



WINGSPREAD

JOINT BASE SAN ANTONIO-RANDOLPH

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Staff Sgt. Neal Kiser and Senior Airman Andrew Deno, 902nd Security Forces Squadron, jump as a part of physical exercise during combatives training Sept. 14 at Joint Base San Antonio-Randolph.

902nd SFS designs innovative combatives training facility

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Photo by Sean Worrell



Photo by Joel Martinez

Domestic Violence Awareness Month, pages 2 and 12



Photo by Joel Martinez

JBSA chaplains fulfill spiritual needs, page 6



Courtesy photo

Fire prevention and safety, pages 7 and 11

COMMENTARY

OCTOBER IS DOMESTIC VIOLENCE AWARENESS MONTH

Domestic abuse: help is available

By Sherry Dickson
Family Advocacy Domestic Abuse Advocate

The Family Advocacy Program offers prevention and intervention to military families who have experienced or are at risk of domestic abuse. One resource offered by the program is the Domestic Abuse Victim Advocate, or DAVA.

The DAVA provides services to adult victims of domestic abuse. Recently, the DAVA's role expanded to provide supportive services to adult non-offending caregivers of children who experience abuse. All services are non-clinical, voluntary and free.

The DAVA provides comprehensive services and referrals including safety planning; risk assessment; relocation and protective order assistance; accompaniments to court proceedings and prevention education.

A Department of Defense assessment of DAVA services conducted in 2005 showed victims who worked with an advocate knew more about their rights, options and community services. Victims developed a safety plan to use to prevent future incidents of violence and became more comfortable asking for help in the future. They also became more hopeful about their future and felt less alone throughout the process of seeking help.



Courtesy illustration

Domestic violence can take many forms other than physical violence. It may include put-downs, coercion and threats, controlling or dominant behavior, extreme jealousy or insecurity, an explosive temper that is shown almost exclusively behind closed doors, isolation from family and friends and possessiveness.

Other forms of domestic abuse include withholding of medical care and financial information, a phone or even a means of communication.

Domestic violence affects everyone in the home. Children may show symptoms of anxiety, sleeplessness, nightmares, difficulty concentrating, in-

creased aggression, separation anxiety and intense worry about the safety of a parent.

Long-term effects, especially with chronic exposure, include physical health problems, behavioral problems in adolescence, such as delinquency and substance abuse, emotional difficulties in adulthood, such as depression, post-traumatic stress disorder or anxiety disorders.

For more information or to seek help and support, contact the Domestic Abuse Victim Advocate and Family Advocacy Program at 652-6308. DAVA services are available 24 hours a day, seven days a week.

Domestic violence also a problem in the LGBT community

By Capt. Lauren Cunningham
59th Medical Wing Family Advocacy

October is Domestic Violence Awareness month, a time to call attention to the devastating impact domestic violence has on couples, families and entire communities. This year, the 59th Medical Wing's Family Advocacy office is highlighting domestic violence in an often-overlooked area – the lesbian, gay, bisexual, and transgender, or LGBT, community.

According to the National Coalition Against Domestic Violence, in the U.S., an estimated 20 people per minute are victims of physical violence by an intimate

partner. A common assumption is the prevalence of domestic violence in same-sex partnerships is lower, in part due to beliefs these relationships are more peaceful and understanding than those of heterosexual relationships.

However, studies show lesbian and gay domestic violence may occur at the same rate as heterosexual relationships.

Domestic violence – whether emotional, verbal, physical, sexual or psychological – is intentional, intimidating actions and words used to maintain power and control by one partner over the other, regardless of gender or sexual orientation. The dynamics of abuse follow the same cycle of violence in any type of abusive

intimate relationship: tension-building phase, abusive incident and honeymoon/making-up phase.

These three phases are repeated over and over, with the victim and offender often denying or minimizing the abuse, often with the hope the abuse will eventually end. The cycle of violence depicts a pattern often experienced in abusive relationships.

Although many similarities exist, there is often one notable difference – victims of same-sex domestic violence may feel less able to leave violent relationships due to limited LGBT-specific helping

WINGSPREAD

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Changes in 'Go For Green' program at new DFAC

By David DeKunder

Joint Base San Antonio-Randolph Public Affairs

When the renovated Joint Base San Antonio-Randolph dining facility reopens Tuesday, a new labeling system through the Go For Green program will promote healthier food options to customers who dine at the facility.

The color-coded labeling system will give detailed information on the nutritional value of foods being served at the JBSA-Randolph Wingman Café Dining Facility, building 860 – formerly the Rendezvous Dining Facility – so active-duty members and Department of Defense cardholders who eat at the facility will make better, healthier food choices, said Aracelis Gonzalez-Anderson, 359th Aerospace Medical Squadron health promotions program coordinator at the JBSA-Randolph Human Performance Resource Center.

“Go for Green is a Department of Defense program that promotes healthy food and beverage choices in order to optimize performance, readiness and health of our service members, retired service members and civilians who eat at the DFAC,” she said. “Bottom line, it’s helping them with food options so they stay fit and healthy. It motivates and empowers service members to choose nutrition for high quality performance.”

The labeling system consists of a color laminated card – green, yellow or red – that includes the name of the food or beverage, the sodium level and nutritional quality, Gonzalez-Anderson said. The nutritional quality of the food or beverage is based on the color code of the card: green indicates a high-performance food which helps fuel the mind and body and should be eaten often; yellow, a moderate-performance food, which is less effective for the mind and body but can provide needed fuel when green options are limited; and red, a low-performance food for the mind and body which should be rarely consumed.

In addition, the sodium levels in the food or beverage are labeled low, moderate or high. A low-sodium food and beverage is one people should eat often;



moderate, a food or beverage that should be eaten or consumed sometimes; and high, a food or beverage that should be eaten or consumed rarely or in small amounts.

