



WINGSPREAD

JOINT BASE SAN ANTONIO-RANDOLPH
No. 4 • FEBRUARY 1, 2013



Cody transitions to top enlisted role

Page 2

NEWS

New CMSAF: Airmen welcome Cody

By Staff Sgt. David Salanitri
Air Force Public Affairs Agency

The Air Force appointed its 17th chief master sergeant of the Air Force during a transition and retirement ceremony at Joint Base Andrews, Md. Jan. 24.

In his last official act before retiring, Chief Master Sgt. of the Air Force James Roy relinquished the duties and responsibilities of the Air Force's highest enlisted leader to Chief Master Sgt. James Cody.

Looking across the airplane hangar, Cody addressed some of his main goals in his new position.

"We have to invest before we can reap rewards," Cody said, who was previously assigned as the command chief master sergeant of Air Education and Training Command. "We will continue to invest in the development of our Airmen in the most deliberate way possible, and we will ensure our force is ready to handle the challenges it will face in the future."

Cody said as the service's senior enlisted leader, his focus will be on helping Airmen be successful.

"We need to protect them by making sure they know how to deal with the stress that comes with military life," Cody said. "We will focus on strengthening relationships, taking care of one another, and holding each other more accountable for measuring up to the high standards we demand of every Airman."

Themes of innovation and critical thinking were reinforced throughout the ceremony with Cody calling upon Airmen to continue being efficient tacticians.

"As resources tighten, our nation will require more from each one of us. Airmen will meet that challenge through innovation as they always have," he said.

Though today's ceremony was a time to celebrate the retirement of Roy and the appointment of Cody, leaders reminded the crowd that there's work to be done.

The Air Force's highest ranking uniformed Airman said he is ready to roll up his sleeves, alongside Chief and Mrs. Cody.

"Take a look around the hangar here," Air Force Chief of Staff Gen. Mark A. Welsh III said. "This is your Air Force.



Chief Master Sgt. James Cody
Chief Master Sgt. of the Air Force

And all of us are now your Airmen. Lead us well."

During the ceremony, the Air Force debuted a new item for enlisted Airmen to be proud of – the Chief Master Sergeant of the Air Force positional colors.

Today's ceremony contained great moments – the transition of the service's 17th CMSAF and the unveiling of the positional colors. However, there was also a bittersweet moment as the Air Force said farewell to a great Airman.

Speaking to his character, one theme throughout Roy's farewell speech was the importance of relationships.

"Over the past few weeks I've spent time reflecting on my career," Roy said. "I've been thinking – not about what we got accomplished, or what we didn't get accomplished – but about relationships.

"Our 30 years in the Air Force allowed Ms. Paula and I to develop a lot

of valuable relationships," he said. "We are thankful for each of these, and will continue to build on them as we move into the next chapter of our lives."

Roy's three and a half years as chief master sergeant of the Air Force was marked by building relationships with Airmen. A staunch advocate of face-to-face communication, Roy traveled about nine months out of each year to meet and interact with Airmen of all ranks.

Cody said he will continue that legacy.

"To ensure continued success, leaders at all levels must focus on our Airmen and their families," Cody said. "We look forward to getting out to the bases and meeting our Airmen, listening to their stories, understanding their challenges. And we're committing to you we will bring those back and work those issues hard here on the staff."

After closely working together the past six months, Roy and Welsh have bonded over a common denominator – caring for Airmen.

"Chief Roy, there's just no way to properly say thank you for what you've given to our Air Force ... but thank you," Welsh said. "Take care of yourself 16, and wear the number proudly. You've earned it."

Two generals, three colonels nominated for promotion locally

Two local Air Force brigadier generals and three colonels have been nominated for promotion to the next rank, according to an official announcement made Jan. 23.

Brig. Gen. Theresa C. Carter, commander of the 502nd Air Base Wing and Joint Base San Antonio, and Brig. Gen. Scott A. Vander

Hamm, Director of Plans, Programs, Requirements and Assessments, Headquarters Air Education and Training Command at JBSA-Randolph have been nominated by the President to the U.S. Senate for appointment to the grade of major general.

Selected for nomination to brigadier

general are Col. Patrick J. Doherty, Director of Assignments at Headquarters Air Force Personnel Center, JBSA-Randolph; Col. James E. McClain, Vice Commander, 59th Medical Wing, JBSA-Lackland; and Col. Richard M. Murphy, Special Assistant to the Commander, Headquarters AETC.

ON THE COVER

Chief Master Sgt. James Cody receives his wheel cap from Gen. Edward A. Rice Jr., Air Education and Training Command commander, during a transition ceremony Jan. 24 at Joint Base Andrews, Md. Cody is the 17th chief master sergeant of the Air Force. For the complete story, see page 2.

Photo by Scott Ash

WINGSPREAD

Joint Base San Antonio-Randolph
Editorial Staff

Brig. Gen. Theresa C. Carter

JBSA/502nd Air Base Wing Commander

Todd G. White

JBSA/502nd ABW Public Affairs Director

Marilyn C. Holliday

JBSA-Randolph Public Affairs Chief

Airman 1st Class Lincoln Korver

Editor

Robert Goetz

Alex Salinas

Staff Writers

Maggie Armstrong

Graphic Designer

Wingspread Office

1150 5th Street East

Randolph AFB, Texas 78150

Phone: (210) 652-4410

Wingspread email

randolphpublicaffairs@us.af.mil

Wingspread Advertisement Office

Prime Time Military Newspapers

Avenue E at Third Street

San Antonio, Texas 78205

(210) 250-2024

This newspaper is published by Prime Time Military Newspapers, a private firm in no way connected with the U.S. Air Force, under exclusive written contract with Joint Base San Antonio-Randolph, Texas. This commercial enterprise Air Force newspaper is an authorized publication for members of the U.S. military services. Contents of the Wingspread are not necessarily the official views of, or endorsed by, the U.S. government, the Department of Defense, or the Department of the Air Force.

The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense, the Department of the Air Force or Prime Time Military Newspapers, of the products or services advertised.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other nonmerit factor of the purchaser, user or patron.

Editorial content is edited, prepared and provided by the Public Affairs Office of JBSA-Randolph. All photos, unless otherwise indicated, are U.S. Air Force photos.

