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WINGSPREAD

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Texas legislators tour 12th FTW units

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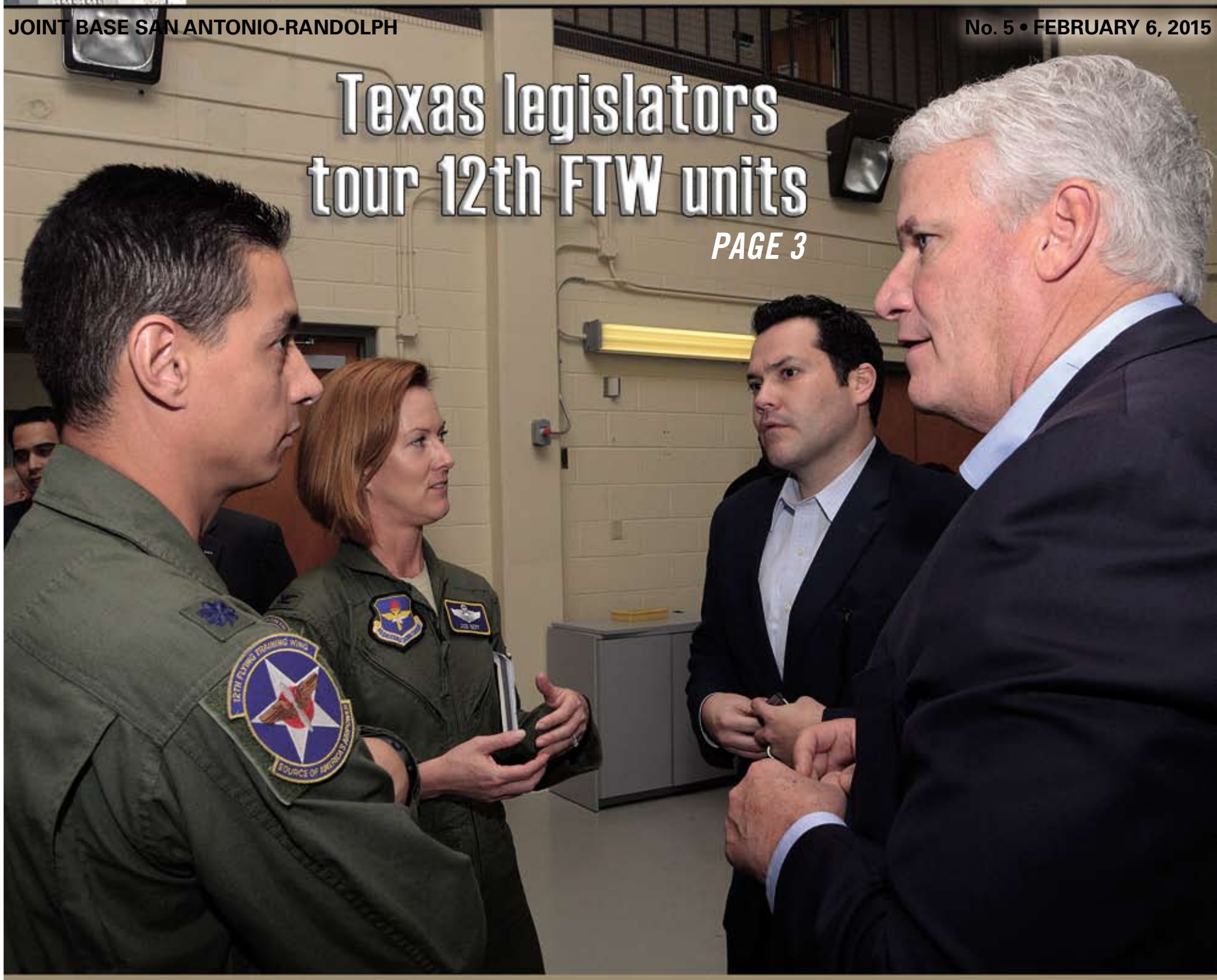

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COMMENTARY

EXCELLENCE IN ALL WE DO

Overcoming failures: What didn't work

By Maj. Eric Tucker
509th Communications Squadron commander

"Admit your failures and take accountability for them. Being accountable for your failures shows responsibility. Accepting your failure will give you the courage to apologize, if that's appropriate to the situation."

You will fail. The question is, how will you respond?

This reminds me of a parable of the carrot, egg and coffee.

A senior airman was distraught when he learned he did not make staff sergeant after his first time testing. His staff sergeant supervisor saw a teaching opportunity and the next day he filled three pots with water and placed each on a stove. After they came to a boil, he placed carrots in the first pot, eggs in the second and ground coffee in the last.

After 20 minutes, he fished the carrots out and placed them in a bowl. He pulled the eggs out and placed them in a bowl. Then he ladled the coffee out into a cup. Turning to the senior airman, the staff sergeant asked, "Tell me, what do you see?"

"Carrots, eggs and coffee," the senior airman replied.

Then he asked the senior airman to feel the carrots, which he did and noted they were soft and mushy.

The staff sergeant then asked the senior airman to take an egg and break it. After pulling off the shell, the senior airman observed the hard-boiled egg.

Finally, he asked the senior airman to sip the coffee. He smiled as he tasted the coffee with its rich aroma.