At the DFAC salad bar, a listing of the foods and ingredients that should be eaten often, those that should be eaten in moderation and those that should be eaten rarely are color-coded in green, yellow or red. Also, nutritious salads and ingredients will have green tongs for diners to use, ingredients that should be eaten in moderation have yellow tongs and ingredients that should only be consumed a little have red tongs.

“We are highlighting high-quality nutritious foods, not low-calorie options,” Gonzalez-Anderson said. “The card system helps makes those options visible, available and appealing.”

Robert Murray, 802nd Force Support Squadron Wingman Café manager, said the new Go for Green labeling system at the DFAC will include menu items for breakfast, lunch, dinner, des-

“Go for Green is a Department of Defense program that promotes healthy food and beverage choices in order to optimize performance, readiness and health of our service members, retired service members and civilians who eat at the DFAC.”

Aracelis Gonzalez-Anderson
359th Aerospace Medical Squadron
health promotions program coordinator

serts, salads, fruits and beverages.

“It gives them a better understanding of what exactly they are choosing,” Murray said. “It will give them much more of an education about the foods they consume every day and the benefits of those items.”

Gonzalez-Anderson said active-duty service members and DOD civilians will also be able to choose healthier and nutritious food options at other military DFAC locations because they are using the same Go for Green labeling system as the JBSA-Randolph Wingman Café DFAC.

“We are changing an environment to a healthier future,” she said.

The Wingman Café will open to the entire JBSA-Randolph community, including active-duty, military family members, retirees, civilians and contractors, at a ribbon-cutting ceremony 10:30 a.m. Tuesday.

The dining facility will be open seven days a week from 6-9 a.m. for breakfast, 10:30 a.m. to 1:30 p.m. for lunch and 4:30-6:30 p.m. for dinner.

Why conserving water is important to our environment future

By Jerry McCall

JBSA-Fort Sam Houston Energy Manager

Why conserve water? It’s not the same as an exhaustible resource like coal or oil that is used once and gone forever. The water on earth today is the same water that was here when the dinosaurs roamed.

Although water is not destroyed when we use it, water has to go through treatment processes before it is fit to be reused. These process cycles might be natural cleansing through layers of soil or mechanical and chemical treatments.

One reason to conserve water is when water use increases, the treatments may not be able to keep up with demand.

Another reason to conserve water is the treatment requirements are expensive and time-consuming.

Water is considered an inexhaustible resource, but local supplies, whether from lakes and streams or aquifers, are not always renewable. Without proper use, they can be contaminated, lost through changes in climate or use can simply overtake replenishment.

Less than 2 percent of the earth’s wa-

ter supply is fresh water, 97 percent is saltwater and only 1 percent is available for drinking.

Here are some interesting water usage facts:

- Every day in the U.S. we drink about 110 million gallons
- The average American uses 140-170 gallons per day
- It takes 1,075,000 gallons to grow enough food for an average family for a year

What are some steps to take to conserve this precious resource? One way is

to stop leaks. A leaky faucet can waste up to 100 gallons a day.

Another is to take shorter showers. A five-minute shower can take 15-25 gallons of water. A low-flow shower head would cut that in half.

Run dishwashers only when full; an automatic washer uses 9-12 gallons while washing the same amount of dishes by hand uses about 20 gallons. Also, the water from hand washing can be reused to water plants.

Lastly, turn off the faucet while brushing your teeth.

Alternative Dispute Resolution seeks to defuse workplace conflicts

By Robert Goetz

Joint Base San Antonio-Randolph Public Affairs

Conflicts in the workplace arising from alleged discrimination or harassment can create a tense – or even toxic – environment.

However, the Air Force offers a program that can defuse disputes and leave parties satisfied while restoring calm to the office.

Alternative Dispute Resolution, or ADR, is defined by the Air Force as “an alternative means of resolving an Equal Employment Opportunity complaint without resorting to the lengthy and often expensive administrative process of agency investigation, hearing and appeal to the Equal Employment Opportunity Commission, followed by possible litigation in the courts.”

“Alternative Dispute Resolution is an opportunity for two parties to have a dialogue to address conflict,” said Maria Preda, Equal Opportunity and ADR manager at Joint Base San Antonio-Randolph. “It’s a forum to address the conflict in a nonantagonistic, confidential manner.”

The Air Force’s preferred ADR method is mediation, she said.

At the heart of the mediation process is the mediator, a neutral third party who assists the disputing parties in negotiating a settlement.

Mediators are volunteers who typically come from the military and Department of Defense civilian positions, including federal agencies such as the Social Security Administration, said Preda, who has also served as a mediator for 15 years.

People who are interested in mediating are required to attend a basic 40-hour mediation course offered by the Air Force at The Air University at Maxwell Air Force Base, Ala., she said. Once they become mediators, they must remain current in their training.

Mediators must also possess the right qualities and have the time to commit to the job, Preda said.

“They should be strong communicators and be available to mediate,” she said. “They have to be composed and not intimidated by high-ranking officials and strong, forceful personalities.

“They also go through mock mediations to get a better idea of their ability to serve,” Preda said. “Mediating is a



Courtesy graphic

rewarding experience, but it’s exhausting mentally.”

Mediators used by JBSA ADR offices provide their services at JBSA locations, but they may also mediate disputes at federal agencies such as the Social Security Administration and the Department of Homeland Security, she said.

Mediation sessions vary in length, Preda said.

“The majority are single sessions, but there can be subsequent sessions,” she said. “It all depends on the complexity of the situation and the willingness of the parties. They can last 45 minutes or go to the next day.”

Complaints brought to the ADR process are typically discrimination-based.

