WINGSPREAD

JOINT BASE SAN ANTONIO-RANDOLPH

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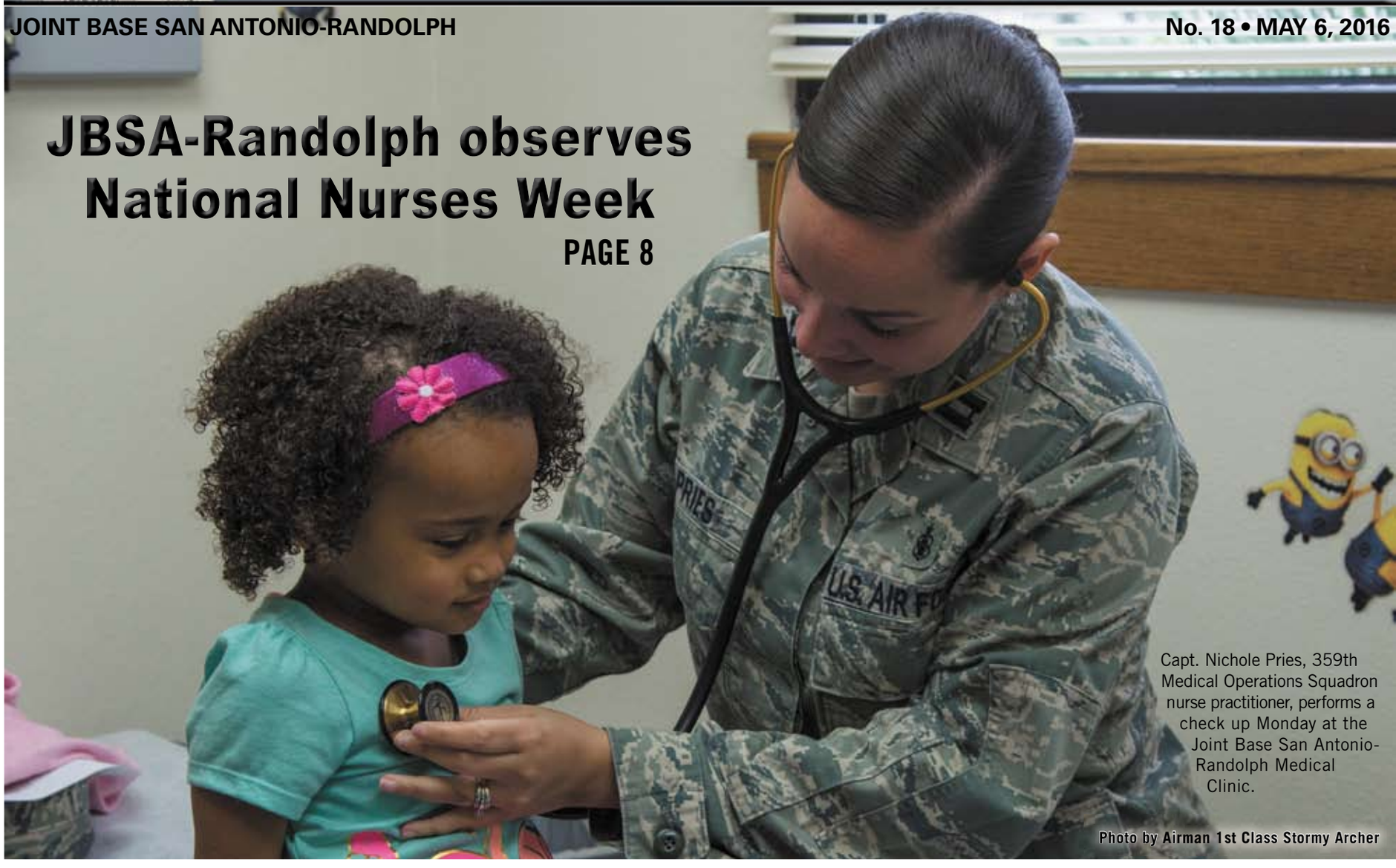
JBSA-Randolph observes National Nurses Week

PAGE 8



Capt. Nichole Pries, 359th Medical Operations Squadron nurse practitioner, performs a check up Monday at the Joint Base San Antonio-Randolph Medical Clinic.

Photo by Airman 1st Class Stormy Archer

Photo by Senior Airman Alexandria Slade

JBSA Front and Center, page 4

Photo by Scott M. Ash

Welsh awarded Order of the Sword, page 9

Photo by Airman 1st Class Stormy Archer

Retiree Appreciation Day, page 13

COMMENTARY

EXCELLENCE IN ALL WE DO

Introspection: Learning, moving forward

By Chief Master Sgt. Jack Johnson Jr.
NATO Allied Command Transformation
Norfolk, Va.

