and bundles to ensure standardized evidence-based practices and soon will begin to work hand in hand with the other military branch's medical services to decrease variability throughout the entire MHS.

In addition, we are working to enhance communication across the AFMS. Because medical errors often involve miscommunication between medical staff, our inpatient facilities have teamed with the Joint Commission's Center for Transforming Healthcare to develop a comprehensive strategy using a Targeted Solutions Tool to prevent patient handoff communication failures.

All AFMS inpatient facilities are participating in this program. Coupled with this initiative are programs such as TeamSTEPPs and Time Outs, which our staffs use to facilitate open feedback and training. A culture of safety requires that all AFMS members are empowered and understand their responsibility to report any unsafe condition or error.

After more than 13 years of war, in which the MHS attained the lowest died-of-wounds rate and the lowest disease/non-battle injury rate in history, the AFMS is envisioning future conflicts and adjusting our concepts of operations to prepare to provide medical support in situations that could be very different than what we have faced in the current long war. Among

many efforts, we are focusing on en route care (aero-medical and critical care evacuation), expeditionary medical operations and support to personnel during combat operations.

Future contingencies may require longer transport times of more acute casualties without the benefit of stabilization in fixed facilities, as we have had in Iraq and Afghanistan. We have to consider worst-case scenarios, which will prepare us well for less challenging circumstances. By enhancing clinical skills through partnerships with busy, high acuity civilian medical centers, such as our training programs in Baltimore, Md; Cincinnati, Ohio; St. Louis, Mo; and, most recently, Las Vegas, regular sustainment training for all team personnel and developing new medical capabilities, we are committed to being just as ready or more ready at the beginning of the next war as we were at the end of the current one. Our nation expects no less – and our warriors deserve no less.

With our vision of health and performance in mind, the Air Force Medical Service is committed to providing the best prevention and care possible to a rapidly changing Air Force, both at the home base and deployed. I am confident that we are on course to ensure medically fit forces, provide the best expeditionary medics on the planet and improve the health of all we serve to meet our nation's needs.

**MILITARY SAVES from P6**

representatives from JBSA-Randolph's financial institutions, Broadway Bank and Randolph-Brooks Federal Credit Union.

"The banks are stepping up to facilitate these classes," he said.

Williams said community readiness consultants from the M&FRC will also be on hand to offer their perspectives.

Smith said representatives from JBSA-Randolph's financial institutions support Airmen and DOD civilians, and will provide their professional expertise at the classes.

Classes during the week will include evening sessions and "Lunch-N-Learn" workshops that allow participants to bring their own bag lunch.

The first workshop, "Credit When

Credit is Due," is the only class that will continue past the end of Military Saves Week. Set for 5:30-7:30 p.m. Monday as well as March 2, 9 and 16, the class will enhance the credit management skills of attendees through topics such as financial decision-making, establishing and rebuilding credit, auto loans and leases, mortgage loans and bankruptcies.

Williams said one of the advantages of this four-part workshop is that students will have a positive statement added to their credit reports and will be registered nationally for completing the credit education course.

Other classes during Military Saves Week are "Thrift Savings Plan," 5:30-7 p.m. Tuesday, which focuses on the

TSP and its advantages for military members and DOD civilians; "Retirement Planning for Military and GS Employees," a Lunch-N-Learn class from 11 a.m. to 12:30 p.m. and an evening class from 5:30-7 p.m. Wednesday; "Understanding Your Credit Report and Credit Score, 5:30-7 p.m. Thursday; and "Wise Investment Strategy," a Lunch-N-Learn class from 11 a.m. to 12:30 p.m. and an evening class from 5:30-7 p.m. Feb. 27.

A workshop for teenagers Jan. 21 at JBSA-Randolph Youth Programs served as a prelude to Military Saves Week, Williams said.

"This was a one-time workshop to touch base with the youth in our community," he said. "We want them to un-

derstand the value of money and begin to think about how they spend it and how it adds up over time."

Also during JBSA-Randolph's Military Saves Week, active-duty members and their families, retirees, DOD civilians and contractors will have an opportunity to sign the campaign's Saver Pledge at the classes and in the M&FRC. They may also sign the pledge at <http://www.militarysaves.org>.

Military Saves Week is part of the America Saves campaign coordinated by the nonprofit Consumer Federation of America.

For more information about Military Saves Week, or to register for any of the classes, call the JBSA-Randolph M&FRC at 652-5321.

**CHIEF OF STAFF from P7**

and I think it is – we're just kind of hesitant to brag about it. Let's talk this up. Every Airman should be, can be, I believe must be innovative if we're to succeed in the future.

Commanders can't be intimidated by that; supervisors shouldn't be scared of it. We ought to be embracing it."

The Air Force has implemented new processes in decision making and developmental planning, and has

given Airmen a roadmap for the future.

"Our vision [is] who we would like to be some day," Welsh said. "It's something that just keeps calling us forward. Global reach, global vigilance and global power – it's what we do for America. A Call to the Future – the lead document in our strategic document series – this is who we are going to be 20 years from now. New Air Force Concept of Operations [is] how we're going to operate once we get to that point. It gives us a target. It

gives us a concept of how capabilities will fit together. The new Single Air Force Master Plan [is] the game plan to make the Call to the Future and Concept of Operations a reality."

Throughout his speech, Welsh shared the amazing things Airmen are doing, and the stories of individuals who inspire him. He said finding balance is one of the best ways to refocus the force and to ensure the Air Force remains the best in the world into the future.