



WINGSPREAD

JOINT BASE SAN ANTONIO-RANDOLPH

No. 23 • JUNE 14, 2013



Owners prepare for dog days of summer

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INSIDE ... CDOS SAFETY CONCERNS, P3, P13, and P15 ... AIRMAN CLIMBS MOUNT EVEREST, P10

COMMENTARY

POST-TRAUMATIC STRESS DISORDER

PTSD Awareness Month: remember, you are not alone!

By Office of Warrior Care Policy
<http://warriorcare.dodlive.mil>

While post-traumatic stress disorder is often associated with service members and veterans, affecting an estimated 11 to 20 percent of service members after a deployment, eight percent of the U.S. population at large will be affected by PTSD in their lifetime. The observance of June as PTSD Awareness Month helps highlight this issue of national importance.

PTSD is an anxiety disorder which may occur after experiencing a traumatic event such as combat exposure, physical or sexual assault or a serious accident, and may result in symptoms ranging from chronic sleep problems to irritability and hyper-vigilance. Not all service members or veterans suffer from PTSD as a result of their military service, and those service members who do experience PTSD are rarely dangerous to themselves or others, as the stereotypes imply. As President Obama recently noted in his remarks at the National Conference on Mental Health, “the overwhelming majority of people who suffer from mental illnesses are not violent. They will never pose a threat to themselves or others.”

“PTSD is an anxiety disorder, which may occur after experiencing a traumatic event such as combat exposure, physical or sexual assault or a serious accident, and may result in symptoms ranging from chronic sleep problems to irritability and hyper-vigilance.”

PTSD can still impact a service member’s successful recovery and transition, however, particularly in the area of employment. Many organizations, such as the White House’s Joining Forces initiative, GE’s Get Skills to Work coalition, and the US Chamber of Commerce’s Hiring Our Heroes program have made great strides in improving service member and veteran employment outcomes, but myths and misperceptions about service members and veterans with PTSD still persist. Campaigns such as the Army’s “Hire a Veteran” have been launched to debunk these myths, and additional information about PTSD is available from sources including the Defense Centers of Excellence and others.

Another important component of addressing PTSD is to ensure that it

is properly diagnosed and treated. In his speech, President Obama also noted that “less than 40 percent of people with mental illness receive treatment — less than 40 percent. We wouldn’t accept it if only 40 percent of Americans with cancers got treatment. We wouldn’t accept it if only half of young people with diabetes got help. Why should we accept it when it comes to mental health? It doesn’t make any sense.”

If you are, or know of, a service member in need of help or treatment, resources from the National Resource Directory, the DCoE’s Real Warrior’s Campaign and the Department of Veterans Affairs’s National Center for PTSD, are excellent places to start. Remember, if you or someone you know is struggling with PTSD, you are not alone!

Resiliency: learning to thrive in any situation

By Meg Reyes
 502nd Air Base Wing Director of Integration and Acting Community Support Coordinator

“What’s that word again?”
 “Resiliency!”
 “Oh, yes...I think I’ve heard about it before...”

Just like the two people conversing above, I am sure you’ve heard that word too: resiliency!

It’s a word used a lot throughout the Air Force, but not many take to heart. Many see it, specifically Comprehen-

sive Fitness, as just a program, but it’s much more.

Resilience is defined as “an ability to recover from or adjust easily to misfortune or change.”

And I submit resiliency is all about Total Force Fitness. Resiliency reinforces the actions required to thrive in any situation.

It reflects the essence of what we expect in strong Battle Buddies, Devil Dogs, Shipmates and Wingmen. Individuals become stronger when they seek help, have

compassion for others and celebrate success.

Total Force Fitness provides a structural and behavioral element to teach service members and families how to be stronger individuals while becoming more deeply connected to one another.

The Leadership Pathways Tiger Team, a team composed of NCOs and senior NCOs from across Joint Base San Antonio, has initiated a JBSA-wide resiliency program that includes leadership pathways, the Comprehen-

sive Fitness program and a Master Resiliency Training program. It is essentially a formal program that provides all the resources JBSA offers to support help service members and their families be resilient.