We were all created different. We think differently, perceive things differently and interpret success and failure through very different lenses.

At each person's unique period in life, they begin to look back, wondering if they truly made a difference. For many, that difference can only be defined by one's self, regardless of achievements, big or small. The "should have," "could have" and "would have" perspectives sometimes occupy our thoughts.

During this sometimes lonesome period, even the highest achievers and strongest leaders may go through a period of introspection. Introspection has such a powerful impact on a person's life, not just the wise. Everyone – even our lowest ranking Airmen or family members – all have stories awaiting the best seller's list. As our great Air Force Chief of Staff Gen. Mark A. Welsh III has said, "Every Airman has a story."

Over my 53 continuous years with the Air Force, first as the son of a great senior NCO and now as the longest serving enlisted Airman on active duty – to which I owe Welsh and Chief Master Sgt. of the Air Force James A. Cody my deepest gratitude – I've seen a lot of historic advances.

It is through my own personal and professional introspection that I see many of our Air Force's greatest attributes of yesteryear and today being centered on its promises to the American public, sometimes despite tremendous odds. Through the diligence and dedication of our total force, we have always been successful.

Those attributes and actions developed during the 1960s and 1970s were about building our service with the best sustainable force to fight the current and future wars. We addressed warfighting, sustainment, readiness, quality of life and training and education, with the strategy to win indecisively. Every Airman and their family members were aware of what alert status we were in, whether they were overseas or stateside, in church service or at a base matinee – they knew!

Command Chief Master Sgt. Jack Johnson Jr.

The 1980s and 1990s brought significant change paved by all those professional service members serving before us and some with us today.

The Berlin Wall came down and America began to reinvest precious assets elsewhere, sometimes contrary to the advice of senior Air Force leaders. History will determine if that calculus was right, but our Air Force never took its eyes off of America, Americans or American interests, as witnessed in the multitude of named and unnamed operations, campaigns and task forces.

We perfected the art of an expeditionary force with our speed, agility, flexibility and responsiveness being second to none. Our battle dress uniform was often mistaken for other services back then, but our objectives were successful and our honor remained humble to the American people.

Today's Airmen are well versed on the contribution of being an expeditionary Airman and so are their families.

Former Air Force Chief of Staff Gen. Norton Schwartz once said, "The importance of an Airman is not measured by their proximity to the target."

That said, every Airman in the total force is important in today's fight and so are their families. The adversaries today believe they enjoy something more challenging than experienced by our forefathers and that is asymmetrical surprise, cheap cyber-attacks, strategic communications and hybrid warfare. Those adversaries have not read the last word of our motto – win. In order to do this, we must never forget that every Airman is important and every talent is needed.

One of our greatest focuses today is on our weapon system … our human capital. Although transparent to some, tremendous efforts have been underway by our leaders in addressing fair and impartial inclusion, leveraging cultural strengths in specialties while balancing the force through gender and racial initiatives to name just a few. All are solution and results focused. There are no smoking guns and leaders are transparent in saying we have much work to do.

We are a reflection of the citizens we serve and honing in on all talent, regardless of what you look like, are vital to remaining the world's greatest Air Force.

Looking back over the past several decades, we've grown as an Air Force, unmatched by no other. As an American Airman, whose introspect has made him a better person, I am mindful of the great opportunities my Air Force has given me, because through opportunities came success for me and the Airmen I stand side by side with. Aim high … fly, fight and win!

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JOINT BASE SAN ANTONIO FRONT AND CENTER

Staff sergeant making his mark in security forces career field

By Robert Goetz
Joint Base San Antonio-Randolph Public Affairs

Photo by Senior Airman Alexandria Slade
Staff Sgt. Matthew Cummings, 902nd Security Forces Squadron patrolman, checks identification cards Aug. 8 at Joint Base San Antonio-Randolph's East Gate.

A staff sergeant who came to Joint Base San Antonio-Randolph less than six months ago followed his father, an intelligence specialist, into the Air Force, but he's leaving his own footprint in a career field that protects the service's people, property and resources.

"Basically, I'm just here to keep the peace," Staff Sgt. Matthew Cummings, 902nd Security Forces Squadron patrolman, said. "I love everything about my job. I love interacting with people. I love all the training I need to do."

Cummings, who enlisted in the Air Force in January 2009 and was first assigned to Offutt Air Force Base, Neb., said his duties include patrolling JBSA-Randolph and responding to medical incidents and flightline or aircraft emergencies as they occur.

"My duties change depending on what post I am pulling, and they could range from checking on the Airmen at the gate to writing citations," he said.

RAMs, or random antiterrorism measures, are also a part of Cummings' day.

Vigilance is a hallmark of his profession.