The senior airman said, "nice, but what does all of this mean?"

The staff sergeant laughed and explained that each of these objects had faced the same adversity – boiling water – but each reacted differently.

"Which are you?" the staff sergeant asked, "are you a carrot that seems strong, but with pain and adversity, becomes soft and loses strength? Are you the egg that appears not to change but whose heart is hardened?

"Or, are you the coffee bean that changes the hot water, the very circumstances that brings the pain. When the water gets hot, it releases its fragrance and flavor. If you are like the coffee bean, when things are at their worst, your very attitude will change your environment for the better, making it sweet and palatable."

When you face failure, will you be the carrot, egg or coffee? I offer three suggestions when dealing with failure.

First, own up to your failures. Don't explain failures away, instead deal with them head-on. Don't look around for other people to blame. That happens way too often today. Admit your failures and take accountability for them. Being accountable for your failures shows responsibility. Accepting your failure will give you the courage to apologize, if that's appropriate to the situation.

Taking ownership of your failures enables the second step, learning: FAIL (First Attempt In Learning). This is how you need to view failures – a lesson on what didn't work. While learning from your mistakes, don't expect a miracle recovery overnight. Take the time you need to learn the appropriate lessons.

Don't short-circuit the process. Bouncing back is good, but you want to bounce back in a healthy way and not force it. Forcing it will only hinder your opportunity for growth.

The beautiful thing about failure is it teaches you the resiliency needed to cope with future failures. Also, don't go in alone. Ask for help if you need it. I like this quote from B.F Skinner: "A failure is not always a mistake; it may simply be the best one can do under the circumstances. The real mistake is to stop trying."

Third, with the wisdom gained from growing through your failure – thrive. Life isn't about luck. Life is about hard work – hard work that is born from failure. Learning from failure and thriving from the growth you made will help reach your full potential in life.

We never try to fail on purpose. But at the same time if you stay so far away from failure, if you don't ever push yourself to where failure is a possibility, you're probably not pushing yourself enough. Failure presents opportunities for personal growth. It also teaches you about willpower, persistence, self-discipline and hard work.

I encourage people to be empowered, take initiative and move out. Step out of your comfort zone and take a chance. There are very few "one strike and you're out" failures in the Air Force. Be adventurous and try something new. If you fail, own up to it, learn from it, change your circumstances and thrive!

Don't be a carrot or an egg.

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ON THE COVER

From left: Lt. Col. Robin Baldwin, 12th Flying Training Wing Community Initiatives director; Col. Jodi Neff, 12th Flying Training Wing vice commander; Texas Rep. (District 125) Justin Rodriguez and Texas Rep. (District 122) Lyle Larson tour 12th FTW units Jan. 29 at Joint Base San Antonio-Randolph.

Photo by Johnny Saldivar

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Texas legislators learn more about 12th Flying Training Wing

Photo illustration by Maggie Armstrong

Photos by Johnny Saldivar

(Editor's note: Only first names are used when identifying members of the 558th Flying Training Squadron.) Maj. Michawn (right), with the 558th Flying Training Squadron, explains what Capt. David and Tech. Sgt. Nicholas are demonstrating on the remotely piloted aircraft simulator to Texas Reps. Justin Rodriguez (far left) and Lyle Larson (left) Jan. 29 at Joint Base San Antonio-Randolph. The 558th FTS is the home of the Air Force's only undergraduate remotely piloted aircraft training program providing three distinct courses for officer and enlisted aircrew.

Col. Jodi Neff (right), 12th Flying Training Wing vice commander, briefs Texas legislators and their staff members Jan. 29 at Joint Base San Antonio-Randolph. Members of the 12th FTW highlighted their mission's impact on national security, as well as briefed on mitigating current encroachment issues. The legislators and their staff members visited with military members during lunch, participated in a flight simulation demonstration and were given a briefing on "A Day in the Life of a Pilot."

NEWS

Photo by Scott Ash

Air Force Chief of Staff Gen. Mark A. Welsh III (left) testifies before the Senate Armed Services Committee Jan. 28 in Washington, D.C., as Gen. Joesph F. Dunford Jr., Commandant of the Marine Corps, looks on.

AF risks becoming too small to succeed under sequestration

By Tech. Sgt. Natalie Stanley
Secretary of the Air Force Public Affairs Command Information

During testimony on Capitol Hill Jan. 28, Air Force Chief of Staff Gen. Mark A. Welsh III stressed the negative impact sequestration will have on future Air Force capabilities, emphasizing further budget cuts will lead to low morale and declined readiness in the Air Force.

"Pilots sitting in a squadron looking out at their airplanes parked on a ramp certainly feels like a hollow force, whether we define it that way or not," Welsh said. "People are not joining this business to sit around."

The common tone of the testimony by all the service chiefs was maintaining the faith and trust each military member has in their respective service by ensuring they have the training, tools and equipment needed to win any fight, now or in the future.

"We can't continue to cut force structure to pay the cost of readiness and modernization or we risk being too small to succeed," Welsh said.

Welsh stated 24 years of combat operations has taken a toll on the Air Force and the need for modernization is no longer a debatable issue.

"We currently have 12 fleets of aircraft that qualify for antique license plates in the state of Virginia," he said. "Air Forces that fall behind technology fail and joint forces without the full breadth of the air, space and cyber capabilities that comprise modern airpower will lose."