For civilians, the nine bases for discrimination are gender, disability, color, race, religion, national origin, genetic information, age and reprisal, Preda said. For military members there are five bases: gender, sexual orientation, color, race and religion.

However, ADR also permits mediation of a non-EO workplace issue such as communication problems or personality conflicts, she said.

Complaints accepted for the ADR process are varied, but a common one is not being selected for a promotion or a particular job.

A mediator since 2009, Lakreisha Johnson, who now serves as EO and ADR manager at JBSA-Lackland, said her cases have included non-selections. Others range from disability issues to letters of reprimand.

“The biggest challenge is getting individuals on both sides to understand that participating in a mediation session and reaching a written agreement is not an admission of wrongdoing for anyone,” she said.

Mediation can be rewarding for participants, Johnson said.

“Any attempt to resolve a concern at the lowest level

is commendable,” she said. “Even without reaching the point of an actual settlement agreement, having the two parties at least talk over the issues with a third-party neutral sometimes alleviates the situation and improves the working environment.”

The ADR process is also beneficial in other ways, Johnson said.

“It is voluntary, confidential, timely and economical,” she said. “It promotes early resolution, saves money and promotes creative problem-solving techniques.”

Lt. Col. Francis Gay, Air Education and Training Command Air Force Security Assistance Training international affairs program manager, also sees the benefits of ADR, but the process can be challenging.

“I like the fact that we can help people resolve their differences themselves and save the effort and trouble of more extreme measures like litigation,” said Gay, who has experience as a mediator at Hurlburt Field, Fla., and JBSA-Randolph. “The greatest challenge is getting past an impasse, especially when the people won’t even talk to one another.”

Like Johnson, Gay said the program saves time and money.

“The ADR program saves the government and all parties time, money and heartache by letting them find their own acceptable solutions while avoiding the lengthy time and effort to solve problems using other methods,” he said.

Although the ADR process often results in successful outcomes, people who believe they are the victims of discrimination or work in a hostile environment should go to management first, Preda said.

“They set the tone for the culture,” she said. “Management has to avail themselves of that opportunity.”

If a military member or civilian employee pursues the ADR process, mediation offers a chance to come away from the workplace and unravel miscommunication, Preda said.

“It’s a tool for everyone, and we don’t use it enough,” she said. “The parties often come out of the room relieved. The important thing is reaching a level of understanding because people have to return to the workplace.”

For more information on the ADR program, call 295-0552 at JBSA-Fort Sam Houston, 671-5842 at JBSA-Lackland or 652-3749 at JBSA-Randolph.

COMMUNITY from P2

resources, or due to the potential for blackmail regarding disclosure of the victim’s sexual orientation. This forced revealing of one’s sexual orientation can have significant real or perceived consequences for families, careers, and successes which same-sex partners have worked hard to achieve.

If you or someone you know is a victim of domestic

violence, call Family Advocacy at 292-5967.

For more information about domestic violence in the LGBT community, visit:

Centers for Disease Control and Prevention, <http://www.cdc.gov/violenceprevention/nisvs/index.html>.

U.S. Department of Health and Human Services Office on Women’s Health, <http://www.womenshealth.gov/violence-against-women/types-of-violence/same-sex-relationship-violence.html>.

gov/violence-against-women/types-of-violence/same-sex-relationship-violence.html.

Texas Health & Human Services Commission 2-1-1: call 211 or 877-541-7905 or visit <http://www.211texas.org>.

The National Domestic Violence Hotline, 800-799-SAFE (7233) or <http://www.thehotline.org>.

Enterprise Process Improvement aims to streamline Air Force processes

By Airman 1st Class Lauren Ely
Joint Base San Antonio-Randolph Public Affairs

Rather than determining manpower needs within units using potentially inefficient practices, the Air Force Manpower Analysis Agency, or AFMAA developed a new process to ensure personnel are performing duties in the most effective manner prior to developing manpower standards.

The Enterprise Process Improvement, or EPI, was created in partnership with the Office of Business Transformation and Air Force Deputy Chief Management Officer function, or SAF/MG, to analyze and evaluate organizations on current processes and provide assistance in areas that need improvement.

"It's a continuous process improvement process," said Gerald Torrey, AFMAA management analyst. "Everything is set up to ensure that once you improve processes, you have a strategy to continue to evaluate your organization and make changes where needed so there are long-term sustained improvements."

Torrey said EPI's overall goal is to provide the customer with five things: a standardized work document, a streamlined way to perform designated tasks; a standard activity time, how long a task should take; performance metrics, a way to measure the work; a workload data collection reporting system, an accurate, consistent method of collecting metrics; and a continuous process improvement implementation plan, a strategy for offices to move forward instead of reverting back to inefficient practices.

Before implementing EPI to all functions within the Air Force, AFMAA first applied a testing phase for the new process to educating and training centers at locations from all major commands.

"The response we've gotten back has been very receptive," Torrey said.

The idea for EPI started in conjunction with building a manpower standard with the purpose of trying to solve problems in workplace practices up front, rather than providing solutions on the backside, Torrey said.

"We map their 'as-is' processes with all the inefficiencies, rework and decision points," Torrey said. "Then we analyze that information and make recommendations."

New processes were discovered through workshops; one workshop looked at the "as-is" processes and the other looked at how processes were "to be."



Courtesy photo

A team of education and training subject matter experts attend an Enterprise Process Improvement workshop Aug. 18 at Joint Base San Antonio-Randolph. The EPI process was created by the Air Force Manpower Analysis Agency to streamline work practices across the Air Force and create more efficient practices.

The workshops included subject matter experts from the education and training community with representatives from all MAJCOMs.

"The people that are actually working the processes, they know where the waste is," said Troy Smalley, AFMAA management analyst. "In the end, they're making the decisions to make the work better to give them a better workplace that will improve their morale."