"I have to be ready to respond to any incident that may occur," he said. "Keeping an eye on traffic and writing citations is just an extra duty."

Like other SFS members, Cummings faces many challenges each day, including some of his interactions with the people he is there to protect.

"You get some people that realize you're only here trying to do your job, trying to keep them safe," he said. "And then you get the other people that think they know more than you, or think they know better than you."

In those instances, he said, law enforcement officers must remain courteous.

Cummings said officers must also treat everyone the same – regardless of rank or position.

"It doesn't matter what rank you are," he said. "If you're breaking the law, you're breaking the law."

Cummings said people often have misconceptions about security forces members – that their only duties are checking IDs at the gates and traffic stops.

"We're out here sometimes 14 hours a day – maybe we didn't get lunch or haven't gotten a break in eight hours – and we still have to put that smile on and greet you every day," he said. "It's not easy doing our job; it's not a cakewalk."

Cummings, who has also been assigned to Büchel Air Base, Germany, said it's important for law enforcement officers to have a clear mind when they come to work.

"You've got to wake up every morning and get in the right mindset, especially when you have your own personal issues going on at home," he said. "You've got to set those aside so you can come to work and get the job done."

Cummings has been recognized for his law enforcement efforts.

He was awarded the Top 3 Airmanship Award for the month of June, his supervisor, Tech. Sgt. Mark Fox, 902nd SFS NCO in charge of police services, said.

"Cummings was nominated because of his everyday performance and his efforts to not only make himself better, but to make the Airmen around him better as well," he said.

Fox said one of Cummings' most noteworthy qualities is his attention to detail on every aspect of the job.

"From entry control to patrolling the base, his approach to the job does not change," he said.

Confidence and willingness to learn are the patrolman's biggest strengths, Fox said.

"Cummings is always looking for ways to improve and better himself," he said. "I always find him reading up on regulations and reports to increase his knowledge when it comes to law enforcement."

Fox said Cummings is headed for leadership roles in the security forces career field, and he's already taken some initial steps.

"Within the squadron, I would have to say my role is to guide the new Airmen and make sure they are getting the right information to do their jobs correctly and efficiently," Cummings said.

Cummings takes his protector role seriously. It started when he was the oldest of three brothers, and it continued with his roles as father and law enforcement officer.

"I was always trying to protect my brothers as much as I could," he said. "And I have four children, so that definitely plays a big part. I always try to make them proud, so I show up every day and try to do the best I can."

Cummings said he's glad he chose the security forces career field.

"My job is important because I maintain the safety and security of all the individuals on base so all of our deployed members can go overseas and do what they need to do knowing their family members are safe at home," he said.

Goldfein nominated as 21st CSAF

By Staff Sgt. Alyssa C. Gibson
Secretary of the Air Force Public Affairs

Defense Secretary Ash Carter announced April 26 that the president has nominated Air Force Vice Chief of Staff Gen. David L. Goldfein to be the 21st chief of staff of the Air Force, succeeding Gen. Mark A. Welsh III, who has served in the position since 2012.

"I'm extremely humbled by the nomination to serve as the Air Force's 21st chief of staff. If confirmed, I pledge to serve our Airmen and their families unwaveringly and honor our remarkable heritage and legacy of integrity, service and excellence," Goldfein said. "I also look forward to joining my fellow service chiefs as a member of the Joint Chiefs of Staff. General Mark and Betty Welsh continue to be exceptional stewards of our service, and Dawn and I are honored to follow in their footsteps."

Goldfein entered the Air Force in June 1983 as a graduate of the U.S. Air Force Academy. He has been assigned to numerous operational, command and staff positions. He currently serves as the vice chief of staff, where he presides over the Air Staff and serves as a member of the Joint Chiefs of Staff Requirements Oversight Council and Deputy Advisory Working Group.

"I am pleased to support the nomination of General David Goldfein as our next chief of staff," said Air Force Secretary

See GOLDFEIN P12

Photo by Scott M. Ash

Air Force Vice Chief of Staff Gen. David L. Goldfein (left) thanks Air Force Secretary Deborah Lee James during the Defense Department's announcement of his nomination as the Air Force's 21st chief of staff April 29 at the Pentagon in Washington, D.C.

JBSA RideShare Program benefits environment, pocketbook

By David DeKunder
Joint Base San Antonio-Randolph Public Affairs

Hundreds of commuters who work at Joint Base San Antonio installations are participating in a ride share program that is saving them money on vehicle costs and helping the environment by reducing pollution.

The JBSA RideShare Program allows four to 15 riders who live in the same area and work at the same JBSA location to participate in a vanpool by sharing the costs.

The riders meet at a central location off JBSA to be picked up and are dropped off at or near their duty or work location. Vans for the program are provided by VIA and vRide. Riders can take turns driving the van.