These resources include mental health, Alcohol and Drug Abuse Prevention and Treatment, Army Substance Abuse Program, readiness centers, chaplain, equal opportunity, health and

See RESILIENCY P13

ON THE COVER

David Allen holds his dog, Buster, as Stephanie Geren, 902nd Force Support Squadron veterinary technician, prepares to draw a blood sample during an examination at the Joint Base San Antonio-Randolph Veterinary Treatment Facility Wednesday. Photo by Airman 1st Class Alexandria Slade

WINGSPREAD

Joint Base San Antonio-Randolph
 Editorial Staff

Brig. Gen. Robert D. LaBrutta

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

JBSA-Randolph, Texas 78150

Phone: (210) 652-4410

Wingspread email

randolphpublicaffairs@us.af.mil

Wingspread Advertisement Office

Prime Time Military Newspapers

2203 S. Hackberry

San Antonio, Texas 78210

(210) 534-8848

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Safety officials say poor decisions at root of vehicular accidents

By Robert Goetz

Joint Base San Antonio-Randolph Public Affairs

The Air Force has lost 15 members in four-wheel private motor vehicle accidents during the Critical Days of Summer since 2010, underscoring the importance of safe driving habits.

A Joint Base San Antonio safety official said drivers should realize that operating a vehicle is a very important responsibility.

“Any time you take your mind or eyes off the task at hand, or take your hands off the wheel, you are irresponsible and increase your chances of being in an accident,” Ron Kirby, JBSA-Lackland ground safety manager, said.

Poor decision making is a “major cause” of vehicle accidents, Kirby said.

Examples of poor decision making include operating a cellphone to make a call or text, driving after consuming alcohol, speeding, not paying attention to road and

weather conditions and driving while fatigued, he said.

“Other examples are aggressive and reckless driving, running red lights and stop signs, and making unsafe lane changes and improper turns,” Marvin Joyce, 502nd Air Base Wing safety and occupational health specialist, said. “Not using seatbelts puts drivers and passengers more at risk of injury or death in the event of an accident.”

Using a cellphone or smartphone is an example of distracted driving, which Joyce called “a dangerous epidemic” on America’s roads.

“In 2011 alone, more than 3,000 people were killed in distracted driving crashes,” he said.

According to National Highway Traffic Safety Administration data from 2011, 10 percent of fatal crashes and 17 percent of injury crashes were distracted-affected, Kirby said.

Using a cellphone isn’t the only example of distracted driving, Joyce said. Others are eating and drinking, talking to passengers, grooming, reading, using a navigation system and watching a video.

“The three types of distracted driving are manual, visual and cognitive,” he said. “Text messaging is by far the most alarming distraction because it requires manual, visual and cognitive attention from the driver.”

Joyce said alcohol continues to be a factor in a large number of accidents.



Courtesy graphic

See ACCIDENTS P9

NEWS

Flag Day commemorates adoption of America's symbol

By Robert Goetz
Joint Base San Antonio-Randolph Public Affairs

A tradition with its roots in the 19th century continues today with the nationwide observance of Flag Day.

It's a day to honor the flag of the United States of America, its history and the heritage it represents.

It's also a day to be mindful of the actions that show respect for the flag, the protocol that is part of everyday life for honor guard members.

"What we do every day is respect the flag," Tech. Sgt. Adrena Lewis, Joint Base San Antonio-Randolph Honor Guard member, said. "It honors those who have died defending our freedom."

Title 4, Chapter 1, of the United States Code, which lists the numerous laws that govern respect for the flag, states it is "universal custom to display the flag only from sunrise to sunset on buildings and on stationary flagstaves in the open," but it can be displayed 24 hours a day as well.

"If it's flown at night, it needs to be illuminated," Lewis said.

The manner in which the flag is raised and lowered is also part of the code.

"The flag needs to be lowered slowly," Lewis said. "When you're raising it, you have to raise it briskly. If the flag is at half-staff and you're bringing it down for the day, it should be raised all the way up, then down."

Likewise, a flag that is raised to half-staff should first be raised to full-staff, then brought down to half-staff, Senior Airman Nicholas Pieper, Randolph Honor Guard lead trainer, said.

The material and size of a flag are also important considerations, Staff Sgt. Clinton Jenkins, Randolph Honor Guard member, said.

"Unless it's all-weather, it needs to be taken down in severe weather," he said.