Welsh credited improved combat squadron readiness over the past year to the Balanced Budget Act, which targeted individual and unit readiness, but stated future sequestration would immediately reverse this trend.

"Squadrons would be grounded, readiness rates would plummet, Red and Green Flag exercises would have to be cancelled, Weapons School classes would be limited and our aircrew members' frustration will rise again," Welsh said.

He explained sequestration has led to intentional underfunding of infrastructures that produce combat capability over time including training ranges, test ranges, space launch facilities, simulation infrastructure, and nuclear infrastructure.

Welsh appealed to the members of the Senate Armed Services Committee to join with the military to ensure current and future combat capability.

"We do need your help to be ready for today's fight and still able to win in 2025 and beyond," he said. "Our Airmen deserve it, our joint team needs it, and I believe our nation still expects it."

Biomedical officers celebrate corps' golden anniversary

By Robert Goetz
Joint Base San Antonio-Randolph Public Affairs

The Air Force officers who make up the Joint Base San Antonio-Randolph Medical Clinic's Biomedical Sciences Corps flights perform important roles at their facility, providing services in areas ranging from physical therapy and optometry to aerospace physiology and public health.

Last week, the members of those flights celebrated the 50th anniversary of their corps, which was established on March 15, 1965.

BSC officers throughout JBSA observed the corps' milestone. Those at JBSA-Randolph attended events that included a kickoff teleconference featuring Brig. Gen. James McClain, BSC chief; a lunch-and-learn session with Col. David Hammiel, BSC Utilization and Education Branch chief; a taco breakfast; a BSC group photo; and an ice cream social at JBSA-Randolph. Maj. Becky Azama, JBSA-Randolph BSC director of education, led the BSC Week team.

The BSC at JBSA-Randolph comprises 27 officers and 62 enlisted members in 10 of the corps' 16 career fields. The specialties they represent are physical therapy, optometry, psychology, social work, physician assistant, aerospace physiology, bioenvironmental engineering, public health, pharmacy and medical lab.

"BSC members are a diverse group that provide both clinical and technical expertise and are involved in various medical operations," Lt. Col. (Dr.) Judy Rattan, 359th Medical Group BSC executive, said. "Day in and out, we provide services for our most vital weapon system, humans, so that we may all contribute to the Air Force mission: fly, fight and win in air, space and cyberspace."

Capt. (Dr.) Chen Yang, 359th Optometry Clinic Aviator Corneal Refractive Surgery Program chief, said the BSC's goal is to "provide all our beneficiaries with excellent health care.

"We want to make sure our active-duty members are fit for duty and are able to fulfill their job requirements," she said.

Although the BSC was born in 1965, its roots go back five decades earlier, to 1917 when Congress established the Army Sanitary Corps to combat infectious diseases. The Army Medical Administrative Corps followed three years later and, in 1947, the National Security Act created the Army Medical Service Corps.

In 1949, the Air Force had its own medical service that comprised six officer components – Medical Corps, Dental Corps, Veterinary Corps, Medical Service Corps, Air Force Nurse Corps and Women's Medical Specialist Corps. The Women's Medical Specialist Corps evolved into the BSC, which was created through Air Force Special Order CA-5 in 1965.

Today the BSC is the most diverse corps in the AFMS with its 16 separate career fields. The corps numbers 2,400 officers, supported by 5,800 enlisted members.

JBSA-Randolph's BSC flights help make the clinic a comprehensive outpatient facility that meets many of its beneficiaries' health care needs – active duty and retirees alike – in one location.

"We want people to understand the importance of our corps," Yang said. "We want them to know the things we do so they know what kinds of services we offer."

Monthly observance at JBSA locations addresses teen dating violence

By Robert Goetz
Joint Base San Antonio-Randolph Public Affairs

Joint Base San Antonio helping agencies will focus on building healthy relationships through a range of activities during Teen Dating Violence Awareness and Prevention Month in February.

At JBSA-Randolph, workshops for teenagers and parents, a teen essay contest and a body image discussion are among the activities that will raise awareness of a crime that affects nearly 10 percent of high school students, according to a Centers for Disease Control and Prevention survey.

Emily Mueller, 359th Medical Operations Squadron Family Advocacy intervention specialist, said Teen Dating Violence Awareness and Prevention Month activities at JBSA are a collaborative effort of Family Advocacy Programs, Youth Programs, Chapel Services, school liaison officers, Sexual Assault Prevention and Response, and Military and Family Life Counselors.

JBSA-Randolph activities will kick off with an open forum discussion called "SWAG for Parents" from 5-6:30 p.m. Feb. 6 at the Military and Family Readiness Center, building 693. SWAG stands for "Students Wanting Age-appropriate Guidance."

"SWAG for Teens" is scheduled from 7-9 p.m. Feb. 13 at Youth Programs, building 584.

Gina Ramirez, 359th MDOS outreach/resiliency specialist, said participants at both workshops will learn about "healthy relationships, social courage, self-image and awareness, coping strategies and healthy communication."

"We're really hoping to bring awareness and prevention strategies to parents as well as teens," she said. "We want to create a culture where it's comfortable to talk about these kinds of things."