Michael Cox, 502nd Logistics Readiness Squadron Vehicle Operations Command Center supervisor at JBSA-Randolph and JBSA-Randolph RideShare Program representative, said the program helps reduce emissions by taking vehicles off the road.

"The JBSA RideShare program is a Department of Defense initiative to reduce the carbon footprint at all DOD installations," Cox said. "It has been determined that for every vanpool, an average of six cars have been taken off the road."

Cox said 953 riders at all JBSA locations participate in the program, including active-duty, civilian, National Guard, Reserve personnel and other Department of Defense cardholders. The ride share program includes a pool of 180 vans that operate in various shifts in the morning and afternoon.

Ride share participants receive a debit card through the Department of Defense Mass Transportation Program to cover the costs of operating the van, including insurance, fuel, maintenance and washes.

By riding in a vanpool, Cox said commuters save money on vehicle fuel and maintenance costs. Without having to drive each day, riders can also relax, read, text, chat with other riders or sleep during the trip and be ready for work without being stressed.

Cox said he has saved money participating in the ride share by not having to own or make a payment on a second vehicle.

Riders who participate in the program can reside within one to 100 miles away from their JBSA duty or work site.

Lino Espinoza, 502nd Air Base Wing Public Affairs chief of graphics at JBSA-Randolph, participates in a vanpool with five other riders who work at JBSA-Randolph. Espinoza lives in Stockdale, about 40 miles from JBSA-Randolph.

Since joining the ride share program three years ago, Espinoza said he has saved between $200 to $250 a month in fuel and maintenance expenses on his vehicle, only having to change his oil once a year from four times a year.

Espinoza said by not having to drive his vehicle to work, he is saving his vehicle 300 miles a week and 1,200 miles a month.

"Instead of me driving my own car five days a week to work, we all take turns driving the van," Espinoza said. "So I only have to drive once a week."

In addition, Espinoza enjoys spending time in the van talking with riders and relaxing.

"I've made five new friends," Espinoza said. "'We get to discuss our day with each other. We have some pretty good discussions on various topics – hobbies, home life, relationships and family. You get to gather your thoughts before work and unwind after work."

For information on the JBSA RideShare Program and how to join, go to the http:\\www.JBSA.mil website, click on the resources bar and scroll down to the JBSA RideShare link.

Chief Cody visits Airmen at AFPC

Chief Master Sergeant of the Air Force James A. Cody speaks with Airmen during a visit to the Air Force Personnel Center April 25 at Joint Base San Antonio-Randolph. Cody met with AFPC personnel and received updated briefings on Comprehensive Airmen Fitness, Total Force Service Center and the Enlisted Evaluation System. He also held an "all call" with AFPC enlisted personnel where he praised the work being done at AFPC.

Photo by Melissa Peterson

Weeklong observance celebrates work of nurses, medical technicians

By Robert Goetz
Joint Base San Antonio-Randolph Public Affairs

A weeklong slate of activities that begins today will celebrate the contributions of nurses and medical technicians at Joint Base San Antonio-Randolph's 359th Medical Group.

"Small World-Big Heart," the theme for National Nurses Week at JBSA-Randolph, represents the impact nursing service members have within the Air Force and the care and compassion they bring to their jobs, said Lt. Col. Cynthia Weidman, 359th MDG chief nurse.

"We have nurses and medical technicians working in all parts of the world delivering health care with the same compassion to ensure their patients' needs are met," she said. "They see newborn babies taking their first breaths and hold the hands of family members as their loved ones slip away. The heart of nurses is the foundation of health care."

Three events will highlight National Nurses Week, beginning with the signing of a proclamation by Col. Dana James, 359th MDG commander, at 3:30 p.m. today.

Nursing's traditional passing-the-knowledge cake-cutting ceremony is set for 3 p.m. Monday.

"Last year was the first time we had this ceremony, which symbolizes the passing of knowledge from the oldest nurse to the youngest technician," Weidman said.

The week will conclude with a dinner and program Thursday at the Parr Club featuring presentations by retired Army Maj. Jorge Torres, Center for the Intrepid behavioral health provider, and Army 1st Lt. John Arroyo, who was injured during the April 2, 2014, mass shooting at Fort Hood, Texas, and is undergoing rehabilitation at the CFI.

In addition to Arroyo, other wounded warriors will be honored during the event, including a Naval enlistee who died while he was training to be a Navy SEAL, but whose pledge to be an organ donor resulted in the donation of a kidney to the 12-year-old daughter of one of the 359th MDG's nurses, Weidman said.

"Although he died in a training accident, he was able to save the life of another person," she said.

Also during the dinner, gifts and specially designed coins will be presented to nurses and technicians, Weidman said. The heart-shaped coins will feature the "Small World-Big Heart" theme on one side and the Air Force Nurse Corps emblem on the other side.