The condition of the flag dictates replacement and proper disposal. The U.S. code specifies the flag "should be destroyed in a dignified way, preferably by burning."

"If it's weathered or torn, you want to change it out," Jenkins said.

One way to dispose of the flag is to take it to organizations such as the American Legion, Veterans of Foreign Wars and Boy Scouts of America that provide the service.

The Flag Day tradition dates back to

the late 19th century, when Bernard Cigrand, a young teacher at a school in Wisconsin, placed a 10-inch flag in a bottle on his desk on June 14, 1885, and assigned essays on the flag and its significance to commemorate the adoption of the stars and stripes as the flag of the United States that same day in 1777, according to the National Flag Day Foundation.

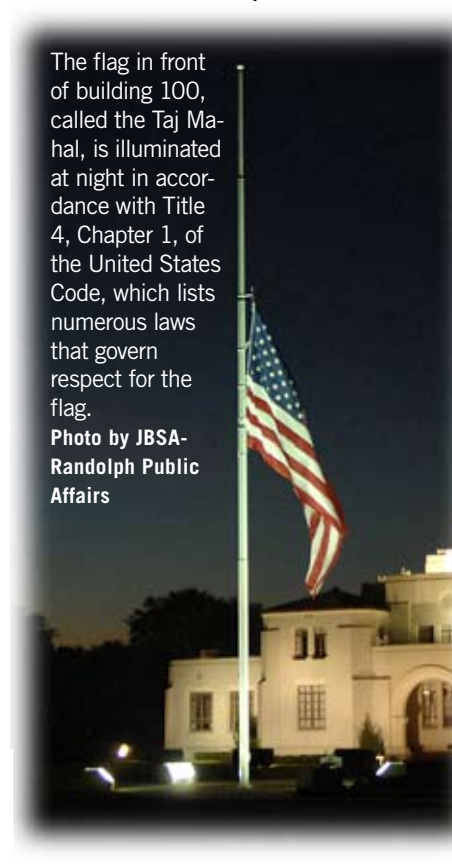
The teacher's years of effort to turn recognition of the flag into a national event reached fruition when President Woodrow Wilson issued a proclamation on May 30, 1916, that called for a nationwide observance of Flag Day. Thirty-three years later, President Harry Truman signed an Act of Congress that designated June 14 every year as National Flag Day.

The laws governing the flag that are contained in the U.S. Code can best be summarized by the statement "No disrespect should be shown to the flag of the United States of America."

"It's the symbol of the United States of America," Pieper said. "I hold it dear to my heart. I would die for it."

The flag in front of building 100, called the Taj Mahal, is illuminated at night in accordance with Title 4, Chapter 1, of the United States Code, which lists numerous laws that govern respect for the flag.

Photo by JBSA-Randolph Public Affairs



'Have Book – Will Travel' comes to JBSA-Randolph

By Alex Salinas
Joint Base San Antonio-Randolph Public Affairs

About 165 school-aged children have registered for the Joint Base San Antonio-Randolph Library's Summer Reading Program, which kicked off May 22 and ends July 27. The program includes weekly prize handouts and a bookmark, poster, poetry and story contest.

Registration is ongoing throughout the eight-week program.

This year's theme, which applies to all Air Force library summer reading programs, is "Have Book – Will Travel."

"Anytime you go somewhere, take a book with you," Gail Trevino, program librarian, said. "You never know how long a trip may be, so bringing a book allows you to escape wherever you are."

For Francine Gonzales, library technician, this year's theme is her favorite in eight years.

"I was a military brat, so the idea behind travelling will touch home with many military children who relate to that unique lifestyle," she said.

Summer readers will receive a book bag, reading log, bookmark and pencil upon registration and can

showcase their creativity by signing up for a number of contests.

The poster and bookmark contests are geared toward younger readers. The poetry contest is open to high schoolers entering grades 9-12, calling for poems about travelling that are 100 words or less.

New to Randolph's contest lineup is a story competition for children entering grades 5-8, where they will submit a story about their summer vacation, 150 words or less.

Entries for all contests are due 6 p.m. June 28.

Greater than contest participation, however, is the continuation of reading in the summertime, which is the heart and soul of the program, Trevino said.

"I encourage kids, and adults, to read as many books as they can," she said.