The EPI process will provide additional benefits beyond more efficient practices, said Staff Sgt. Brittainny Jones, AFMAA management analyst.

"We can trim the fat and just make it streamlined from point A to point B," Jones said. "We can make it simple, save time and save money."

The standardized process also provides a simple way to ensure positive performance on Management Internal Control Toolset inspections, the unit and work center inspection system.

"We tried to map our organization maturity model closely tied to what MICT requirements are with the Air Force Instructions," Torrey said. "So you're not duplicating work, you're doing it one time but it has multiple benefits."

See EPI P7

Chaplains provide spiritual guidance, counseling to JBSA members

By David DeKunder

Joint Base San Antonio-Randolph Public Affairs

From conducting religious services to counseling, chaplains at Joint Base San Antonio perform many duties which help fulfill the spiritual needs of active-duty personnel and JBSA community members.

Active-duty and reserve members, retirees and civilian workers of all faiths seeking spiritual guidance can visit the chapel centers located at all three JBSA locations. The chapel centers provide an array of opportunities for spiritual fulfillment, including worship services, religious education classes, pre-marital and marital counseling, family counseling and counseling for active-duty members.

Maj. Shawn Menchion, 502nd Air Base Wing deputy chaplain at JBSA-Randolph, said chaplains accommodate the religious and spiritual needs of active-duty members, regardless of faith.

“We ensure the free exercise of religion for all active-duty members, including those of and with no faith, to make sure their needs are met,” Menchion said.

Maj. William Spencer, 502nd ABW chaplain for Basic Military Training at JBSA-Lackland, said he and other chaplains at the installation provide for the spiritual and faith-based needs of a diverse group of basic military trainees.

“We offer 30 different worship services or religious education classes from about 19 different faith traditions,” Spencer said. “They are open to everyone to attend.”

Since trainees are restricted from going off JBSA-Lackland, chapel services must accommodate the needs of trainees of various faiths, including Protestant, Catholic, Jewish, Buddhist, Islamic and Sikh, among others, said Spencer. JBSA-Lackland chaplains include Protestant ministers, Catholic priests, a Jewish rabbi, an Islamic imam and an Orthodox priest.

Spencer said chaplains work with and advise JBSA-Lackland commanders on how to accommodate the religious requests and requirements of active-duty members of all faiths. One example of religious accommodation is the chaplains have established a relationship with the Sikh Center of San Antonio to have a faith leader come to the base to provide ministry to the trainees of their faith tradition.



Photo by Joel Martinez

Capt. Richard Boyd (left), 502nd Air Base Wing chaplain, counsels Tech. Sgt. Gabriela Sales, Sept. 21 at Joint Base San Antonio-Randolph.

At JBSA-Randolph, Catholic Masses and Protestant services are held at both the Main Chapel, building 102, and the Religious Activity Center, building 975. For those active-duty members of other faiths, Menchion said the chaplain's office can find ways to accommodate their needs.

Menchion said chaplains provide for the spiritual care of active-duty personnel at JBSA-Randolph who seek it by going to the units they serve. Spiritual care includes one-on-one talks - which are confidential - between chaplains and service members on any problems, concerns or struggles they are going through in their lives, at work or with their families.

“We want to be in their environment to make sure they are spiritually fit,” Menchion said. “Our goal is to help them see a broader, deeper meaning to what they have encountered.”

Army Chaplain (Col.) Stan Whitten, 502nd Force Support Group garrison chaplain at JBSA-Fort Sam Houston, said his focus is helping military members with their spiritual needs.

“It's making a direct impact on the spiritual life of groups and individuals by strengthening their faith,” he said.

Whitten said an Army Family Life chaplain on post

provides counseling to couples, families and individuals on any i

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JBSA firefighters observe Fire Prevention Week

JBSA Fire Emergency Services officials focus on providing opportunities for public education

By David DeKunder

Joint Base San Antonio-Randolph Public Affairs

In recognition of Fire Prevention Week Sunday through Thursday, Joint Base San Antonio Fire Emergency Services fire inspectors are reminding active-duty members, retirees and civilians to check the smoke alarms in their homes – which can help save lives in a fire.

JBSA Fire Emergency Services is following the Fire Prevention Week theme “Don’t Wait – Check the Date! Replace Smoke Alarms Every 10 Years” in stressing to JBSA residents and the public the importance of properly functioning smoke alarms and smoke alarm safety.

Darrin Tannert, JBSA Fire Emergency Services assistant chief of fire prevention, said smoke alarms in the home should be checked and tested regularly.

Tannert said JBSA residents and community members should check the back of the smoke alarm to find the date of manufacture. If the date is 10 years old, Tannert said the alarm needs to be replaced.

Alarm batteries should be replaced once a year or when the alarms begin to chirp, which indicate their batteries are running low.

The National Fire Protection Association recommends smoke alarms be installed in every bedroom of a house, outside each separate sleeping area and on every level

of the home, including a basement if there is one in the home.

According to the NFPA, three out of five deaths in house fires from 2009-13 were the result of the home not having a smoke alarm or an alarm that was not working. A properly working smoke alarm was reported to cut the risk of being killed in a home fire by half.

Anthony Willett, JBSA Fire Emergency Services fire inspector, said fire extinguishers in the home should be checked often. When checking a fire extinguisher, make sure the needle is in the green part of the gauge, indicating it is fully pressurized, and the pin is secured, Willett said.

Tannert said most fires in the home start in the kitchen when people are cooking and leave the stove unattended. He said individuals should not leave their cooking unattended and instead cut the stove or the heat source they are cooking with off if they are going out of the kitchen.

Also, pot handles should be turned inside on the stove so children will not be able to grab them, Tannert said.