The deadline for submissions is noon Wednesday the week prior to publication. All submissions can be emailed to JBSA-Randolphpublicaffairs@us.af.mil.

12th FTW goes distance to honor Airmen

By Bekah Clark

12th Flying Training Wing Public Affairs

Like most wings, the 12th Flying Training Wing honors their annual award winners every January in a ceremony that highlights their achievements from the last year.

However, when the time came to plan this year's ceremony, the wing had a new challenge to face: how to get everyone there.

Unlike many wings, 12th FTW members aren't all stationed in the same place. In fact, about two-thirds of the wing's members aren't stationed anywhere near their parent wing at Joint Base San Antonio-Randolph. Instead, members of the 479th and 306th Flying Training Groups call Naval Air Station Pensacola, Fla., and the U.S. Air Force Academy, Colo., their home.

In years past, the wing hosted its annual awards ceremony in San Antonio, the night prior to the Air Education and Training Command Symposium, which authorized the use of temporary duty funds for AETC members across the country to attend. This permitted the wing to bring its nominees for the symposium, thus allowing them to take part in the awards ceremony. However, when the symposium was cancelled for 2013 due to current

“Accomplishing the mission in today's high operations tempo, ‘do more with less’ Air Force is challenging and complex.”

Chief Master Sgt. Avery Woolridge

12th Flying Training Wing command chief

fiscal realities, the 12th FTW found another way to honor its Airmen.

“Flying our nominees in from our geographically separated units would have cost us nearly \$30,000,” Col. Gerald Goodfellow, 12th Flying Training Wing commander, said. “That cost was neither feasible nor responsible, so we came up with an alternative. We decided to bring the ceremony to them.”

Goodfellow; Col. James Gifford, 12th FTW vice commander, and Chief Master Sgt. Avery Woolridge, 12th FTW command chief, traveled more than 1,600 miles to each of the units Monday and Tuesday to personally recognize the nominees and winners in separate luncheons.

According to Woolridge, recognizing the Airmen in person is a leadership priority and a mission

critical requirement.

“Accomplishing the mission in today's high operations tempo, ‘do more with less’ Air Force is challenging and complex,” Woolridge said. “Compound that complexity with the rigors associated with being separated by 1,600 miles and you understand the men and women of the 12th FTW do miraculous things.”

“Our direction to them was simple, find innovative ways of doing business, and for the past 12 months, they've done that and done it well. The least we can do is shake their hands and say thank you for the many sacrifices they've endured and exemplary performance they've displayed over the past year. We owe them that.”

For Goodfellow, making choices like these isn't just about saving money, it's about ensuring resources are spent wisely, to remain the world's best Air Force.

“Whether it's finding efficiencies in our operations or in the execution of a morale program like our annual awards ceremony, it's our collective responsibility to make prudent choices so we can ensure the Air Force continues to meet its full air power potential,” he said.

The wing hosted the local ceremony to honor its Airmen at JBSA-Randolph Jan. 25.

SCRA: What military members need to know

By Bernard Glavy
502nd Mission Support Group Judge Advocate

Although original legislation dates back to the Civil War and was later embodied in the Soldiers' and Sailors' Civil Relief Act, or the SSCRA of 1940; the basic intent of those previous laws – allowing military personnel to give full attention to their military duties – remains true today.

In 2003, President George W. Bush signed into law H.R. 100, known as the Service members Civil Relief Act or SCRA, completely rewriting the SSCRA of 1940, and expanding many of the previous law's civil protections.

Today's law applies to all military members, including regular forces, and Reserve and National Guard on Title 10 active duty orders, as well as their dependents.

SCRA provides an array of benefits and protections including reducing interest to six percent for debt incurred prior to entry into Title 10 active duty, staying civil proceedings, removing statutes of limitations, terminating certain leases, and enhanced requirements before eviction and foreclosure can occur.

Financial benefits

Service members may be entitled to six percent

interest on financial obligations entered into before the start of Title 10 active duty. This benefit applies to credit card, loan or mortgage obligations.

The law prohibits lenders from accelerating the principal amount owed, and forgives – not defers – the excess interest payments that would have been due under the higher rate. In other words, service members are not subsequently liable for the excess interest at some time in the future, such as when they leave active duty.

Generally, the reduced interest rate is effective only during the period of Title 10 active duty. Reduced interest on mortgage obligations may extend for one year following release from Title 10 active duty. The reduced rate is not available for refinancing or credit card balance increases accrued while on Title 10 active duty. It is also not available for federally guaranteed student loan obligations.

Although service members must notify creditors about their entry on Title 10 active duty, the burden is on the creditor to show that the service member's ability to pay the obligation is not materially impacted by military service.

Protections begin the first day of an active duty period and may extend from 30 days up to one year after members are released. Protections are not automatic. Service members must provide creditors



with written notice and a copy of military orders.
Legal proceedings protections

It is important to recognize that the SCRA does not excuse service members from civil obligations. Instead, it serves to ensure that service members are not disadvantaged in civil matters because of their commitment to our nation.

See SCRA P5

TRICARE patients must follow urgent care rules

By Robert Goetz
Joint Base San Antonio-Randolph Public Affairs

Receiving urgent care at a civilian facility is an easy process, but some TRICARE Prime beneficiaries are not following the rules, costing themselves and the Air Force money.

These beneficiaries are not receiving authorization from their primary care managers, requiring them to pay out of pocket.

"Beneficiaries will call us and ask for retro authorization when they need urgent care, but we don't do retro authorization in the local area," Pat Aguon, 359th Medical Support Squadron beneficiary counseling and assistance coordinator, said.

TRICARE Prime patients who need urgent care – "when an illness or injury is serious enough to seek health care right away, but not so severe as to require emergency room care" – require a referral from their PCM prior to their visit, Aguon said. They may also call 916-9900 to receive authorization.

"Beneficiaries will call us and ask for retro authorization when they need urgent care, but we don't do retro authorization in the local area."

Pat Aguon

359th Medical Support Squadron beneficiary counseling and assistance coordinator

"It's very easy to call and get authorization," she said.

If they do not have authorization, they may or may not be required to pay at the civilian urgent care facility, Aguon said.

"If they are made to pay, they can file a claim and it will be paid at the point-of-service charge, which is a deductible of \$300 and a 50 percent

cost share," she said. "However, the civilian provider may file the claim for them and they would be liable for the deductible and cost share."