To help track the number of books and minutes read, a new online resource is available to patrons that can be accessed from any personal computer from the same website used to register for the program.

The website, which merges all JBSA libraries, also allows readers to post book reviews.

Trevino said getting more teenagers to join the program is her biggest challenge because "it's hard

to get them into the library."

In her second year organizing the summer reading program, Trevino said she is incorporating activities like game nights, which have been successful in drawing teens to the library.

"Keeping up with the latest trends in literature that include fantasy series novels and books based on popular TV shows and anything vampire-related, is also another way for librarians to connect with teenagers," Gonzales said.

"The literature classics will always be on reading lists, but I believe those lists need to be updated," Gonzales said. "Having young readers connect and relate to what they are reading is the best way to capture their interest, and once that happens, they can begin to expand their comfort zone and discover more authors."

To join the cost-free summer reading program, visit www.jbsalibraries.org, click on "Randolph Library" below "Have Book – Will Travel" at the bottom of the page and sign up. Patrons may also visit the library, building 598, to register.

For more information, call the Randolph library at 652-2617/5578.



Chiefs' group emphasizes mentorship in its activities

By Robert Goetz

Joint Base San Antonio-Randolph Public Affairs

As the highest-ranking enlisted members in the Air Force, chief master sergeants are counted on for their mentorship of noncommissioned officers and junior enlisted Airmen.

It's a relationship that also defines their own organization, the chiefs' group.

"Our purpose is to mentor and provide leadership for the enlisted force," Chief Master Sgt. Edwin Olan, Joint Base San Antonio-Randolph Chiefs' Group president, said. "Everything they do, we're here for them."

Serving as mentors and leaders requires chiefs to "represent the highest standards expected of all enlisted Airmen, regardless of location – in garrison or deployed," Senior Master Sgt. Steve Crawford, Randolph Chiefs' Group vice president and chief master sergeant-select, said.

"We, as a group and individually, should be seen regularly at all locations

See CHIEFS' GROUP P8



Photo by Joel Martinez
Airmen 1st Class Joshua Anderson, Micah Denson and Sarah Sawyer, 359th Medical Support Squadron, speak to Chief Master Sgt. Gregg Voss from Air Education and Training Command June 7 at Joint Base San Antonio-Randolph.

Who will be AETC's new King of the Hill?

By **Tech. Sgt. Beth Anschutz**
Air Education and Training Command Public Affairs

A new game focused on the Air Education and Training Command's Cost Conscious Culture initiative is adding a fourth "C" to C3 – competition.

King of the Hill, an online game in which AETC members can vote for their favorite AETC C3 ideas, debuted June 10 and runs for 42 days. Each day two cost-saving ideas will compete against each other for votes. At the end of the game, the voter who chooses the winning idea the most will be named King of the Hill.

"The Airmen and civilians of AETC have submitted so many great ideas since the inception of the C3 initiative and this is a great way to showcase those ideas and receive feedback," said Lt. Col. Michael Clark, AETC Command Action Group Director. "We can only get better with more participation; the more input we receive to improve the way we train, recruit and educate, the better AETC will be."

Here's how it works. Airmen and AETC civilians log into the King of the Hill site with their Common Access Card and pick their respective base from a drop down menu. The CAC login allows AETC to track individual

votes and base participation. Two ideas will appear in boxes and after a quick read of the descriptions, voters can choose which idea they like the most. The ideas will compete for 24 hours and each voter gets one vote during that time. Ideas will face double elimination, allowing them to compete at least twice. The game will track per voter, the accuracy of selecting the same ideas that end up winning each day, throughout the game. At the end of the game, the voter with the most winning votes will be named King of the Hill. Additionally, the AETC base or organization with the highest participation by percentage of its population will win the Organizational King of the Hill title.

The site also contains links to other C3 resources where Airmen can submit cost-saving ideas and read more about the initiative.

"This game is designed to spread the C3 message, share ideas and solicit feedback on those ideas. The site will also serve as an avenue for new idea submissions and a feeder to other C3 resources," Clark said. "Our main goal is awareness for the C3 initiative."

The King of the Hill game is accessible through the AETC Financial Management C3 portal or by visiting: <https://www-r.aetc.af.mil/sc/c3/wp/main.asp>. Voting opened June 10.