Tannert said families should develop a fire escape plan for their homes, which should include at least two escape routes. During a fire, he said family members should crawl and stay low if they encounter smoke

while trying to escape. After getting out of the house, make sure all family members are accounted for and call 9-1-1.

James Smith, JBSA Fire Emergency Services fire inspector, said families should go over their fire escape plan as often as they want until everyone is familiar with it.

JBSA Fire Emergency Services will host an open house from 9 a.m. to noon Oct. 15 at JBSA-Randolph Fire Station 8, building 700. Activities include fire safety demonstrations, vehicle and equipment displays, face painting and a bouncing castle. Firefighters will be available to answer questions about fire vehicles and the equipment they use.

A fire safety trailer will be on display that teaches children the importance of fire safety, how to escape a fire in the home and how to properly call 9-1-1 to report a fire.

Handouts, coloring books and fire prevention information kits and refreshments, including hot dogs, chips, drinks and cake, will be available.

For fire safety information and for information on Fire Prevention Week activities at all JBSA locations, contact the JBSA fire prevention offices at JBSA-Fort Sam Houston, 221-3465; JBSA-Lackland, 671-2921; and JBSA-Randolph, 652-6915.

EPI from P5

One of the most beneficial factors of the EPI, however, is it can be used Air Force wide, Torrey said.

“Any organization can take this EPI process, because we’ve designed tools any organization can use, and pull it off the shelves and evaluate themselves,” Torrey said.

Master Sgt. Ronald Mathews, 1st Manpower Requirements Squadron NCO in charge, A-Flight, added the wide scope of the EPI will benefit Airmen at all levels because it will prevent individuals from learning different processes for the same task. It could be a process as simple as a sign-in log.

“That’s what we like about this process because we’re

going to standardize it across the enterprise where everyone is doing the same thing so when they go to the next base, they don’t have to worry about it being done differently,” Mathews said.

Although processes will be approved for use and sent out to workplaces Air Force wide, it doesn’t mean fresh developments can never be implemented, Torrey said.

“If you find a better way to do that standard work, there will be mechanisms put in place where that information can be funneled up to Air Staff for evaluation,” Torrey said. “That is the game plan to keep the processes refreshed and renewed for continuous improvement.”

Torrey said AFMAA updated its own processes in or-

der to produce a timely EPI product, adding that manpower standards can often take an excess of three years to produce.

“We don’t even have the same iPhone over a three year period,” Torrey said. “Technology, mission changes, things happen on a rapid basis. Listening to the voice of the customer, we had to improve our process as well.”

EPI is currently in a testing period for the education and training function and AFMAA plans to have a finalized plan approved in March 2017, one year from when it was originally implemented. From there, AFMAA plans to repeat the process and expand it to all Air Force functions.

Combatives training now has home at JBASA-Randolph

By Robert Goetz

Joint Base San Antonio-Randolph Public Affairs

Kimura and Americana submission holds are often seen in mixed martial arts matches, but now they're also commonplace in Hangar 52 at Joint Base San Antonio-Randolph.

That is where 902nd Security Forces Squadron members engage in combatives training, learning submission holds, choke holds, arm bars and other self-defense techniques that help them subdue aggressors without resorting to lethal force.

Developed by Headquarters Air Force Security Forces Center at JBASA-Lackland, combatives training – once optional and now mandatory for Air Force security forces – boosts members' confidence and creates healthy competition, said Tech. Sgt. Johnathan Kuenzli, 902nd SFS Combat Arms NCO in charge.

"When we match up a 130-pound female against a 200-pound male and she is able to subdue him and receive a 'go' on every final exam, you can see her confidence rise immensely and this is what we have seen in all of our Airmen," he said. "This is especially beneficial for those Airmen who have never been in a fight or have never been put into such a stressful situation. We also add a competitive spirit to the training by having a 'King of the Ring' competition and a 'Top Performer' award."

Previously, active-duty and civilian 902nd SFS members had to travel to JBASA-Lackland for combatives training. However, that commute ended this year with the construction of a combatives room in Hangar 52, the 902nd SFS Combat Arms and Mobility headquarters.

"We built it from the ground up," said Staff Sgt. Homero Carrillo, 902nd SFS combat arms instructor. "Members of the combat arms section did the work. It took about three weeks to build."

Designed by Master Sgt. Joseph Hamilton, a combatives training instructor who previously served as 902nd SFS Combat Arms superintendent, the combatives room is a 30-by-30-foot protective cage with vinyl-coated chain-link fencing, padded support posts and a thick gym mat.

The room would have cost about five times more had the combat arms instructors not handled the project themselves, Kuenzli said.

"We did all the work during our down time," he said. Equipment is an important part of the combatives room, Carrillo said. Punching dummies play a prominent role in training.

"We ordered dummies to add more to the training," he said. "It makes them want to work a little more because they're not punching the air. We want them to use their hands to de-escalate a situation. If you don't have the training, all you have are Tasers and guns."

Combatives training takes three days, Kuenzli said.

"The first day is standing drills – the use of punches, kicks, elbows and knees," he said. "We also teach the

"I think the combatives room is a great tool for defenders to add to their toolkit. You never know when you might have to wrestle someone off you; it could be the difference between life and death."

Tech. Sgt. Johnathan Kuenzli

902nd Security Forces Squadron Combat Arms NCO in charge



Staff Sgt. Matthew Cummings, 902nd Security Forces Squadron combatives instructor, demonstrates a mount position during training Sept. 14 at Joint Base San Antonio-Randolph.

five different dominant and nondominant positions."

The second day consists of a refresher from the first day and concludes with teaching escapes from each dominant and nondominant position, Kuenzli said. The third day starts with a refresher, moves into teaching submissions and culminates in a final drill encompassing everything the students have learned.

The final drill, which provides the most realistic scenario possible, Kuenzli said, is the student's evaluation.