Examples of illnesses and injuries that require urgent care are earaches, toothaches, joint sprains, muscle pulls and urinary tract infections.

Aguon said beneficiaries who are "in fear of losing their life, eyesight or

a limb" require emergency care and should call 911 or go to the nearest civilian or military emergency room. The closest military emergency room to Joint Base San Antonio-Randolph is at San Antonio Military Medical Center.

She said beneficiaries do not need authorization for emergency care, but they must notify their PCM or regional contractor within 24 hours or the next business day after receiving emergency care.

Army Brig. Gen. W. Bryan Gamble, TRICARE Management Activity deputy director, said many people use the emergency room when their medical issue is not an actual emergency.

"This contributes to long ER wait times, high costs and unnecessary medical care," he said. "Sometimes, using an urgent care clinic may be your best choice and can help responsibly preserve the TRICARE benefit for future generations of military families."

For more information, call Aguon at 652-4303.



SCRA from P4

The SCRA does not apply to criminal proceedings. Members involved in civil court and administrative proceedings may request a delay or stay of the proceedings. Those whose military service prevents them from participating in a proceeding on a required date must file a written request for a stay with the judge.

The request must include a date in the future when the service member will be available to participate and a commander's written confirmation that duty prevents the member's appearance and that leave is not authorized for the service member.

After receiving the required information, the judge must grant a minimum 90-day delay for the member. Additional requests for delays are within the discretion of the judge and based on continued, material effect of military duty on the service member's ability to participate in the litigation. A stay may be necessary in a variety of civil proceedings including divorce, child paternity, support and custody, and foreclosure.

A member who experiences a default judgment while on Title 10 active duty, or within 60 days after release, may request the court reopen the case and set aside judgment. The request must be made within 90 days from the date of release and the member must show the court how active duty materially affected his or her ability to defend against the action and what meritorious defenses apply to the case.

Statutes of limitation, lessee protection

SCRA removes statutes of limitation during the period of Title 10 military service. This protection applies whether the underlying cause of action accrued prior to or during the period of service.

Recent amendments now permit service members to terminate motor vehicle leases signed before or during Title 10 active duty under certain strict conditions. Generally, the SCRA protects members for pre-service leases or reserve or guard members who, after entering into a lease, are called to active duty for 180 days or more.

Protections are limited to certain situations such as after entering the lease the member either receives military orders for a permanent change of station from the continental U.S. to overseas, or is deployed for 180 days or more.

Service members must provide written notice to the lessor along with a copy of the appropriate military orders, and must return the vehicle to the lessor within 15 days after giving notice. The lease termination date is the date the vehicle is surrendered.

Under certain prescribed situations, leases and rental agreements for real estate entered into before or during active military service may be terminated without penalty. This protection applies when a member is called to Title 10 active duty or deployed for at least 90 days, or receives military orders for permanent change of station.

A written notice and a copy of the orders must be provided to the lessor. By law, in most cases, members will remain liable for one additional amount of monthly rent after providing proper notice. The law does not excuse the payment of any rent in arrears.

Eviction, or foreclosure protection

The SCRA also provides protection to service

members facing evictions or foreclosures. In most circumstances, the SCRA requires all landlords, in all states to obtain a court order before evicting service members or their dependents during periods of Title 10 active duty.

Landlords who violate the SCRA protections face criminal charges.

A court order is also necessary in foreclosure situations when service members breach the terms of their real estate mortgages. According to the SCRA the sale, foreclosure or seizure of the property for breach of an obligation absent a court order is not valid if made during or within nine months after the period of the members' military service.

Cell phone contracts

Cell phone contracts may be suspended or cancelled if a member is deployed overseas for 90 days or longer, or given orders for a permanent change of station and the new location does not support services.

Members may keep their cell numbers, if relocation is for three years or less, and the member re-subscribes with the carrier within 90 days of returning to the service location. This expanded cancellation provision is limited to cell phones.

Before initiating any of the SCRA's benefits and protections or waiving any protections, service members are encouraged to consult with a legal assistance attorney. Appointments are available Monday through Friday by calling the 902nd Mission Support Group/Judge Advocate office at (210) 652-6781.

AF opens remaining combat positions to women

From Air Force News Service

Defense Secretary Leon E. Panetta and Chairman of the Joint Chiefs of Staff, Gen. Martin Dempsey announced Jan. 24 the rescission the 1994 Direct Ground Combat Definition and Assignment Rule for women and that the Department of Defense plans to remove gender-based barriers to service.

"Women have shown great courage and sacrifice on and off the battlefield, contributed in unprecedented



ways to the military's mission and proven their ability to serve in an expanding number of roles," Panetta said. "The Department's goal in rescinding the rule is to ensure that the mission is met with the best-qualified and most capable people, regardless of gender."

While 99 percent of Air Force positions are currently open to women, Chief of Staff Gen. Mark A. Welsh III said the service will now pursue opening the final 1 percent.

"2013 marks the twentieth anniversary of the Department of Defense allowing women to serve as combat pilots," Welsh said. "By rescinding the 1994 Direct Ground Combat Definition and Assignment Rule, we can pursue integrating women into the seven remaining Air Force career fields still closed, all associated with special operations. We're focused on ensuring America's Air Force remains capable and ready with the best-qualified people serving where we need them."

The Air Force will partner with U.S. Special Operations Command and the other services to review opening these positions in a deliberate, measured, and responsible way, officials said. Those positions are:

Officer / Enlisted Air Force Specialty Codes closed to women:

- 13DXA (Combat Control Officer - special operations forces / direct ground combat)
- 13DXB (Combat Rescue/Special Tactics Officer - special operations forces / direct ground combat)

- 15WXC (Special Operations Weather Officer - special operations forces / direct ground combat)

- 1C2XX (Enlisted Combat Controller - special operations forces /direct ground combat)

- 1C4XX (Enlisted Tactical Air Command and Control - some special operations forces /direct ground combat)

- 1T2XX (Enlisted Pararescue - special operations forces /direct ground combat)

- 1W0X2 (Enlisted Special Operations Weather - special operations forces /direct ground combat)