Another event planned for Teen Dating Violence Awareness and Prevention Month is "Wear Orange 4 Love" Day Feb. 10. Members of the JBSA-Randolph community are encouraged to wear something orange; shirts, nail polish, ribbons, jewelry and shoes are among the possibilities. Participants are encouraged to tell others why they are wearing orange and to post pictures and updates on Twitter using #Orange4Love #RespectWeek2015 or on facebook.com/loveisrespectpage.

JBSA-Randolph Youth Programs and the JBSA-Randolph Chapel youth programs will coordinate the essay contest for 13- to 18-year-olds. Essays are due Feb. 18 to Youth Programs; the JBSA-Randolph First Sergeants' Council will review the entries.

"We're asking teens to write an essay that tells the ways they can contribute to healthy relationships," Ramirez said.

An event that will unite all three JBSA locations, the Teen Poetry Slam, is scheduled from 6-9 p.m. Feb. 21 at the JBSA-Fort Sam Houston Military & Family Readiness Center. Open to 13- to 18-year-old military-dependent students, the poetry slam will feature cash prizes for participants as well as food, music, door prizes and resources. The event is only open to 15 performers, so early registration is recommended.

Ramirez said workshops to help JBSA-Randolph poetry slam participants prepare for their performances are scheduled from 5-6 p.m. Feb. 11 and 18 at Youth Programs. Participants must call 652-6038 to register. Other JBSA locations are also planning workshops.

"Body Image and Nutrition Teen Talk" will be presented by the chapel youth coordinator from 5-6 p.m. Feb. 25 at Youth Programs. During this forum, teenagers will learn about making healthy eating choices and making the connection that a healthy lifestyle includes relationship choices and body image. Participants should register by Feb. 24 at Youth Programs.

Other activities planned at JBSA-Randolph during Teen Dating Violence Awareness and Prevention Month are public service announcements from Youth Programs staff and students, posters and handouts at the medical treatment facility, a T-shirt logo and slogan contest for Youth Programs students and chapel youth, and Jeans for Teens.

Jeans will be collected through Feb. 28 for residents of Boysville, a residential care facility that provides support and a home for children. Receptacles will be placed at different locations throughout JBSA-Randolph.

For more information on JBSA-Randolph activities during Teen Dating Violence Awareness and Prevention Month, call 652-6038.

Airmen's counsel helps Airmen navigate Medical Evaluation Board

By Airman 1st Class Stormy Archer
Joint Base San Antonio-Randolph Public Affairs

The Office of Airman's Counsel is a Congressionally-mandated organization that exists to provide Airmen with legal counsel to help Airmen make informed decisions and fully participate in their medical evaluation board and physical evaluation board.

Based at Joint Base San Antonio-Randolph, the OAC offers its legal services to all active duty Airmen, to include the Air National Guard and Air Force Reserves. The nine attorneys and five paralegals at the OAC provide legal counsel to more than 4,000 Airmen annually.

"We are chartered to represent the interests of every Airman that goes through the Integrated Disability Evaluation System," Lt. Col. Trinh Peterson, Office of Airmen's Counsel chief, said. "Whether those interests involve returning to duty, medical retirement or separation with or without pay; we will represent Airmen through all of these processes. We work toward what is in the best interest of the Airmen. The challenge is that not all Airmen are aware they have this right to counsel."

Airmen entering the Integrated Disability Evaluation System are advised to contact the OAC as soon as possible.

The physical evaluation board liaison officers act as a center point for Airmen during the Medical Evaluation Board, and work to ensure Airmen are aware of the resources available to them.

"Once someone is in the Medical Evaluation Board process we tell them to contact the Office of Airman's Counsel, and give them the contact information for any resources they need to help them through the process," Marci Bodenhausen, 359th Medical Group physical evaluation board liaison officer, said. "Anyone going through the MEB should contact the OAC as soon as possible to get the help they need."

Airmen from around the world travel here to JBSA-Randolph to seek the help of the OAC.

"The OAC has been a major help to me," Staff Sgt. Stephanie Miller, 374th Maintenance Group aircraft avionics technician, Yokota Air Base, Japan, said.

Miller said if she had contacted the OAC sooner she could have made a more informed decision, and avoided her case going through the appeals process.

"We are here to help Airmen and we can only help them if they contact us and let us know they are in the system," Peterson said. "We are here to make sure that they receive the justice and fairness they are entitled to while in the Integrated Disability Evaluation System."

To contact the OAC, call 855-MEB-JAGS or email afloaja.disabilitycounsel@us.af.mil.

Storm water runoff triggers San Antonio's 21st Annual Basura Bash

By Scott Reed
502nd Civil Engineering Environmental Flight

The Basura Bash is a one-day, all-volunteer event to clean the San Antonio Watershed. Joint Base San Antonio-Fort Sam Houston will be hosting the event beginning at 8 a.m. Feb. 21 at the Salado Creek Park. For more information and registration, go to http://www.basurabash.org/ or call 388-2067.

The effects of storm water runoff are one reason the Basura Bash is necessary. Storm water runoff occurs when precipitation from rain or snow melt flows over the ground. Impervious surfaces like driveways, sidewalks and streets prevent stormwater runoff from naturally soaking into the ground.