The conclusion of National Nurses Week marks the birthday of Florence Nightingale, founder of the nursing profession and pioneer of modern nursing, who was born May 12, 1820.

Another event during the weeklong celebration is a luncheon for nurses and technicians at 11 a.m. Tuesday.

The nursing corps at the 359th MDG comprises more than 80 active-duty members, Department of Defense civilians and contractors who serve as registered nurses, licensed vocational nurses and technicians, Weidman said. They provide care in family health, women's health, pediatrics, flight medicine and immunizations, serving active-duty members and their families as well as retirees and their families.

Photo by Airman 1st Class Stormy Archer

Senior Airman Jessica Drake, 359th Medical Operations Squadron medical technician, spreads iodine on a patient's knee prior to a procedure Monday at the Joint Base San Antonio-Randolph Medical Clinic. The 359th MDOS is a part of the 359th Medical Group at JBSA-Randolph. The group averages 8,320 outpatient visits, 38,750 prescriptions, 5,064 lab procedures and 2,000 radiology films per month.

Education is a hallmark of nurses and technicians.

Weidman said most active-duty nurses have advanced degrees in nursing or health-care-related degrees, while technicians pursue educational opportunities such as bachelor's and master's degrees and are trained to respond to emergencies.

Master Sgt. Jose Libunao, 359th Medical Operations Squadron superintendent, said technicians play an important role in the healthcare process by preparing patients for the visits with their providers.

"Medical technicians are largely responsible for the completion of the paraprofessional portion of all medical examinations here at JBSA-Randolph," he said. "That includes the patient's health/medical history, vital signs, vision exams and immunizations.

"Medical technicians are the first in line as far as patient care is concerned," Libunao said. "These duties include doing the electrocardiograms, drawing blood for lab work, starting intravenous therapies and responding to cardiac or airway emergencies."

Technicians are also certified national registered emergency technicians, so they can respond to emergencies off the installation, he said.

National Nurses Week gives nurses and technicians the recognition they deserve for their contributions, Weidman said.

"They sometimes forget that what they do is important, but they take care of our families and warfighters so everybody can fulfill the mission," she said. "Without our nurses and technicians, healthcare doesn't function; without that team, it doesn't work."

Enlisted corps bestows highest honor upon Welsh

By Airman 1st Class Alexa Culbert
42nd Air Base Wing Public Affairs, Maxwell Air Force Base, Ala.

Air Force Chief of Staff Gen. Mark A. Welsh III was inducted into the Air Force Order of the Sword during a ceremony April 22 in Montgomery, Ala.

An ancient tradition adopted by the Air Force in 1967, the Order of the Sword is the highest level of honor and tribute the enlisted corps can give its leaders. The sword symbolizes honor, truth, justice and power and the induction distinguishes a leader among leaders.

Chief Master Sgt. of the Air Force James A. Cody presented the sword to Welsh and he explained that the Order of the Sword is for those leaders who have made significant contributions to the enlisted corps.

"Tonight, the entire Air Force is honoring you, all of the enlisted Airmen that you have helped," Cody said. "They are all thinking of you and saying, 'What a great leader.' And I can say that you have redefined what it means to be a good leader among leaders and what it means to know an Airman."

Before the ceremony, an Airman had an encounter with Welsh that exemplified the reason why the general was being honored.

While standing and waiting for Welsh's arrival, Airman Andrew Dang, 42nd Contracting Squadron contracting specialist, admitted to the surrounding chief master sergeants that he wanted to shake Welsh's hand. The chiefs thought this was a great idea, so when Welsh walked by, they nudged Dang toward him. The Airman quickly shook his hand but was shocked when Welsh invited him to walk into the venue with him.

"It was such a privilege, because of all the people in the room, he chose me, an Airman to walk with him," Dang said. "I was awestruck, it was amazing. I am truly thankful."

Welsh has gained the reputation of reaching out and connecting with Airmen wherever he goes, and the Order of the Sword ceremony was no different. Before presenting Welsh with the sword, Cody commended the general for his concern and care for Airmen.

"This is a significant way to honor you and there is no better example of a leader who should have it, but it almost pales in comparison to what you have given us as an Air Force," he said.

In his remarks, Welsh shared a story from his career that shaped his opinion of the Air Force's enlisted corps.

While deployed during Operations Desert Shield and Desert Storm, Welsh said he had lost a pilot from his squadron. In his grief, he went to the chaplain's tent where he sat alone until an Airman came in and put his arm around him and just sat with him.

"He didn't have to check on me to see if I was OK," Welsh said. "He certainly didn't have to sit there and grieve with me and he somehow had the brilliance to not say anything or to interject his feelings about how bad he felt; he just felt it with me. I'll never forget him, but that's what the enlisted corps does. They do what's necessary, and they do it when it's necessary and they do it until it's time to move on to the next task. They always take care of their own."