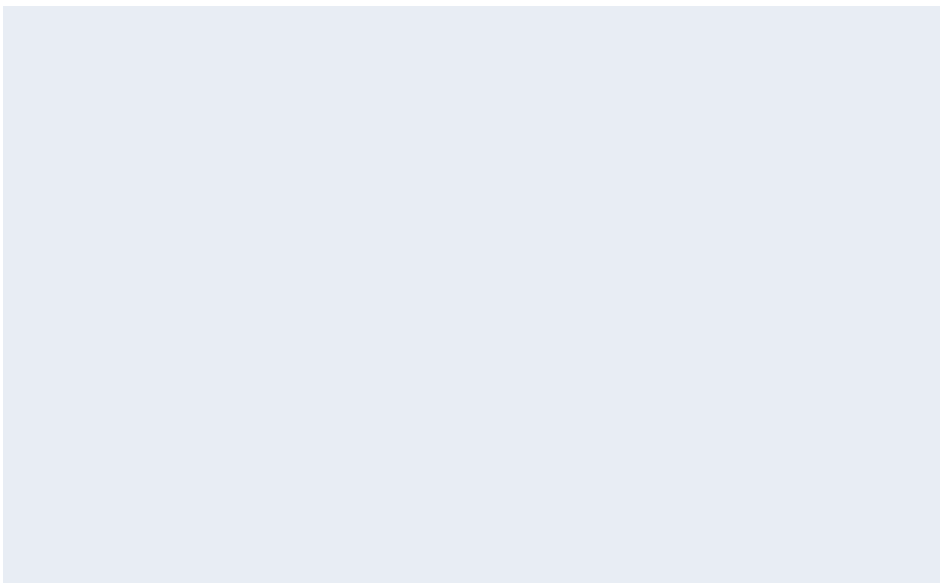
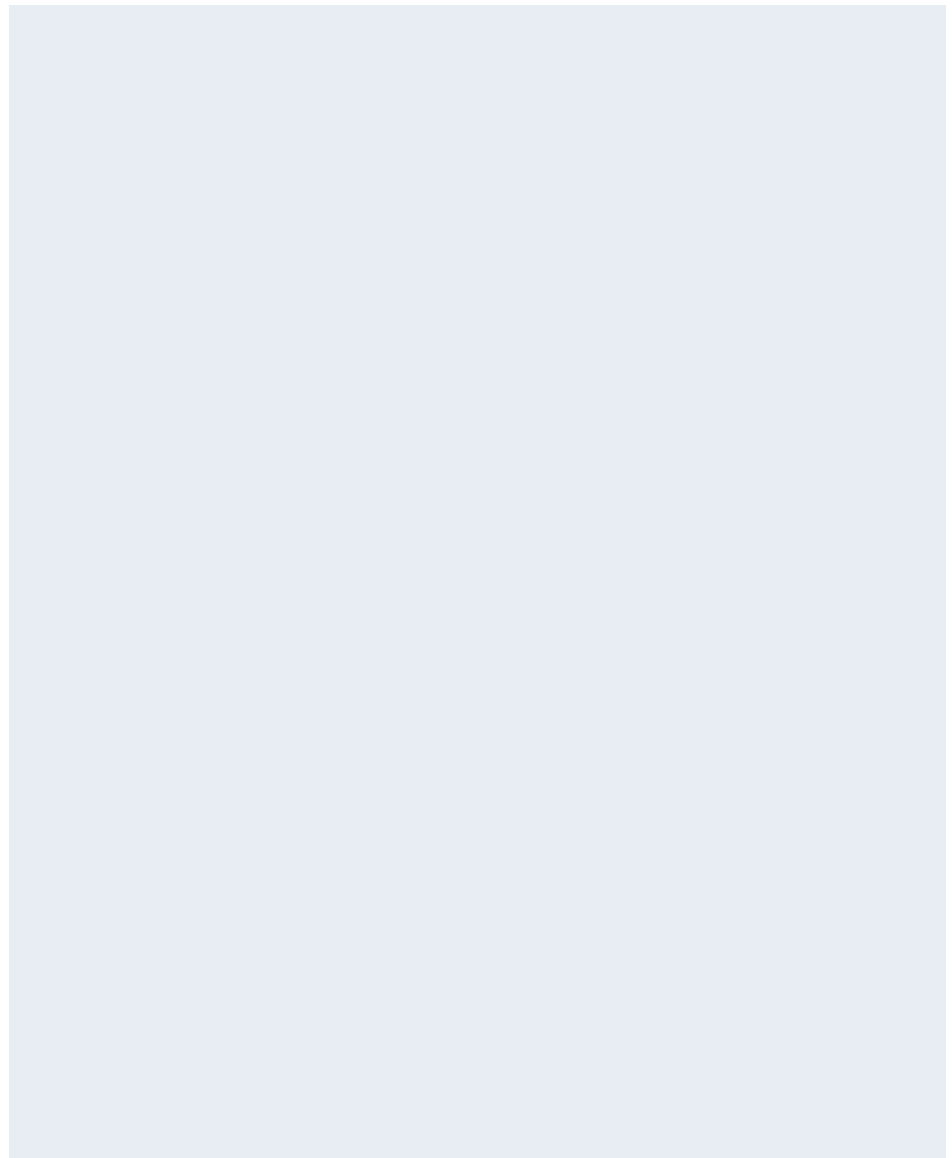
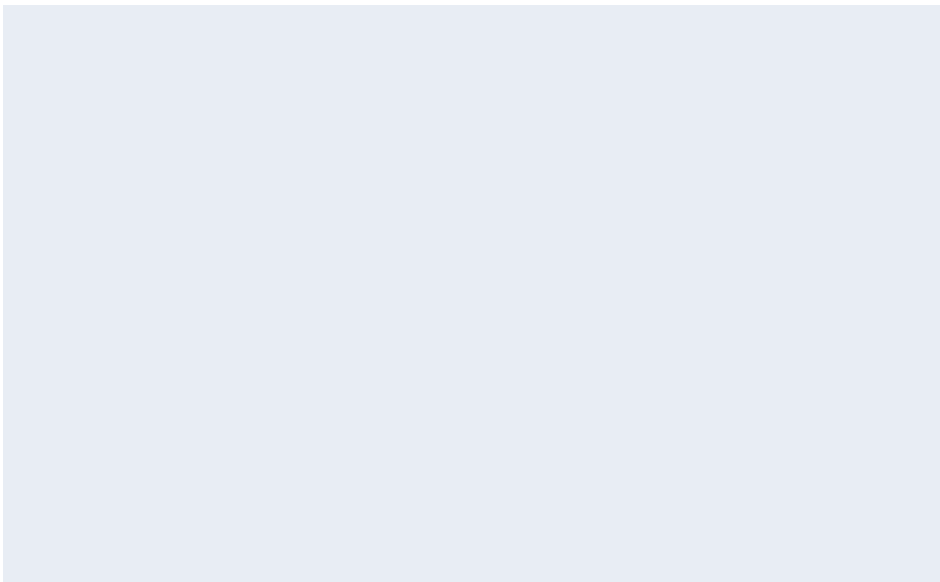
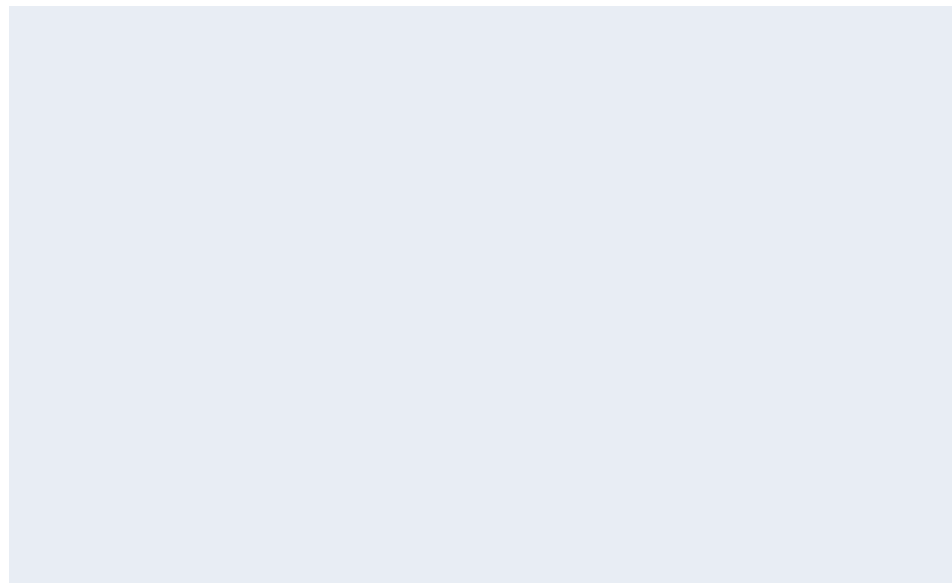
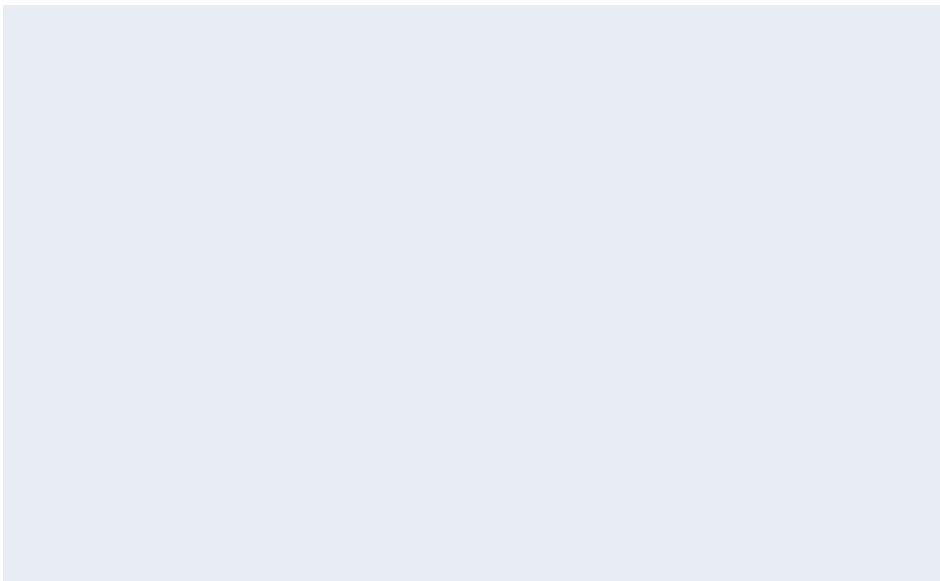
These career fields comprise approximately 3,235 positions.