Key dates to vote for JBSA mission partners' C3 King of the Hill ideas:



- Today! – 59th Medical Wing
- June 17 – 502nd Air Base Wing
- June 18 – 12th Flying Training Wing
- June 28 – 37th Training Wing

Gate Hours change across JBSA

JBSA-Lackland

Phase I - starting Monday, June 17

Base Operations Automated PIN code access entry only
 Growden Gate 4 a.m. – 8 p.m. daily

Phase II – starting June 24

Luke West Inbound 6 a.m. – 2 p.m. Monday – Friday
 Outbound 3:30 – 5:30 p.m. Monday – Friday
 Security Hill Inbound 6 a.m. – 2 p.m. Monday – Friday
 Outbound 3:30 – 5:30 p.m. Monday – Friday

Phase III – starting July 8

Selfridge West Closed
 Selfridge East Inbound 6 a.m. – 2 p.m. Monday – Friday
 Outbound 3:30 – 5:30 p.m. Monday – Friday

JBSA-Randolph

Starting July 8

Main Gate (no change) 24/7
 East Gate (no change) Inbound 6:30 – 8:30 a.m. Monday – Friday
 Outbound 3:30 – 5:30 p.m. Monday – Friday
 West Gate 6 a.m. – 6 p.m. Monday – Friday
 Closed Weekends and Holidays

JBSA-Fort Sam Houston

Phase I - effective June 2

Wilson Gate 6 a.m. – 10 p.m. Monday – Friday
 Closed weekends and holidays
 SAMMC Beach Gate 6 a.m. – 7 p.m. Monday – Friday
 Closed weekends and holidays
 Harry Wurzbach West Gate Closed
 New Braunfels Outbound only 3:30 – 5:30 p.m. Monday – Friday

Phase II – starting Sunday, June 16

Holbrook Gate Closed
 Nursery Gate 6 a.m. – 10 p.m. daily
 Winans Gate 6 a.m. – 10 p.m. daily, open by patrol 4:30 – 6 a.m.
 to allow residents access to Harry Wurzbach.
 Winans and Nursery new hours have no impact to
 the elementary school bus route.
 Jadwin Gate Posting reduced and no privately owned vehicles

Phase III – starting June 30

Personnel posted at all remaining gates will be reduced. Security patrols may be reduced as available manpower dictates.

Air Force suspends IDEA and PECEI programs

The Air Force Innovative Development through Employee Awareness program and Productivity Enhancing Capital Investment program has been suspended since June 1 to support the Airman Powered by Innovation initiative. Ideas submitted prior to June 1 will continue to be processed; new submissions will no longer be accepted.

Each reference to the AF IDEA program that currently exists in any Air Force instruction, directive or policy is rescinded as of June 1.

PECEI program projects in the final stages of coordination will be approved on a case-by-case basis. New submissions will no longer be accepted.

Although these programs have been suspended, a new process to capture innovative ideas is being developed and is expected to be operational July 1. More information will be provided once it becomes available.

For questions concerning the IDEA program, call 652-8954.

For questions concerning the PECEI program, call 652-4332.

CHIEFS' GROUP from P5

and be open to serving as mentors to the Air Force's next generation of enlisted leaders," Crawford said.

One of the more visible and official ways chiefs mentor NCOs and junior enlisted Airmen is their participation in a question and answer session during one of the class sessions at the NCO Academy and Airman Leadership School, Olan said.

"That's an opportunity for those students to pick our brains," he said.

Another way chiefs assist NCOs and junior enlisted Airmen is to attend meetings of the Randolph Rising 5/6, an organization for technical sergeants, staff sergeants and staff sergeant-selects, and the Team Randolph Airmen's Council, which serves Airmen at pay grades E-4 and under, and "see what they need from us," Olan said.

Recognizing the contributions of NCOs and junior enlisted Airmen is an important function of the Randolph Chiefs' Group. The Chiefs' Pick applauds Airmen for "outstanding performance" and entitles them to a recognition ceremony.

The chiefs' group also supports Airmen's edu-

cational efforts. Its annual scholarship program, awarded on the basis of winning essays, provides \$800 in aid.

"The goal is to support the enlisted force," Olan said. "It helps Airmen and encourages them to go to school."