Welsh concluded his comments with a charge and a debt of gratitude to all Airmen.

"I do love you. Take care of each other. Lead our Airmen. Keep standing for what you stand for, and if any of you ever need help, find me. I'd be honored if you called," he said.

> *"That's what the enlisted corps does. They do what's necessary, and they do it when it's necessary and they do it until it's time to move on to the next task. They always take care of their own."*
>
> **Gen. Mark A. Welsh III**
> *Air Force Chief of Staff*

Photo by Scott M. Ash

Chief Master Sgt. of the Air Force James A. Cody (right) presents the Order of the Sword to Air Force Chief of Staff Gen. Mark A. Welsh III (left) April 22 in Montgomery, Ala. The Order of the Sword is the highest honor the enlisted corps can bestow to an individual and is awarded to those who have made significant contributions to the Air Force enlisted corps. During his speech, Welsh shared experiences in his career that shaped his opinion of the enlisted corps.

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.

Joint Base San Antonio-Randolph News Briefs

Military Spouse Appreciation Day

In honor of Military Spouse Appreciation Day, the Joint Base San Antonio-Randolph Military & Family Readiness Center would like to acknowledge the significant contributions, support, and sacrifices of military spouses. Patrons are encouraged to stop by the Military Spouse Appreciation table at the M&FRC or the base exchange today from 1-3 p.m. For more information, call 652-5321.

JBSA Aerobathon

The Joint Base San Antonio Aerobathon is May 21 from 8 a.m. to 1 p.m. at the JBSA-Randolph Rambler Fitness Center. The free event includes fitness classes conducted by instructors from all JBSA locations, two workout sessions conducted by Tony Horton, creator of the P90X workout, giveaways, prize drawings and health and fitness vendors. Registration is required for the Tony Horton workout sessions. For information, contact the JBSA Community Special Events Office at 652-5763. To register for the Tony Horton workout sessions, send an email to 502fss.fsk.jbsacommunityevent@us.af.mil.

Marathon training seminar offered

The JBSA-Randolph Rambler Fitness Center is offering a seminar on marathon training at the Health and Wellness Center inside the fitness center May 24 at noon. During this class, tips and suggestions on training for a marathon will be discussed. For more information, call 652-7263.

Veterinary Clinic limits appointments

Due to the summer moving season, appointments at the Joint Base San Antonio-Randolph Veterinary Clinic will be limited through August. Pet owners should plan accordingly. For more information, call 652-3190.

Street construction planned

The 502nd Civil Engineer Squadron is conducting a re-pavement project on 5th Street West, including replacement of existing pavement, curbs and sidewalks from F Street West to C Street West. Demolition and construction will occur in various phases and will require street and parking closures on 5th Street West for the time periods below:

- Current – May 13: 5th Street West will be closed from D Street to C Street.
- Repaving, May 21: 5th Street West will be closed from F Street to C Street for paving. Detour routes will be marked. Call 652-1224 for details.

PREVENT IDENTITY THEFT

1) Identity theft occurs when someone uses your Social Security number or other personal information to commit fraud.
2) Identity theft can happen to anyone.
3) Once identity thieves have your personal information, they can drain your bank account, run up charges on your credit cards, open new utility accounts or get medical treatment on your health insurance. An identity thief can file a tax refund in your name and get your refund. In some extreme cases, a thief might even give your name to the police during an arrest.
4) If your wallet, Social Security number or other personal information is lost or stolen, there are steps you can take to help protect yourself.
5) If you think you are the victim of identity theft, act immediately.

Visit https://www.identitytheft.gov/#what-to-do-right-away

Military members prepare for busy moving season

Throughout a member's entire military career, moving might be the number one stress factor they will encounter, especially if they choose to do it themselves.

However, the Department of Defense has taken into consideration there are still members who would rather move all or a portion of their property themselves.

This type of move, formally known as the Do-it-Yourself program, is known as a Personally Procured Move. It is an incentive-based program for military members whereby the government pays up to 95 percent of the cost it would have paid a commercial moving company.

Civilians are limited to "actual cost" reimbursement not to exceed the government constructive cost.

When members receive orders with a household goods shipping entitlement, they have three options:

• Members can have the government move all of their property.

• Members can move all of their property themselves.

• Members can have the government move part of their property and they can move the remaining part themselves.

If the member chooses the PPM program, there are two available options:

• The member can hire a moving company to move the property for them.

• The member can use their personally owned vehicle or rent a vehicle, such as a truck with a trailer, and move the property themselves.

PPMs are not for everyone. It is more work for the member and involves a lot of planning and responsibility.