Today, women make up approximately 15 percent, or nearly 202,400, of the U.S. military's 1.4 million active personnel. Over the course of the past decade, more than 280,000 women have deployed in support of operations in Iraq and Afghanistan.

Today's announcement follows an extensive review by the Joint Chiefs of Staff, who unanimously concluded that now is the time to move forward with the full intent to integrate women into occupational fields to the maximum extent possible.

It builds on a February 2012 decision to open more than 14,000 additional positions to women by rescinding the co-location restriction and allowing women to be assigned to select positions in ground combat units at the battalion level.

See COMBAT P14



JOINT BASE SAN ANTONIO-RANDOLPH

Photos by Joshua Rodriguez

Professional Performers

The Joint Base San Antonio-Randolph Top Three Professional Performers Award program recognizes enlisted members for their outstanding professionalism in the performance of primary and additional duties, along with involvement in base and community events.



**Airman 1st Class
Matthew Whitton**

**Airman 1st Class Matthew Whitton
902nd Communications Squadron**

Airman 1st Class Matthew Whitton is assigned to the 902nd Communication Squadron. While assigned to the Randolph Honor Guard A-Flight, Whitton was hand-picked to be a trainer. He provided 80 hours of training, honing the drill execution of 15 other Honor Guard members. He also dedicated nine hours to the Children's Hunger Fund, providing 1,200 boxes of toys to 30,000 local children. Whitton was also responsible for creating a new boot order process for imaging new computers. He authored a checklist and lesson plan subsequently briefing 23 fellow client support technicians, cutting imaging time in half.



**Tech. Sgt.
David Burns**

**Tech. Sgt. David Burns
359th Aerospace Medicine Squadron**

Tech. Sgt David Burns is assigned to the 359th Aerospace Medicine Squadron. He manages the Logistics Element of Randolph's Aerospace and Operational Physiology Training Flight. His knowledge and expertise was sought out to help on a recent Air Force Special Operations Command Safety Investigation Board, when he researched oxygen systems and provided data that impacted the system's safety guidance Air Force-wide. Additionally, he led the shipping, tracking and installation of a Hypoxia Familiarization Trainer, aligning the flight's hypoxia training with AETC/A3FM requirements. In the community, he participates as a band and choir member for his congregation.