The organization contributes funds to a host of events, including award and induction ceremonies, promotion parties and other social gatherings, such as the chiefs' gathering, that brings current and retired chiefs together. The chiefs' group also supports causes such as the Fisher House, which provides free or low-cost lodging to veterans and military families receiving treatment at military medical centers, and Operation Blue Suit, which recognizes Air Force recruiters.

Crawford said he's "benefited from the mentorship of other chiefs and witnessed firsthand how their influence and positive energy can be the difference in a successful event or mission.

"It's an honor to serve alongside this caliber of leadership," he said.

WHASC Urgent Care Center to implement appointment system

Due to recent patient feedback, an appointment-based system will take effect July 1 at Wilford Hall Ambulatory Surgical Center's Urgent Care Center. The new system will allow patients to pinpoint the time they would like to be seen at the UCC for acute and non-emergency treatment.

To make an appointment, patients should call the Consult and Appointment Management Office at 916-9900.

**To advertise in the Wingspread,
call 534-8848.**

ACCIDENTS from P3

"In 2011, there were 32,367 fatalities, and 9,878, or 38 percent, were alcohol-related," he said. "Texas led the nation in vehicle fatalities with 2,998; 1,450 were alcohol-related."

There are many ways drivers can keep themselves and their passengers out of harm's way on the road, safety officials said.

"One way is to drive within the posted speed limit and adjust according to road and weather conditions," Kirby said. "Another way is to always drive defensively and keep a safe distance – the two-second rule – between you and the vehicle in front of you."

Courtesy plays an important role in safe driving, Joyce said. Examples are giving pedestrians the right-of-way in crosswalks, making room for bicycles and not engaging in dangerous behaviors such as tailgating, passing on shoulders and playing the stereo so loud it distracts other drivers.

Seatbelt usage is another important component of safe driving.

"Even if you take all the necessary safety measures, you can still be in an accident because of another unsafe driver, and the most important way you can keep you and your passengers safe is to always wear your seatbelts," Kirby said. "Seatbelts save lives, so wear it every time for every trip. Remember that a majority of vehicle accidents occur within 20 miles of the operator's home."

Joyce offered another recommendation in regard to private motor vehicle safety that is especially pertinent during CDOS.

"During hot weather, heat build-up in a closed or nearly closed car can occur quickly and intensely," he said. "Children and pets can die from heat stroke in a matter of minutes when left in a closed car. Never leave anyone in a parked car during periods of high summer heat."

JBSA-Randolph Chapel Regular Schedule

• CATHOLIC

Wednesday and 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

Joint Base San Antonio-Randolph News Briefs

"Hangar Doors are Open" luncheon

The "Hangar Doors are Open" monthly luncheon will take place at noon June 19 at the Kendrick Club. Retired Maj. Gen. Susan Pamerleau, Bexar County Sheriff, will be the guest speaker.

JBSA Exercise

A JBSA-wide exercise is scheduled to take place June 27. Drivers can expect traffic delays. Exercise messages will be delivered via email and giant voice. Messages will also be posted to the Straight Talk Line and social media sites. All exercise messages will be begin and end with the verbiage, "exercise-exercise-exercise." Please obey all traffic and security forces guidance.

USAF Band of the West performances

The USAF Band of the West Rock Band "Top Flight" will perform at 6:30 p.m. July 3 at the Schertz Annual Jubilee at Pickrell Park. The concert is free and open to the public, and suitable for all ages. The USAF Band of the West Concert Band will perform Independence Day tribute concerts at the following dates and times. Concerts are free and open to the public. For more information, call the USAF Band of the West at 671-3934.

- June 28, 7 p.m. at the New Braunfels Civic/Convention Center
- June 30, 3 p.m. at the Kerrville Cailloux Theater. Tickets are available at all Bank of the Hills walk-in locations.
- July 2, 7 p.m. at the Schertz Civic Center. Tickets are available at the Schertz Civic Center.
- July 5 and 6, 7 p.m. at SeaWorld San Antonio. This concert is free with admission to the park.

Commissaries implement furlough days

Beginning in July, most military commissaries including all Joint Base San Antonio commissaries will be closed Mondays. The closures will be up to 11 days between July 8 and Sept. 30.