Storm water can pick up debris, chemicals, dirt and other pollutants and flow into a storm sewer system or directly to a lake, stream, river, wetland or coastal waterway. Anything that enters a storm sewer system is discharged, untreated, into the bodies of water we use for swimming, fishing and providing drinking water.

Polluted stormwater runoff can have many adverse effects on plants, fish, animals and people.

Sediment can cloud the water and make it difficult or impossible for aquatic plants to grow. Sediment also can destroy aquatic habitats.

Excess nutrients can cause algae blooms. When algae die, they sink to the bottom and decompose in a process that removes oxygen from the water. Fish and other aquatic organisms can't exist in water with low dissolved oxygen levels.

Bacteria and other pathogens can wash into swimming areas and create health hazards, often making beach closures necessary.

Debris such as plastic bags, six-pack rings, bottles and cigarette butts washed into bodies of water can choke, suffocate or disable aquatic life like ducks, fish, turtles and birds.

Household hazardous wastes like insecticides, pesticides, paint, solvents, used motor oil and other auto fluids can poison aquatic life. Land animals and people can become sick from eating diseased fish and shellfish or ingesting polluted water.

Polluted stormwater often affects drinking water sources. This, in turn, can affect human health and increase drinking water treatment costs.

What are some solutions for storm water pollution?

Basura Bash to take place Feb. 21

The 2015 Joint Base San Antonio-Fort Sam Houston Basura Bash will be held 9 a.m. to noon Feb. 21 at Salado Creek Park, with volunteer check in at 8 a.m. and a safety briefing at 8:45 a.m. The annual cleanup of Salado Creek is held in conjunction with the city-wide cleanup effort for the tributaries of the San Antonio River. Volunteers are encouraged to wear long pants, sturdy shoes, gloves, hat and sunscreen and can bring their own cleanup gear, such as waders, trash-grabbers, nets, etc.

Trash bags will be provided. All participants under 18 must have a parent or guardian onsite and drop offs will not be allowed. All participants must have an ID or CAC and sign a waiver to participate. Community service vouchers will be available.

Volunteers can register online at http://www.basurabash.org. For more information, call 388-2067.

In residential areas, recycle paper and plastics and properly dispose of household products that contain chemicals, such as insecticides, pesticides, paint, solvents and used motor oil and other auto fluids (i.e. antifreeze). Don't pour them onto the ground or into storm drains. Dispose kitchen grease in garbage to prevent sewer overflows and backups.

In regards to lawn care, excess fertilizers and pesticides applied to lawns and gardens wash off and pollute streams. Yard clippings and leaves can wash into storm drains and contribute nutrients and organic matter to streams.

San Antonio Water System officials recommend that homeowners avoid overwatering their lawns. Consider using a soaker hose instead of a sprinkler.

Other suggestions include using pesticides and fertilizers sparingly. When use is necessary, use these chemicals in the recommended amounts. Use organic mulch or safer pest control methods whenever possible.

When possible, compost or mulch yard waste. Don't leave it in the street or sweep it into storm drains or streams. Also, cover piles of dirt or mulch being used in landscaping projects.

Utilize local climate appropriate lawn maintenance techniques when maintaining your lawn. More information is available at the Garden Style San Antonio website at http://www.gardenstylesanantnio.com.

Washing your car and degreasing auto parts at home can send detergents and other contaminants through the storm sewer system. Dumping automotive fluids into storm drains has the same result as dumping the materials directly into a body of water. Use a commercial car wash that treats or recycles its wastewater or wash your car on your yard so the water infiltrates into the ground. Repair leaks and dispose of used auto fluids and batteries at designated drop-off or recycling locations.

Pet waste can be a major source of bacteria and excess nutrients in local waters. When walking your pet, remember to pick up the waste and dispose of it properly. Flushing pet waste is the best disposal method. Leaving pet waste on the ground increases public health risks by allowing harmful bacteria and nutrients to wash into the storm drain and eventually into local bodies of water.

Residential landscaping presents its own challenges when it comes to effective storm water runoff as traditional concrete and asphalt doesn't allow water to soak into the ground. Instead, these surfaces rely on storm drains to divert unwanted water. Permeable pavement systems allow rain and snowmelt to soak through, decreasing stormwater runoff.

Homeowners are encouraged to use rain barrels to collect rainwater from rooftops in mosquito-proof containers. The water can be used later on lawn or garden areas.

Additionally, rain gardens and grassy swales are specially designed areas planted with native plants can provide natural places for rainwater to collect and soak into the ground. Rain from rooftop areas or paved areas can be diverted into these areas rather than into storm drains.

Another landscaping technique is the use of vegetated filter strips, which are areas of native grass or plants created along roadways or streams. They trap the pollutants stormwater picks up as it flows across driveways and streets.

In commercial areas, dirt, oil and debris that collect in parking lots and paved areas can be washed into the storm sewer system and eventually enter the local water supply. Sweep up litter and debris from sidewalks, driveways and parking lots, especially around storm drains. Cover grease storage and dumpsters and keep them clean to avoid leaks.

At JBSA locations, report any chemical spill to the applicable JBSA Fire Department. The 502nd Civil Engineering Squadron's Environmental Flight knows the best way to keep spills from harming the environment.