Joint Base San Antonio-Randolph NEWS BRIEFS

Survivor benefit planning

The Randolph Airman and Family Readiness Center familiarizes service members and spouses with the options and advantages of a survivor benefit plan 8-9:30 a.m. or 1-2:30 p.m. Feb. 19. To sign up, call 652-3633.

Spouses re-integration skills

The Randolph Airman and Family Readiness Center hosts Open Arms, a workshop for spouses of returning military members 1-2 p.m. Feb. 20. The class provides resiliency skills and resources, and offers coping strategies for the various challenges specific to reuniting couples and families. To register, call 652-5321.

Commissary rewards card

The Defense Commissary Agency's new commissary rewards card allows shoppers to download coupons directly onto the card and redeem them at checkout. For more information, visit your local commissary.

Learn to be financially prepared

The Randolph Airman and Family Readiness Center offers a financial readiness class 2-3:30 p.m. Feb. 19. The class prepares today's Airmen for financial challenges through education and training. The class offers attendees ways to enhance their money management skills. For more information, call 652-5321.

Sexual assault, harassment hotline

Airmen, separated and still serving, who graduated from basic military training and technical training during the past 10 years, and who have any information about military training instructor sexual misconduct incidents, are urged to call the Air Education and Training Command's anonymous 24/7 sexual assault commercial phone line at 652-0008.

- To submit a brief for publication in the Wingspread, email all information to randolphpublicaffairs@us.af.mil.

JBSA-Randolph Chapel

• CATHOLIC

Monday-Friday

11:30 a.m. - Chapel 1

Saturday

5:30 p.m. - Chapel 1

Sunday

8:30 a.m. - Bldg. 975

11:30 a.m. - Chapel 1

Confession

Saturday

4:30-5 p.m. - Chapel 1



• PROTESTANT

Traditional

Sunday Service

8:15 a.m. - Chapel 1

Contemporary

Sunday Service

11 a.m. - Bldg. 975

The Joint Base San Antonio mobile application provides basic information about the primary JBSA locations. The mobile application, called "JBSA," is now available for download through the Apple App Store and the Google Play Store.

Traumatic Stress Response Team focuses on resilience

By Robert Goetz
Joint Base San Antonio-Randolph Public Affairs

Airmen and civilians who encounter difficult events in their lives – from natural disasters and deaths of loved ones to combat situations – have shoulders to lean on as they heal their emotional wounds.

A group of wingmen, known as the Traumatic Stress Response Team, is trained to help people cope with trying circumstances and prepare them for potentially traumatic events.

“The TSR program is focused on trying to mitigate the adverse outcomes and long-term consequences of traumatic events through a series of initiatives,” Capt. (Dr.) Timothy Rogers, 359th Medical Operations Squadron Alcohol and Drug Abuse Prevention and Treatment Element chief, said. “What’s great is that the team is not just composed of staff members from the mental health flight, but also from the Airman and Family Readiness Center and chaplain office, as well as peer representatives.”

Air Force Instruction 44-153 refers to TSR as a “coordinated response initiated by unit leaders in which the TSR team engages in the provision of services to

individuals and groups who may have or who have had direct exposure to a potentially traumatic event.”

Pre-exposure preparation, one of the services provided, is geared to Airmen and civilians more likely to experience traumatic events. TSR team members, typically from the mental health flight, discuss normal stress responses and describe techniques to manage stress.

“For pre-exposure briefings, we try to reach out to high-risk career fields, such as medical staff, firefighters, search and recovery, and security forces,” Tech. Sgt. Brian Hornberger, 359th MDOS Mental Health Flight chief, said.

For people who have been exposed to traumatic events, the TSR team provides education, intervention, screening, psychological first aid and referral, if necessary.

Representatives from the chaplain office specialize in bereavement counseling, Hornberger said, while the A&FRC hosts and supports the Emergency Family Assistance Control Center in times of disaster response, identifying populations needing intervention and community needs that can be met by TSR resources.

He said A&FRC representatives “also bring knowledge of additional

Mental Health Clinic February class schedule

To sign up, call 652-2448

Master Your Emotions is a four-session class from 11 a.m.-noon Wednesday, Feb. 13, 20, 27 held at the JBSA-Randolph Health and Wellness Center.

Stress Management/Relaxation for Parents is a one-time class from noon-1 p.m. Thursday at the HAWC.

Five Love Languages for Teens is a three-session class from 3-5 p.m. Monday, Feb. 11 and 25 at the Airman and Family Readiness Center.

Positive Parenting 0-3 Years is a three-session class from 11 a.m.-1 p.m. Monday, Feb. 11 and 25 at A&FRC.

How to Avoid Falling for a Jerk or Jerkette is a five-session class from 11 a.m.-noon Tuesday, Thursday, Feb. 12, 14 and 19 at the HAWC.

resources to the team.”

Rogers said people who have been exposed to traumatic events are allowed up to four free one-on-one

meetings with TSR team members, but only for education and consultation, not for medical assessment and treatment. These sessions are not noted in the person’s medical record.

If further services are required, these individuals are referred to resources on base or in the community, Rogers said.

“We educate people about their reactions,” he said. “If their feelings persist, we tell them where they can go for follow-up.”

Prevention is not confined to pre-exposure briefings. The mental health flight offers classes at the Joint Base San Antonio-Randolph Health and Wellness Center that help Airmen, dependents and civilians deal with everyday stressors as well as prepare them for potentially traumatic situations. These include “Stress Management/Relaxation Techniques” and “Master Your Emotions.”

“We’re definitely here to respond to traumatic events, but we are also proactive,” Rogers said. “We want to help instill resiliency so people are aware of what their stressors are and how to deal with them.”

Hornberger said resilience is “the whole purpose” of traumatic stress response.



Mental health flight tackles teen dating violence with programs

By Robert Goetz
Joint Base San Antonio-Randolph Public Affairs



A survey conducted by the Centers for Disease Control and Prevention in 2011 showed one in 10 high school students reported being hit, slapped or physically hurt on purpose by a boyfriend or girlfriend in a 12-month period.

During Teen Dating Violence Awareness Month in February, the 359th Medical Operations Squadron Mental Health Flight is offering three programs to help stem this tide of violence that can have longtime negative effects.