12th FTW instructor pilot summits Mount Everest

By Bekah Clark
12th Flying Training Wing Public Affairs

An active mountain climber since he was a cadet at the U.S. Air Force Academy, Capt. Marshall Klitzke, a native of Lemmon, S.D., has felt at home in the mountains since he was a little boy.

"My grandfather was from [Colorado Springs] so I had visited the area since I was little," said Klitzke. "He always took me into the mountains to hike or fish and that's when I fell in love with them. I've always felt very comfortable there."

Klitzke, an instructor pilot with the 557th Flying Training Squadron at the U.S. Air Force Academy, Colo., along with six fellow U.S. Air Force members, climbed Mount Everest, reaching the summit on May 20.

The Airmen are all members of the [U.S. Air Force] Seven Summits Challenge team, an independent group of Airmen who, through the sport of mountain climbing, aim to spread goodwill about the Air Force. The team also uses its efforts to support and raise money for wounded warriors.

The team is aptly named for its self-imposed challenge to climb the highest peak on each of the world's continents. Since 2005, the team has scaled Mount Elbrus in Europe, Mount Kilimanjaro in Africa, Mount Aconcagua in South America, Mount McKinley in North America, Mount Vinson in Antarctica, Mount Kosciuszko in Australia, and finally, signifying the completion of their goal, Mount Everest in Asia.

According to Klitzke, who has also

climbed Mount Rainier in Washington and Ama Dablam in Nepal, the group is the first military team to scale all seven and the first U.S. military team to summit Mount Everest. The Mount Everest climb was the only climb Klitzke did with the group.

"A buddy of mine, Kyle Martin, and I have climbed together since we were cadets," said Klitzke. "He put Rob Marshall, a V-22 pilot and the co-founder of the group, in touch with me. Rob offered me a spot on the team for the Everest climb due to my previous experience climbing in the Himalayas."

To prepare for the climb, Klitzke cites living in Colorado as a benefit.

"Physically, you have to condition yourself, and living in Colorado you have the benefit of having the mountains in your backyard," he said, also crediting military training with his and the team's success.

"In the military, you're constantly dealing with and working through problems and it gives you that edge for how to push through challenges," he said. "It goes back even to my basic training at the Academy. That life experience in the military really bears true on the mountain - sometimes you just have to push through, put your head down and focus on putting one foot in front of the other."

That training aside, Klitzke is quick to acknowledge the risks of the sport, especially on a mountain as perilous as Mount Everest.

"You're always very conscious about

See **MOUNT EVEREST P14**

"You're always very conscious about how it is such a long ordeal, especially with the elements you're dealing with. You're living on rocks and ice for a month and a half, so something as simple as spraining your ankle has huge ramifications."

Capt. Marshall Klitzke
557th Flying Training Squadron instructor pilot

Courtesy photo/Photo illustration by Maggie Armstrong

Capt. Marshall Klitzke, an instructor pilot with the 557th Flying Training Squadron at the U.S. Air Force Academy, Colo., reaches the summit of Mount Everest May 20.





Photo by Staff Sgt. Josie Walck

Chief Master Sgt. Kevin Lambing, Chief of Medical Enlisted Force and personal advisor to the Air Force Surgeon General, briefs Airmen June 6 at Wilford Hall Ambulatory Surgical Center at Joint Base San Antonio-Lackland.

Air Force medical leader levels with San Antonio Airmen

By Alexis Culver
59th Medical Wing Public Affairs

The Air Force Medical Service's top enlisted advisor visited with Airmen from the 59th Medical Wing to discuss career issues during an enlisted call at the Wilford Hall Ambulatory Surgical Center auditorium June 6.

Chief Master Sgt. Kevin Lambing, Chief of the Medical Enlisted Force and personal advisor to the Air Force Surgeon General, met with the enlisted Air Force medical community in San Antonio to address matters of welfare, readiness, morale and career progression. Held at Joint Base San Antonio-Lackland, the gathering was video-teleconferenced to personnel at JBSA-Randolph.

Lambing began the enlisted call by explaining how the Air Force needs to return to an expeditionary mindset and how they will execute it.

"I need everyone to prepare themselves, and others, with the proper training and in bringing people to face the reality of what duties in Afghanistan are like," Lambing said. "Just as we came in as an expeditionary force, we will start to go out the same way."