"Students are required to wear full duty gear and survive an encounter with a suspect for a minimum of two minutes," he said. "Their two minutes do not begin until they can successfully get a call for help over the radio. If they do not receive a 'go' for their scenario, they are given a second opportunity. If at that time they still are unable to receive a 'go,' they must return to the training and refresh on any skill or position they are lacking."

Combatives training is strenuous, Carrillo said, and results in its share of bumps and bruises.

"This is a workout like no other," he said. "You're sore for two weeks. We've even had members with

fractured ribs and a dislocated thumb."

LeeAnn Hunt, 902nd SFS Visitor Control Center clerk, said the training benefits her in her position.

"As a member of the Visitor Control Center, I come into contact with all visitors wanting to access the base," she said. "I conduct a lot of criminal history checks and, in some cases, the individual I am checking has a warrant out for their arrest. You never know when a person can become violent, so I am glad to have received combatives training."

Female-to-male training provided Hunt with one of her greatest challenges.

"There are always more males than females when it comes to training, but it also helps me to take things into a better perspective and to challenge myself more to keep up with them," she said.

Senior Airman Timothy Hobson, 902nd SFS head of police services, also said the training is beneficial.

"I benefited from this training because I gained a deeper understanding of how to properly defend myself and it helps with my current assignment because I am confident in responding to any situation," he said.

Instructors for combatives training take an initial five-day course at the security forces center for level 1 certification, said Staff Sgt. Matthew Cummings, 902nd SFS security forces trainer. The next two levels of certification require a week of training each, while level 4 certification takes 16 days.

"The combatives training is a great tool that can be used to simulate a realistic fight for your life situation," he said. "As an instructor I am able to see the mistakes that students make and adopt different ways to teach new students to ensure they are not making the same mistakes."

Most 902nd SFS members have now taken combatives training at their new home, but will be required to repeat it periodically, Carrillo said. Each three-day session is limited to 10-12 students.

The combatives room, which can also be used for physical training sessions and other purposes, is a boon to the squadron.

"I think the combatives room is a great tool for defenders to add to their toolkit," Kuenzli said. "You never know when you might have to wrestle someone off you; it could be the difference between life and death."



Senior Airman James William, 902nd Security Forces Squadron, subdues Airmen 1st Class Jonathan Bridger during combatives training Sept. 14 at Joint Base San Antonio Randolph.

Photos by Sean Worrell

MOVIE LISTINGS

Randolph's Fleenor Theater Schedule

<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
Sully (PG-13) 7 p.m.	Pete's Dragon 3D (PG-13) 3 p.m. Suicide Squad 3D (PG-13) 6 p.m.	Secret Life of Pets (PG) 3 p.m.

Joint Base San Antonio-Randolph News Briefs

Toyland opens at Randolph Exchange

The Randolph Exchange will celebrate the opening of Toyland with a grand opening Oct. 29, 11 a.m. to 2 p.m. Festivities include Mr. and Mrs. Claus, Olaf, M&M character, face painting, balloon animals, goody bags, popcorn machine, cotton candy machine, games/prizes and a playdo event. Kids are invited to come in their Halloween costume for a Halloween costume contest. For full details, contact the Randolph Exchange at 658-7471.

REAL ID Act in effect at JBSA

Joint Base San Antonio will no longer allow unescorted access of individuals with driver's licenses from American Samoa, Minnesota, Missouri and Washington as proof of identity. Visitors, vendors and contractors requiring access with IDs from the above listed states must be escorted by the organization or individual sponsor or must possess and present an alternate form of identification as required by Department of Homeland Security guidance.

Chiefs gathering

The 32nd Annual Chief's Gathering hosted by the Randolph's Chiefs Group takes place 5 p.m. Oct. 15 at the Blue Bonnet Palace in Selma, Texas. All active duty, retired chiefs and spouses (or guests) are invited. This is an informal, fun event which brings together old and new chiefs for an evening of remembrance and esprit de corps. RSVP by calling 652-2930 or 652-2398.

JBSA Randolph landmark to undergo preservation project

A preservation project has been awarded for the Joint Base San Antonio-Randolph's landmark building 100, the "Taj." Base personnel and visitors can expect to see work begin this month. The work involves the removal and repair of exterior windows and doors. For details, call 652-0181.

Reunion to commemorate women in AF

Joint Base San Antonio-Lackland will host a reunion of the Women in the Air Force members Oct. 7 to honor the pioneering organization's legacy. Nearly 80 former WAF members will be

participating in a tour of JBSA-Lackland that will include viewing a basic military training graduation, touring the Airmen Training Complex and visiting the Airman Heritage Museum. It will conclude with a luncheon, keynote address and historical fashion show, which will feature women's uniforms throughout historical periods.

The senior ranking WAF member attending is retired Chief Master Sgt. Dorothy Holmes, the first woman to serve 30 years in the Air Force.

WAF was founded in 1948, which enabled thousands of female service members to find jobs in the Air Force.

WAF members and prior service civilians who wish to attend can contact the Airman Heritage Museum at 671-3972.

Mammogram Walk-In Day

The Brooke Army Medical Center mammography section will hold a screening mammogram walk-in day from 8 a.m. to 3 p.m. today with no appointment necessary. The screening is open to all TRICARE beneficiaries who are due for a routine screening mammogram. Call 916-4229, option 1, or 916-3736, option 1 for more information.

Domestic Violence Awareness 5K Run/walk

A Domestic Violence Awareness 5K Run/walk is scheduled for 7:45 a.m. Oct. 22 at the Joint Base San Antonio-Fort Sam Houston's Community Aquatic Center.

Home Alone class

Children can acquire the basic tools and knowledge needed to stay home alone during a Home Alone class 5-6 p.m. Nov. 3 at the Joint Base San Antonio-Randolph Military and Family Readiness Center, building 693. The class is for youth ages 10 and older. Attendance for parents is optional. To sign up or for more information, call 652-3298.