In construction areas, erosion controls that aren't maintained can cause excessive amounts of sediment and debris to be carried into the stormwater system. Construction vehicles can leak fuel, oil, and other harmful fluids that can be picked up by stormwater and deposited into local bodies of water.

Construction workers should also divert storm water away from disturbed or exposed areas of the construction site. Other suggestions include installing silt fences, vehicle mud removal areas, vegetative cover and other sediment and erosion controls and properly maintain them, especially after rainstorms.

Prevent soil erosion by minimizing disturbed areas during construction projects and seed and mulch bare areas as soon as possible.

For facilities where auto repairs are performed, clean up spills immediately and properly dispose of cleanup materials. Properly maintain vehicles and utilize a drip pan to prevent oil, gas and other discharges from being washed into local water sources. Recycle paper, plastics, used motor oil, batteries, and antifreeze.

JBSA-Randolph Library functions as information, community center

By Robert Goetz
Joint Base San Antonio-Randolph Public Affairs

Libraries throughout the United States are undergoing a process of transformation, augmenting their traditional role of providing print books and periodicals with a broader spectrum of services and materials, from community programs and computer and Internet access to audio books, DVDs and CDs and a plethora of online resources.

This same trend is mirrored at the Joint Base San Antonio-Randolph Library, a facility on Fifth Street East that served as an NCO Club for 65 years.

"Libraries are facing a pivotal transition period," Erin Monaghan, JBSA-Randolph Library senior library technician, said. "We are now information and community centers."

The JBSA-Randolph Library has become a hub of the community, offering activities throughout the year and providing meeting space for local organizations.

One of its most popular activities is the eight-week-long summer reading program, which is geared to all ages and encourages a family atmosphere, Monaghan said.

"More than 200 people were on hand for the first event of last year's summer reading program," she said. "The program was extremely successful; more than 950 people attended during the eight weeks."

A similar program is Story Time, a weekly event throughout the year that is designed for preschool children and allows them to hear a story read by a library staff member or volunteer and participate in a craft activity.

Parent Allison Vallarelli, who attended a recent Story Time with daughters Ruby and Violet, said her children love the program. She also said it provides a social environment for child and parent alike.

See LIBRARY P13

"The General Library Information System will allow our customers to see our materials – books, DVDs, music CDs and audio books – and whether they are currently available. These materials can be requested online and delivered to the home library of a customer via our inter-library loan program that currently runs twice a week for all three JBSA libraries."

Robbye Durham
Joint Base San Antonio-Fort Sam Houston Keith A. Campbell Memorial Library supervisory librarian

Photo by Johnny Saldivar
Paul Snyder and his son, William, work on arts and crafts during the story telling program Jan. 22 at the Joint Base San Antonio-Randolph Library.

Photo by Johnny Saldivar
Sena Tenorio and her daughter, Athena, work on arts and crafts during the story telling program Jan. 22 at Joint Base San Antonio-Randolph's Library. The base library provides access to information essential to the Air Force mission, supports professional military and voluntary education programs, and offers library facilities, resources, and services to enhance the quality of life for authorized customers.

Joint Base San Antonio-Randolph

News Briefs

SAMCC commercial, main gate closures

The San Antonio Military Medical Center main gate entrance will be closed from 10 p.m. Feb. 13 until 10 p.m. Feb. 16. The gate will close again 10 p.m. Feb. 20 through 10 p.m. Feb. 22. The SAMMC Commercial Gate will maintain a normal closure schedule during these periods. The closures will allow necessary safety tests for the denial barriers at the main gate and commercial access drives.

Single parents are not alone

Single parents are encouraged to bring a lunch and attend the monthly Single Parents Support Group at the JBSA-Randolph Military & Family Readiness Center Feb. 19, noon to 1 p.m., and discuss "Effective Communication in Conflict Resolution." For more information, call 652-5321.

Tax center operating hours

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

- Monday: Closed
- Tuesday – Wednesday: 8 a.m. to noon
- Thursday – Friday: 8 a.m. to 4 p.m.

For more information, call 652-7041/1040/6781.

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.

It weighs more than a ton

Join the 150-Ton Club by lifting 150 tons of weight on any free weight or plate loaded machine in one day at the JBSA-Randolph Rambler Fitness Center. Stop by the front desk to pick up a log book to track daily progress. For more information, call 652-7263.

Golfers compete in a holiday tournament

The Randolph Oaks Golf Course hosts a Presidents Day individual low-net, low-gross tournament Feb. 16. Tee times are 7-9 a.m. The entry fee is $10 per person plus green fees and cart rental. To sign up, call 652-4653.

Transportation survey

The Texas Department of Transportation and the 502nd Air Base Wing are asking JBSA-Randolph commuters to participate in the Active Travel Demand Management Travel Options Study survey to better understand regional congestion patterns.

The anonymous survey link is http://tinyurl.com/JBSAcommute. The data collection phase runs through mid-January.

The study, sponsored by TxDOT, promotes travel option programs to employers, employees and other stakeholders along the most congested corridors in the San Antonio area. The goal is to describe the benefits of alternative scheduling such as telecommuting, flex-time, compressed work weeks, and ridesharing options such as carpooling, vanpooling and using public transportation.

For more information, call 652-3477 or 652-5307.