For more information, call the local Personal Property Processing Office at Joint Base San Antonio-Randolph at 652-1848, JBSA-Fort Sam Houston at 221-1605 or JBSA-Lackland at 671-2821.

(Source: 502nd Logistics Readiness Squadron)

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One of the best things about ICE is that people can let service providers know when they do a great job, not just for poor service.

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Thrift Savings Plan helps Airmen, DOD civilians 'prepare for tomorrow'

By Robert Goetz
Joint Base San Antonio-Randolph Public Affairs

Financial planners have long referred to the three most common sources of retirement incomes – Social Security, employee pensions and personal savings – as the "three-legged stool."

For Department of Defense civilians and active-duty military members, the Thrift Savings Plan can be one of the legs of that stool – or even an additional leg.

Established by Congress in 1986 for federal civilian employees and later opened to active-duty military members, the TSP is an optional retirement savings and investment plan similar to a 401(k).

"It's a fantastic program – a great way to prepare yourself for tomorrow," said Bobby Williams, Joint Base San Antonio-Randolph Military & Family Readiness Center community readiness consultant. "A little becomes a lot when you contribute on a regular basis."

The TSP will be the subject of a special in-depth presentation from 10-11:30 a.m. May 20 at the JBSA-Randolph M&FRC, Williams said. Representatives from Broadway Bank branches at JBSA-Randolph and JBSA-Fort Sam Houston will discuss the TSP and field questions from class participants.

M&FRC community readiness consultants also present classes on the TSP throughout the year and are available for one-on-one counseling, he said.

A defined contribution plan, the TSP is administered by the Federal Retirement Thrift Investment Board. It contrasts with the uniformed services retirement system, which is a defined benefit program.

One of the advantages of the TSP is the amount of money a person can contribute to it, Williams said.

> *"It's a fantastic program – a great way to prepare yourself for tomorrow. A little becomes a lot when you contribute on a regular basis."*
>
> **Bobby Williams**
> *Joint Base San Antonio-Randolph Military & Family Readiness Center community readiness consultant*

"The amount you put into the TSP can be greater than contributions to other retirement plans," he said. "If you're under 50 years old, you can contribute up to $18,000 per year; if you're 50 or older, the maximum amount is $24,000."

Service members may also contribute bonus pay, incentive pay and hazardous-duty pay to their TSP. When service members leave the military, they can no longer contribute to their TSP, but they can roll money from it into a 401(k) or a traditional individual retirement account, or IRA.

A bonus for DOD civilians is that they receive a matching amount from the government, Williams said.

"If you put in 5 percent of your base pay, the government will match that 5 percent, but it goes no higher than that," he said.

Another advantage is that money invested comes from pre-tax dollars, which lowers taxable income: Earnings are not taxed until they're withdrawn during retirement.

TSP investors may also borrow from $1,000 to $50,000 against their TSP, but are subject to taxation unless they pay the loan amount back to their retirement account.

TSP investors have five basic funds they can choose from and manage themselves, ranging from lowest to highest risk, as well as the "L-Fund," which is a professionally determined investment mix of the five other funds that is reviewed and adjusted periodically, Williams said.

"Most young Airmen choose the L-Fund, but as they get older and more astute with their finances, they may begin to look at managing their funds themselves," he said.

Another option is the Roth TSP, Williams said. Taxes are deferred in a traditional TSP, but paid up front in a Roth TSP.

"But everything in that account is tax-free forever as long as five years have passed since Jan. 1 of the year you made your first Roth contribution and you are at least 59½ years old, permanently disabled or deceased," he said.

The TSP is especially beneficial to young investors.

"The younger the person is, the better, because they have the longevity to make more money because of compound interest," Williams said.

For more information on the TSP and the May 20 presentation, call the M&FRC at 652-5321.

GOLDFEIN from P5

Deborah Lee James. "General Goldfein possesses the experience and vision needed to address dynamic global challenges and increasing military demand. He knows how to build and sustain key partnerships, has important warfighting experience, and will exercise the critical judgement required to balance our manpower and resources as we shape tomorrow's Air Force. There is not a better person to lead our Airmen into the next century of airpower dominance."

Prior to his current position, Goldfein was the director of the Joint Staff at the Pentagon in Washington, D.C., where he assisted the chairman of the Joint Chiefs of Staff in fulfilling his responsibilities as the principal military adviser to the president and secretary of defense.

"Dave Goldfein is an Airman who epitomizes warrior leadership, and that's exactly what our Air Force deserves," Welsh said. "He connects deeply with Airmen, he supports their families relentlessly, and he absolutely recognizes the criticality of our service's mission. Most importantly, he and Dawn understand the remarkable privilege they've been afforded in serving the nation."