Infant Massage class

Parents can learn how to relax their child, relieve discomfort and help baby sleep better during an infant massage class. For more information on the one-on-one sessions, call 652-3708.

JBSA recognizes Energy Awareness Month

From 502nd Civil Engineer Squadron

October is Energy Awareness Month and Joint Base San Antonio is committed to reducing energy consumption to meet all conservation directives.

The JBSA Energy Program is designed to comply with federally mandated energy goals while maintaining a healthy and productive workplace. Energy reduction goals are specified by the new Executive Order 13693 and the Energy Independence and Security Act of 2007, which require federal installations to reduce energy use by 2.5 percent every year for 10 years. The goal is to reduce energy per square foot by a total of 25 percent by fiscal year 2025, based on a fiscal year 2015 baseline.

The start of fiscal year 2016 begins the new energy reduction goal of 2.5 percent per year going through 2025. Everyone is encouraged to be vigilant and persistent in their efforts to reduce energy consumption in

fiscal year 2016. Keep conservation in mind at all times, not only to meet base goals, but to become good stewards of natural resources for generations to come.

JBSA and San Antonio utility providers are promoting energy awareness month by setting up energy conservation display tables at some installations throughout the month. City Public Service Energy, San Antonio Water System and the 502nd Civil Engineer Squadron will be handing out pamphlets on energy and water conservation, including informational tips on how to conserve our natural resources.

The Air Force's Energy Action Month theme for 2016 is "Protect the Power" and serves as a call to action for members of the Air Force community to practice energy efficient habits in their daily lives.

JBSA members can reduce energy use in the office or work area by following this simple checklist:

- Buy Energy Star certified appliances such as refrigerators, microwaves, desk lighting, etc.

- Turn off office equipment at night and on weekends.
- Report energy wastes, including water leaks, building deficiencies and energy abuses.

- Check the age and condition of major appliances, especially the refrigerator. Consider replacing it with a more energy-efficient model.

- Survey incandescent lights for opportunities to replace them with compact fluorescents or light-emitting diodes lighting. LED lighting can be more efficient, durable, versatile and longer lasting. LEDs are now being incorporated into bulbs and fixtures for general lighting applications. Some LED light fixtures have LEDs built-in as a permanent light source.

- Remember, do not over cool air-conditioned spaces and report all energy problems in your building to the facility manager or energy monitor.

For questions or comments, call JBSA Base Energy Managers, JBSA-Fort Sam Houston, 671-1537; JBSA-Randolph and JBSA-Lackland, 671-0252.

Every smoke alarm has an expiration date: What's yours?

By Ricardo Campos

JBSA Public Fire and Life Safety Educator

Does your home have a smoke alarm? According to the National Fire Protection Association, or NFPA, the answer is likely yes. NFPA research shows most American homes have at least one.

But do you know how old your smoke alarms are? If you're like most people, you're probably not so sure.

Joint Base San Antonio Fire Emergency Services urges everyone to find out how old their smoke alarms are and recommend they should be replaced every 10 years.

A recent survey conducted by NFPA revealed only a small percentage of people know how old their smoke alarms are or how often they need to be replaced. That lack of awareness is a concern for JBSA Fire Emergency Services and NFPA, along with other fire departments throughout the country, because smoke alarms don't last forever.

"Time and again, I've seen the life-saving impact smoke alarms can have in a home fire, but I've also seen the tragedy that can result when smoke alarms

aren't working properly," said Mark R. Ledford, JBSA Fire Emergency Services fire chief. "That's why we're making a concentrated effort to educate JBSA residents about the overall importance of smoke alarms, and that they do have a life limit."

NFPA 72, the National Fire Alarm Code®, requires smoke alarms be replaced at least every 10 years, but because the public is generally unaware of this requirement, many homes have smoke alarms past their expiration date, putting people at increased risk.

To find out how old your smoke alarm is and its expiration date, simply look on the back of the alarm where the date of manufacture is marked. The smoke alarm should be replaced 10 years from that date, not the date of purchase.

JBSA Fire Emergency Services also recommends smoke alarms be tested monthly and batteries should be replaced once a year or when they begin to chirp, signaling they're running low.

As the official sponsor of Fire Prevention Week for more than 90 years, NFPA is promoting this year's Fire Prevention Week campaign, "Don't Wait - Check the Date! Replace Smoke Alarms Every 10 Years," to bet-

ter educate the public about the critical importance of knowing how old their smoke alarms are and replacing them once they're 10 years old. Fire Prevention Week is October 9-15, 2016.

JBSA Fire Emergency Services is hosting week-long events at each location in support of Fire Prevention Week and this year's campaign. For more information, contact the fire emergency services at: JBSA-Fort Sam Houston at 221-1804; JBSA-Lackland at 671-2921; and JBSA-Randolph at 652-6915.

"To conclude the NFPA 2016 Fire Prevention Week, an open house event will be held JBSA-Randolph, Fire Station No. 8, building 700, from 9 a.m. to noon Oct. 15" said JBSA-Assistant Fire Chief Gary E. Rake. "The open house activities will include meeting Sparky the Fire Dog, firefighters, exploring tools and equipment, experiencing the fire safety house, fun on the fire truck bounce while enjoying a hot dog, chips and drink."

For more information on smoke alarms and this year's Fire Prevention Week campaign, "Don't Wait: Check the Date! Replace Smoke Alarms Every 10 Years," visit <http://www.firepreventionweek.org>.

JBSA domestic violence awareness breaks silence

By Robert Goetz

Joint Base San Antonio-Randolph Public Affairs

Landmarks at Joint Base San Antonio locations are bathed in purple light every night this month to raise awareness of a problem that impacts lives and can have a detrimental effect on military families as well as mission readiness.