The month’s activities begin with the Relate Right San Antonio Program, an initiative of the Bexar County Family Justice Center, which will continue into May. Other programs are a Parents Lunch and Learn facilitated by the Relate Right team from 11 a.m. to noon Wednesday at the Joint Base San Antonio-Randolph Youth Center and a Teen Poetry Slam from 6 to 9 p.m. Feb. 23 at the JBSA-Fort Sam Houston Warfighter and Family Readiness Center.

“Disrespect between boyfriend and girlfriend is a trend that is rampant,” Gina Ramirez, 359th MDOS mental health technician, said. “We hope

to make teens more aware of the issues relating to dating violence and help them move toward healthy relationships.”

The Relate Right team, led by program coordinator Debbie Ledoux, visited Randolph Elementary School Jan. 25 and will continue its hour-long sessions today, Feb. 15, Feb. 22, March 1 and March 8. Sessions for older students will be conducted at the youth center Wednesday, Feb. 20, March 6, March 12, April 10, April 24, May 8 and May 22.

“The Relate Right program is an effort to stop the cycle of violence before it sabotages another generation,” Ramirez said. “The teams teach healthy behavior through PowerPoint presentations and role-playing activities. Members of the teams are college students, part-time teachers and counselors.”

Topics include healthy relationships, friendships, bullying and its consequences, teen dating violence, self-esteem and relating with authority.

The Parents Lunch and Learn program, also facilitated by the Relate Right team, will give parents an overview of the sessions their children are experiencing, especially the topics of healthy relationships and teen dating violence.

Ramirez said she is hopeful the programs will lead to

dialogue between students and their parents and enable them to apply the lessons they learn to their lives.

A related program called Five Love Languages for Teens is scheduled from 3 to 5 p.m. Monday, Feb. 11 and 25 at the Randolph Airman and Family Readiness Center. The program will help parents “discover how to identify and fluently speak their teen’s primary love language” and show teens “how to demonstrate and express their love to their parents, siblings, friends, boyfriends and girlfriends.”

The poetry slam, hosted by the Fort Sam Houston Family Advocacy Program in partnership with the Family Life Program, is seeking 13- to 18-year-old military-dependent students interested in performing or reading their original poetry to compete for cash prizes. The event will also feature food, music, door prizes and resources.

To register for the Relate Right and Parents Lunch and Learn programs, call the Randolph Youth Center at 652-3298. To register for Five Love Languages for Teens, call the 359th MDOS Mental Health Flight at 652-2448. For more information on the poetry slam, call the Fort Sam Houston Family Advocacy Outreach at 292-3501 or the Family Life Program at 221-0349.

JBSA-Randolph detective shares criminal justice experience

By Alex Salinas

Joint Base San Antonio-Randolph Public Affairs



The staff at Criminal Investigations, Bldg. 208, delves into crimes committed at Joint Base San Antonio-Randolph that require attention beyond what police service members handle.

To get the job done, Randolph employs two active-duty detectives and its lone civilian investigator, who continues gumshoe duties after serving nearly 10 years in the Air Force and becoming a detective while uniformed in 2003.

“It’s been a blessing to work for a military community after my time in the service,” Louie Cathro, 902nd Security Forces Squadron lead detective, said.

With close to a decade in criminal justice experience, Cathro approaches each case prepared for unknown sets of challenges and obstacles.

Between Cathro and his colleagues, more than 70 cases were investigated in 2012, with charges ranging from assault to driving under the influence.

Part of his casework includes interviewing suspects while examining the slightest details, like voice inflection, which Cathro said is crucial when attempting to collect accurate information or a confession.

Criminal Investigations runs separate operations from the Office of Special Investigations, which handles more egregious cases such as counter-threat and counter-intelligence felonies.

In addition to their core duty of working active crimes at Randolph, the Criminal Investigations office devotes resources to agencies that request assistance.

“Cases get assigned a number (in the system), but we do so much more that requires our time and effort that doesn’t get a case number,” Cathro said. “Helping other agencies can add one to 30 hours to our workload.”



U.S. Air Force Detective Louie Cathro, 902nd Security Forces Squadron Criminal Investigations, completes a latent fingerprint of a service member Tuesday at Joint Base San Antonio-Randolph.



Photos by Joshua Rodriguez

U.S. Air Force Detective Louie Cathro, 902nd Security Forces Squadron Criminal Investigations, simulates an interrogation of a service member Tuesday at Joint Base San Antonio-Randolph.

“I learn something every day. The day I believe I can’t learn something new is the day my pride is in the way, and that can be dangerous.”

Louie Cathro

902nd Security Forces Squadron lead detective

Detectives’ professional interests, such as a focus in a particular area or sub-field of criminal justice, may also fill their already-tight schedules.

Identifying criminal trends from Mexico to San Antonio that include multiple gang-related activities is Cathro’s area of interest, which he collects in a growing report to send to his superiors for refinement of law enforcement information and techniques.

“There’s definitely a unique aptitude needed for this job,” Cathro said. “No matter what someone’s academic background is, there are intangibles and personality-related traits necessary to becoming a successful detective.”

This doesn’t mean Cathro nor other police members are immune to the mental stressors of their work, but there is a level of humility they must maintain, Cathro said.

“I learn something every day,” he added. “The day I believe I can’t learn something new is the day my pride is in the way, and that can be dangerous.”

Separating emotions from cases or people and “balancing the scales in determining the weight of the crime from the weight of justice” are among the most pressing realities of being a detective, Cathro said.

“Not that any one of us has trouble, but we are human,” he said. “Having personal feelings about what we do is normal.”

To relieve stress, Cathro relies on family and his spiritual leanings.

Cathro’s spirituality is so important to his life to the degree he believes the work of his colleagues and himself is part of a higher purpose – a higher “calling.”

“I don’t believe people choose law enforcement; it chooses them,” he said.



Randolph senior earns big bucks

Samuel Tiller, a Randolph High School senior, receives a \$1,100 scholarship check for his essay on Native American Indian Heritage, from Ed Blauvelt, Joint Base San Antonio-Randolph Native American Heritage Month Committee chairman, Jan. 24. This yearly event strives to help educate the base community on the contributions and history of Native Americans.