Carter also spoke at a ceremony April 29 at the Pentagon, in which he congratulated Goldfein on his selection.

From his experience at the highest Air Force levels and the joint force, Goldfein "understands deeply the evolving nature of warfare and the threats we face," the secretary said.

Goldfein, he added, has "developed a keen appreciation for the strategic horizon … and the need to develop resilient cyber and space capabilities, which will allow the United States to continue to dominate across all domains."

If confirmed by the Senate as the next Air Force chief of staff, Goldfein's "extensive political-military experience will be to our great benefit as we continue to accelerate our efforts against ISIL, and work with coalition nations to deal them a lasting defeat," Carter said.

Goldfein is a command pilot with more than 4,200 flying hours in the T-37 Tweet, T-38 Talon, F-16C/D Fighting Falcon, F-117A Nighthawk, MQ-9 Reaper, and MC-12W. He has flown combat missions in operations Desert Shield, Desert Storm, Allied Force, and Enduring Freedom. Goldfein has received numerous awards for his military service including the Defense Distinguished Service Medal with oak leaf cluster, the Legion of Merit with two oak leaf clusters and the Distinguished Flying Cross with Valor device and oak leaf cluster.

(Editor's note: Terri Moon Cronk of DoD News, Defense Media Activity also contributed to this article)

By David DeKunder
Joint Base San Antonio-Randolph Public Affairs

Military retirees who need information on how to obtain their benefits or have a problem that needs to be resolved can count on the Joint Base San Antonio-Randolph Retiree Activities Office to help them out.

The JBSA-Randolph Retiree Activities Office, located at Pitsenbarger Hall, building 399, room 104, is run by volunteers whose purpose is to serve the needs of military retirees, spouses, widows and widowers.

"We are here to support retirees from all branches of the service," said Jon Lindgren, director of the JBSA-Randolph Retiree Activities Office.

The JBSA-Randolph Retiree Activities Office provides information to retirees on programs and services including hospital/ military treatment facilities, retiree pay, survivor benefit and casualty assistance, medical benefits, Veterans Affairs Department and military records.

The office can also provide assistance to military retirees in their personal affairs, schedule income tax appointments and defensive driving courses, and can assist in resolving military retiree issues, inquiries, problems and complaints.

Lindgren, a retired Air Force chief master sergeant, is one of 20 volunteers who helps out at the retiree office.

In 2015, volunteers assisted 1,102 people at the office and took 1,489 phone calls seeking help or assistance.

When a retiree, spouse, widow or widower comes into the Retiree Activities Office, Lindgren said the volunteers listen to them about their concern or problem before referring them to the proper agency or contact that can help them.

"When they first come in they don't know where to go," Lindgren said. "We point them in the right direction."

Retired Air Force Lt. Col. Doug Martin has been a volunteer at the JBSA-Randolph Retiree Activities Office for five years. Martin said he gets personal satisfaction being able to help military retirees or their spouses, widows or widowers.

"These people are very thankful when we can solve their problems or put them on the right track," Martin said.

On April 23, the JBSA-Randolph Retiree Activities Office put on its annual Retiree Appreciation Day at the JBSA-Randolph Kendrick Club. The event included representatives from government and local agencies and veterans organizations who provided information to military retirees on their services and programs. Lindgren said 125 people attended Retiree Appreciation Day.

Lindgren said the Retiree Activities Office is always looking for more volunteers to answer phones and help retirees who come in.

The office is open Monday-Friday from 9 a.m. to 3 p.m.

For more information on the Retiree Activities Office, call 652-6880. Anyone who wants to volunteer at the office can visit http://www.jbsa.af.mil/library/jbsaretireeactivitiesoffice.asp to download an application.

Photo by Airman 1st Class Stormy Archer

Retirees salute the colors during the playing of the National Anthem during the Retiree Activity Fair April 23 at Joint Base San Antonio-Randolph. The JBSA-Randolph Retiree Activities Office is run by volunteers whose purpose is to serve the needs of military retirees, spouses, widows and widowers.

JBSA Annual Military Golf Classic

Joint Base San Antonio members are invited to participate in the JBSA Annual Military Golf Classic May 28-30, with an 8 a.m. shotgun start.

The JBSA-Fort Sam Houston Golf Course hosts round one, a scramble, May 28. The JBSA-Lackland Gateway Hills Golf Course hosts round two, a modified alternate shot, May 29. The JBSA-Randolph Oaks Golf Course hosts round three, best ball, May 30.

The cost is $130 for Air Force or Army advanced fee payers, $170 for non-advanced fee payers and Department of Defense ID cardholders and $185 for civilian players. Payment may be made by phone, in person or by mail to any JBSA golf course. Registration ends May 25 and refunds are not redeemable within 48 hours prior to the tournament.