Physical therapy offers new walk-in program for active-duty members

By Maricris Moore
Joint Base San Antonio-Randolph Public Affairs

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

Active-duty members with acute musculoskeletal injuries, such as knee sprain, ankle sprain or back pain that have occurred within the week can walk in for care. The goal of this service is to increase patient's access to care.

The program serves active-duty members, including pilots, who have a primary care manager located at the JBSA-Randolph clinic.

In the past, the process required a member to make an appointment with their PCM before being referred to physical therapy. The new direct access program does not require an appointment.

"With this program, the active-duty patient will be able walk in to our clinic Monday morning, we can evaluate them just like we would if the PCM would refer them and get them started right away," Maj. Becky Azama, 359th Medical Group physical therapist said.

"Physical therapists are licensed providers who provide care for patients to reduce pain and restore mobility," said Azama. "This facility primarily treats patients with musculoskeletal injuries."

According to Azama, the walk-in process will not affect the patient care process.

"The evaluation process would essentially be the same, we go through a normal physical therapy evaluation where we take a look at the affected area or the involved area to make sure nothing else is going on," Azama said. "We would either give them exercises to do at home or we could give them instructions on how to set up appointments with the technicians for scheduled treatments and follow up with the patient."

"I injured my back last week and it was convenient knowing I don't need a referral and I can walk in and get a plan for care," said Senior Airman Adan Garcia, 359th Medical Operations Squadron Pediatric Clinic aerospace medical technician, said. "Right at 7:15 a.m., they opened the door and I walked in and I was seen within 10 minutes."

One physical therapy provider will be available during the walk-in hours and will be able to order imaging and dispense medicine if needed.

"Best case scenario, we would like to see maybe three or more patients coming through the door every Monday. The hope is that active-duty members feel like they can come and see us if they have a musculoskeletal issue and address their concerns," Azama said.

For more information on the direct access program, call the clinic at 652-3137.

Photo by Airman 1st Class Stormy Archer
Maj. Becky Azama, 359th Medical Operations Squadron physical therapist, applies electrical stimulation to a patient Monday at the Joint Base San Antonio-Randolph Clinic. Electrical stimulation can be used as an alternative to medication for treating back pain.

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.

AETC hosts leadership summit for evolving chaplain corps

By 1st Lt. Jose Davis
Air Education and Training Command Public Affairs

Air Education and Training Command hosted a first-of-its-kind leadership summit for its chaplains Jan. 13-16 to equip them with vital leadership tools for establishing viable ministry plans that will shape AETC ministries for years to come.

The leadership summit is part of a larger initiative to focus more on personally engaging and connecting with Airmen at the squadron level, shifting to more unit-based chaplain support.

Among the attendees and speakers at the summit were Chaplain (Brig. Gen.) Bobby Page, Air Force deputy chief of chaplains, and Chief Master Sgt. Dale McGavran, chaplain assistant career field manager for the Air Force.

"I want to tell you I've seen a lot of chapel teams and I have seen a lot of people with talent and great ability," Page told AETC chaplains. "The ones with the greatest impact are those that are able to tame their ego, bridle their ambition, and work together with others to serve Airmen. Our poorest service is tainted by self-promotion and careerism.

"Selfless service is when we throw ourselves into the task, without looking over our shoulders to see who's noticing, inspiring grateful hearts and people to look up to give thanks," Page said.

Apart from an emphasis on personal engagement with Airmen, the summit covered myriad other subjects as well, to include training for chaplain assistants and how to use the Ministry Planning Tool in the newly developed Air Force Chaplain Corps Activity Reporting System, which gathers metrics for chaplains on the amount of time spent with Airmen.

Chaplain assistants are expected to complete a new two-phased training course, which will give them a broad spectrum of tools to help them solve current challenges facing the chaplain corps. "We're pressing with training," McGavran told chaplains and chaplain assistants at the summit.

In all the various subjects talked about at the summit, it always returned to the importance of engaging and connecting with Airmen.

"That Airman is not going to care what kind of safety program, what kind of security management program you have – that Airman is not going to care that you have a great program," McGavran said. "He's going to care, in his moment of crisis, he knew you – the chaplain or the chaplain assistant – that in that moment of crisis he can go to you and you will walk beside him through that difficult time. It's about relationships."

The AETC Chaplain Corps wants to shift emphasis from a weekend-based ministry to a face-to-face personal engagement with Airmen.

"There is the whole other area of being engaged with Airmen," Page said. "That's exactly what we are challenging our chaplains and our chaplain assistants to do, is to get out of the chapel and spend more time with Airmen, be with Airmen, so that a chaplain and a chaplain assistant are not just a picture on somebody's wall."

Photo by 1st Lt. Jose Davis
Chaplain (Brig. Gen.) Bobby Page, Air Force Deputy Chief of Chaplains, speaks to Air Education and Training Command chaplains on the importance of personally engaging with Airmen Jan. 15.

The leadership summit wrapped up Jan. 16. AETC chaplain leadership is hopeful that chaplains across the command reaped a wealth of knowledge from this gathering, all of which is aimed at reinforcing the need to personally engage with Airmen.

"Being there with Airmen, being there for them, hanging out with them, being trusted, people attending to their concerns – those are our greatest goals," said Col. Steven Schaick, AETC command chaplain. "A renewed focus on Airmen, doing exactly what Gen. Mark A. Welsh (Air Force Chief of Staff) asked us to do, is our first priority."