Photo by Joel Martinez



The Wingspread, commander's action line, public affairs and marquee request inboxes have been consolidated to a single email address at randolphpublicaffairs@us.af.mil.

COMBAT from P6

"The Joint Chiefs share common cause on the need to start doing this now and to doing this right. We are committed to a purposeful and principled approach," said Chairman of the Joint Chiefs of Staff Gen. Martin Dempsey.

The DoD is determined to successfully integrate women into the remaining restricted occupational fields within our military, while adhering to the following guiding principles developed by the Joint Chiefs of Staff:

- Ensuring the success of our nation's warfighting forces by preserving unit readiness, cohesion and morale.
- Ensuring all service men and women are given the opportunity to succeed and are set up for success with viable career paths.
- Retaining the trust and confidence of the American

people to defend this nation by promoting policies that maintain the best quality and most qualified people.

- Validating occupational performance standards, both physical and mental, for all military occupational specialties, specifically those that remain closed to women. Eligibility for training and development within designated occupational fields should consist of qualitative and quantifiable standards reflecting the knowledge, skills, and abilities necessary for each occupation. For occupational specialties open to women, the occupational performance standards must be gender-neutral as required by Public Law 103-160, Section 542 (1993).

- Ensuring that a sufficient cadre of midgrade/senior women enlisted and officers are assigned to commands at the point of introduction to ensure success in the long run. This may require an adjustment to recruiting efforts, assignment processes and personnel policies. Assimilation of women

into heretofore "closed units" will be informed by continual in-stride assessments and pilot efforts.

Using these guiding principles, positions will be opened to women following service reviews and the congressional notification procedures established by law. Panetta directed the military departments to submit detailed plans by May 15, 2013, for the implementation of this change, and to move ahead expeditiously to integrate women into previously closed positions. The secretary's direction is for this process to be complete by Jan. 1, 2016.

The Joint Secretary of Defense and Chairman of the Joint Chiefs of Staff Women in Service Review Memorandum can be viewed at: www.defense.gov/news/WISRJointMemo.pdf

The Chairman's Women in Service Review Memorandum can be viewed at: www.defense.gov/news/WISRImplementationPlanMemo.pdf.



Joint Base San
Antonio-Randolph
Sports
BRIEFS

Youth sports registration

Registration for JBSA-Randolph's spring sports takes place today through Feb. 28. All youth must have a current physical, immunizations and an online sports registration form on file. The cost is \$45 per child for T-ball, ages 5-6 coed (must be age 5 by March 15); coach pitch, ages 7-8; baseball and softball, ages 9-18. For more information, call 652-3298.

**Bowling center -
652-6271**

- Colorama bowling takes place 7 p.m. today and Feb. 15. Customers who strike on the posted combination of colored pins will win prize money. The entry fee is \$15 per person.
- The bowling center celebrates Presidents Day weekend Feb. 16-18, with a special bowling rate of \$2.50 (excluding Thunder Alley) per person, per game. Shoe rental is \$2.25.

**Randolph Oaks Golf
Course - 652-4570**

- Randolph Oaks Golf Course hosts a free golf clinic for active-duty service members 9-11 a.m. Feb. 16.
- Randolph Oaks Golf Course hosts a Presidents Day golf tournament Feb. 18. Tee times are 7-9 a.m. and the entry fee is \$10, plus green fees and cart rental.

Archery shoot

Archers can compete in the Camp Bullis 3-D Archery Shooting Contest 8 a.m.-1:30 p.m. Feb. 23-24. For more information, call 295-7577.

SPORTS - HEALTH - FITNESS

Dental staff to offer dental tips to students

By Robert Goetz
Joint Base San Antonio-Randolph Public Affairs



The 359th Dental Squadron serves Joint Base San Antonio-Randolph's active-duty population, but it also provides valuable outreach to the youngest members of the community.

Children's Dental Health Month in February provides the 359th DS staff with an opportunity to visit Randolph Elementary School and offer oral hygiene tips to a captive audience of more than 600 students from kindergarten to fifth grade.

"We want to have an impact on the whole base, so this is a way we can reach the younger population and get them excited about dental care," Capt. (Dr.) Jessamy Thornton, 359th DS preventive dentistry officer in charge, said.

Thornton, accompanied by Staff Sgt. Jeffrey Jenkins and Senior Airman Louis Diaz, 359th DS prophylactic technicians, will visit Randolph Elementary School Feb. 19 and make presentations throughout the day during physical education classes.

She said the presentations will include a video, games that show which foods are good and bad for the students' teeth and dental models to show them how to brush their teeth correctly. Students will receive a package with educational materials, a tube of toothpaste and a toothbrush.

The Children's Dental Health Month observance will also include an informational table throughout the month at the JBSA-Randolph Medical Clinic.

Thornton said it's important that parents stress oral hygiene to their children and help the younger ones brush and floss their teeth.

"That duty really lies with the parents until their children get to an age when they can do it on their own," she said.

Parents should take great care with their baby's teeth, Thornton said.

"They need to be cleaning their baby's teeth and make sure they finish their bottle before going to sleep," she said.

The American Dental Association recommends placing only formula, milk or breast milk in bottles, not liquids such as sugar water, juice or soft drinks.

Thornton said people should brush their teeth at least twice a day, preferably after meals, using a soft-bristled toothbrush and a fluoride toothpaste.

"Angle the brush 45 degrees where the gums and teeth meet and brush for at least two minutes," she said. "Don't scrub really hard, which can damage the enamel; use a soft, circular motion."

Thornton said flossing is equally important.

"People should floss every day, typically before they go to bed," she said. "If you're not flossing, you're missing 40 percent



©2012 American Dental Association. All Rights Reserved.

Graphic courtesy of the American Dental Association

of the tooth surface."

Thornton said parents should also instill good eating habits in their children to promote oral health.

"Foods like crackers and chips and acidic juices and fruits like oranges and lemons can cause severe decay," she said.

Other items associated with cavities include soft drinks, candy and foods saturated in syrup.

Foods associated with oral health – as well as overall health – are vegetables, fruits, grains, milk products, lean meat, fish, beans and nuts.

Thornton said another important component of oral health is visiting the dentist regularly – at least once a year for an examination and cleaning.

Run/Bike/Run

The Rambler Fitness Center hosts its annual
Run/Bike/Run event 7 a.m. Saturday at Eberle Park.