Purple is the color of Domestic Violence Prevention and Awareness Month, which is being observed at JBSA with the theme “Break the Silence, Stop the Violence.”

The main event for JBSA’s observance, the Domestic Violence Awareness 5K Run/Walk, is set for 8:30 a.m. Oct. 22 at the JBSA-Fort Sam Houston Community Aquatic Center, 3548 Williams Way. Registration, which is free, will begin at 7:45 a.m.

“We’re asking runners and walkers to wear purple tops to raise awareness of domestic violence,” said Angela Nance, 359th Medical Operations Squadron Family Advocacy Program intervention specialist. “We will also be collecting new baby clothes, white towels, white twin-size sheets, new socks and new underwear for women and children of all sizes to donate to shelters for women and children in Bexar County.”

The color purple is illuminating JBSA landmarks, including the water tower off Winans Road and the Navy Medicine Education & Training Command headquarters at JBSA-Fort Sam Houston; the Wilford Hall Ambulatory Surgical Center, Air Force Postgraduate Dental School and Clinic, and 37th Training Group, building 9225, at JBSA-Lackland; and the Taj Mahal at JBSA-Randolph.

Brig. Gen. Heather Pringle, 502nd Air Base Wing and JBSA commander, set the tone for JBSA’s observance of Domestic Violence Prevention and Awareness Month by signing a proclamation Sept. 13 that described domestic violence as “an intolerable crime with devastating safety and health implications for every individual in the Joint Base San Antonio community, be they a victim, family member, loved one, friend or co-worker of a victim.”

The proclamation “shows everyone how important this topic is and reminds victims they are not alone and help is available,” said Norma Leal, JBSA-Fort Sam Houston FAP outreach manager.

“As outreach manager, I try to spread this message to as many people as possible,” she said. “By connecting with other programs and events, we can make ourselves more visible and more available to assist those who are seeking help.”

Domestic violence is so prevalent that a Centers for Disease Control and Prevention survey in 2011 estimated 22 percent of women and 14 percent of men experience severe physical violence by an intimate partner.

It not only affects families and couples, but the Air Force mission and the JBSA community, said James Price, 59th Medical Wing FAP outreach manager.

“Domestic Violence Prevention and Awareness Month is an opportunity for the military units and civilian organizations to connect with the community through meaningful outreach and awareness-raising events,” he said. “We are hoping the awareness campaign activities will strengthen our community and let those who are seeking guidance or help know



Photo by Joel Martinez

Landmarks at Joint Base San Antonio locations are bathed in purple light every night this month in observance of Domestic Violence Awareness Month.

that assistance is just a phone call away.”

“The most important thing to get across to possible victims of domestic violence is that you are not alone,” Price said. “There are many agencies in your corner.”

National Night Out activities Oct. 4 at JBSA locations provided another opportunity for family advocacy representatives to raise awareness of domestic violence.

At National Night Out, the FAP’s domestic abuse victim advocates, or DAVAs, led an art project, “I Can, We Can,” created by the nonprofit organization A Window Between Worlds, which uses art as a healing tool to empower and transform individuals and communities impacted by domestic violence. Participants decorated a cutout of a hand and included messages of hope and support, Price said.

“It’s an art project created by A Window Between Worlds to connect and unite communities for greater awareness and prevention of domestic violence,” he said.

The month’s activities also includes information tables at various sites throughout JBSA.

“We always try to provide educational materials, but during this month we like to have an information blitz and set up tables throughout the base with information that people can pick up,” Leal said. “We also like to highlight the positive aspects of our program such as prevention. We offer a class that can give support to families before an incident occurs. We aren’t trying to catch maltreatment, but rather prevent it and address it when prevention isn’t possible.”

FAP representatives – including intervention specialists, treatment managers and outreach managers – work year-round with military members and their families to prevent and address domestic violence, but the October observance provides them with a special opportunity to connect with the JBSA community.

“We know abuse can take many forms – physical, emotional, sexual and neglect,” said Nance, intervention specialist who responds to reports of child and spouse or intimate partner maltreatment involving active-duty members and their spouses. “We really want to get the word out about the services, programs and classes we offer to prevent abuse from occurring.”

Suicide Prevention Awareness

I Am Not Alone

Need help? Call 800.273.8255

Service members and veterans, choose 1.

October is Domestic Violence Awareness Month



Photo by Michael Watkins

Brig. Gen. Heather L. Pringle, 502nd Air Base Wing and Joint Base San Antonio commander, signs a proclamation designating October as Domestic Violence Awareness Month Sept. 13 in the JBSA-Fort Sam Houston conference room, surrounded by members of the JBSA Family Advocacy staff.

Native American dancers perform at JBSA-Randolph



Photo by Melissa Peterson

Active-duty members, veterans and civilians from Texas and members of the Traditional American Indian Society Honor Guard perform a gourd dance, a traditional American Indian ceremony in which the ground the dance is held on is blessed, Sept. 30 at Joint Base San Antonio-Randolph. The event was hosted by the JBSA-Randolph Native American Heritage Committee and gets its name from the special rattles used by the dancers, which were originally made of gourd, a hard-shelled fruit found in plants.

JBSA members turn out for Rambler 120



Photos by Senior Airman Stormy Archer

Competitors begin the cycling portion of the 2016 Rambler 120 Oct. 1 at Canyon Lake, Texas. The Rambler 120 features four- and eight-person teams participating in a 22-mile bike race, a 6-mile run, a 2-mile raft race and a mystery event.



Competitors complete the rafting portion of the 2016 Rambler 120 Oct. 1 at Canyon Lake, Texas. The Rambler 120 began in 2006 and is hosted by the 502nd Force Support Squadron.