Some temporary, seasonal, intermittent employees eligible for FEHB

By Janis El Shabazz
Air Force Personnel Center Public Affairs

Some temporary, seasonal and intermittent employees are now eligible for coverage under the Federal Employees Health Benefits program, said Office of Personnel Management officials.

Temporary, seasonal or intermittent employees who anticipate working 130 or more hours per month for 90 consecutive days are now eligible to receive the same coverage and government contribution to premiums as full-time employees.

"This expansion of coverage furthers the goal of ensuring that all full-time employees are eligible to enroll in FEHB," said Erica Cathro, AFPC Human Resources Specialist. "This change provides newly eligible employees a way to attain minimum essential coverage, which will also satisfy the Affordable Care Act individual shared responsibility requirement."

Newly eligible employees can enroll within 60 days of being notified of eligibility by the Benefits and Entitlements Service Team. Newly hired temporary, seasonal and intermittent employees who are eligible will also have a 60-day window to enroll. Coverage is effective the first day of the pay period after the employee makes his or her enrollment election.

Once employees are eligible for FEHB they will also be eligible to apply for coverage under the Federal Long Term Care Insurance Program. For more information about FLTCIP visit www.ltcfeds.com.

Air Force Personnel Center staffing specialists will ensure eligible employees hired for these types of appointments are aware of the benefit option at the time of hire, based on the work schedule information their selecting official provides. BEST representatives have identified and notified all affected employees who were already on board. Supervisor certification of hours is required for enrollment in FEHB. Employees who believe they are eligible for FEHB who have not been formally notified should consult their supervisor.

For more information about this and other personnel issues, visit the myPers website at https://mypers.af.mil. For FEHB eligibility and enrollment information, select "Search All Components" from the drop down menu and enter "28434" in the search window. Air Force retirees who do not have a myPers account can find instructions to create an account at http://www.retirees.af.mil/shared/media/document/AFD-120510-068.pdf.

LIBRARY from P9

"It's a nice time for them to come and be with their friends," Vallarelli said. "I've also met mothers that I wouldn't have met otherwise."

The library's community room, which is used for the summer reading program, accommodates a variety of events and activities, including free tax preparation sessions that begin this month and conferences and meetings conducted by mission partners such as Air Education and Training Command.

Other gathering places are a computer lab with 18 stations, a teen lounge in the young adult section, a video game room with five video game consoles and three study rooms that can be reserved.

"The study rooms are for students and for people studying for their boards, but they're also perfect for small group gatherings," Monaghan said. "They're safe, neutral and comfortable places."

Print books are the backbone of any library, but other media – CDs, DVDs and audio books among them – also have broad appeal.

The JBSA-Randolph Library's latest offering to its patrons is the opportunity to check out Roku streaming players. By using a wireless connection, patrons can stream movies from the library's digital collection to their TV.

"Right now we have 80 films in our digital library, and that selection will continue to grow," Monaghan said.

The library's total collection numbers nearly 40,000 items, she said. Its checkout circulation in 2014 was more than 85,000 items.

Patrons also have the ability to reserve or borrow from the JBSA-Fort Sam Houston and JBSA-Lackland libraries, Monaghan said.

She said the JBSA libraries now function as "one big system" as a result of the JBSA-Lackland and JBSA-Randolph libraries' merger with the JBSA-Fort Sam Houston Keith A. Campbell Memorial Library and migration to the Army's General Library Integrated System.

In fact, the combined circulation of all three JBSA libraries is second only to Joint Base Lewis-McChord's library in the GLIS, Monaghan said.

Robbye Durham, supervisory librarian at the Keith A. Campbell Memorial Library, said the beauty of this partnership "is the equalization and convenience of services for all of our military-related patrons."

She said all three libraries share the same online card catalog for their holdings.

"The General Library Information System will allow our customers to see our materials – books, DVDs, music CDs and audio books – and whether they are currently available," Durham said. "These materials can be requested online and delivered to the home library of a customer via our interlibrary loan program that currently runs twice a week for all three JBSA libraries."

She said the libraries' digital content includes more than 85,000 e-books, audio books, magazines and videos.

Durham said the libraries also offer a number of options for developing language proficiency, both online and with in-house materials.

Jennifer Robertson, JBSA-Lackland Library supervisory librarian, said the libraries provide educational and career advancement materials such as military reading lists, test preparation and online practice for the Armed Services Vocational Aptitude Battery, College-Level Examination Program exam and Defense Activity for Non-Traditional Education Support tests, and support for military professional training.

The JBSA libraries also offer the use of printers, copiers, scanners and fax machines to the public.

Use of the JBSA libraries does not require a library card, Monaghan said.

"A Department of Defense ID card functions as a library card and can be used at any location," she said.

The JBSA-Randolph Library's hours of operations are 9 a.m. to 7 p.m. Monday-Thursday and 11 a.m. to 6 p.m. Friday and Saturday. The library is closed Sundays and holidays.

To advertise in the Wingspread, call 250-2440.

The Joint Base San Antonio-Randolph Health and Wellness Center offers a four-session tobacco cessation class. For more information, call the HAWC at 652-2300.

Courtesy graphic