Lambing continued by sharing a familiar adage.

"Invest yourselves in the lives of those you've been blessed to lead and blessed to serve," Lambing said. "We all got to where we are because someone took the time to invest themselves in our lives."

The chief challenged Airmen to continue with that investment to restore the Air Force's foundation as a respected institution. He also called for all Airmen medics to confront their "comfort zone" and help find solutions to the greatest challenge the Air Force Medical Service is facing this year – a reduced budget.

"We, as the AFMS, were told we needed to cut \$450 million out of our budget," Lambing said. "So we had to really think about how we were going to manage this and we took some cuts in some key areas."

AFMS made cuts in all but one uncompromising area – world class health care, he added.

"There's one thing we commit to, and it's the one thing I need you to stay committed to – that's the support and delivery of world class health care to our beneficiaries every day," Lambing said. "They deserve it – each and every one of them."

Although the Air Force faces many obstacles, the progression of professional education for the medical enlisted force remains firm.

For the past year, Lambing said he has been working with the Uniformed Services University of the Health Sciences, the federal academic health center, on behalf of the medical enlisted force.

The school prepares graduates for service in the medical corps. Enlisted Airmen who are U.S. citizens younger than 31, and have their five-level skill training and a baccalaureate degree can apply within the next month.

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Chief Master Sgt. Kevin Lambing
Chief of Medical Enlisted Force and personal advisor
to the Air Force Surgeon General

"The board will meet in October to select candidates, and the first class will start July 2014," he added.

With the positive steps toward conquering enlisted issues, Lambing left the Airmen with a few words of advice.

"You have to be able to communicate. Invest yourself in your people, develop your people and make sure they have what they need. Education is so valuable to us," he said. "We have to invest ourselves in educating and developing our people."



Experts share summer safety tips for dogs

By Alex Salinas

Joint Base San Antonio-Randolph Public Affairs

While the sun's ultraviolet rays can create numerous health issues in humans, they also can contribute to making the environment more dangerous for man's best friend.

Temperatures in the 90s and above may not only scorch dogs' paws on hot surfaces, but can raise their internal temperatures to 104 degrees, which is what's needed for them to have a heat stroke, Richard Avery, Joint Base San Antonio-Randolph Veterinary Treatment Facility doctor of veterinary medicine, said.

"The signs of heat stroke are extreme panting, excessive salivation, disorientation, possible collapse and death," he said. "It doesn't take much, especially in South Texas."

The Randolph VTF, which handles dogs more than any other pet, has seen cases mostly involving allergies and skin problems this year, Avery said.

Signs of allergies in animals are different than those seen in humans. Pets with allergies usually show signs of skin diseases, including scratching, excessive licking of the feet and secondary skin diseases.

"If you suspect allergies, visit a veterinarian so they can rule out what's causing the irritation," Avery said.

Vermin such as fleas and ticks thrive in Texas climate and are an "ongoing problem with outdoor dogs in the local area," Stephanie Geren, Randolph VTF animal



Photo by Airman 1st Class Alexandria Slade

Oscar, an Affenpinscher purebred, undergoes an examination by Dr. Richard Avery, 902nd Force Support Squadron veterinarian, at the Joint Base San Antonio-Randolph Veterinary Treatment Facility Wednesday.

health technician, said.

"Ticks are carriers of Lyme disease and several other diseases that can cause lameness, pain and some serious blood diseases," she said.

Fleas, on the other hand, can spread tapeworms, and mosquitoes can spread

heartworms, Avery added.

Even if a dog has only a few ticks or fleas, there are likely hundreds, or even thousands, more in a given area, so owners should take action to prevent them from spreading, Avery said.

Ticks may be harbored in grass, trees,

shrubs, dead leaves and in the walls of sheds and homes. Stray animals, including raccoons and possums, can be the cause of a constant problem with these parasites being in the environment.

If dogs remain outdoors for most of the day, especially when temperatures peak, owners should provide for them some sort of shade other than a dog house, which can trap heat, and at least two bowls of water in case one spills, Avery said.

Owners should never leave dogs unattended in cars, even when the windows are lowered, because of rapid heat build-up in the car's interior.

Contrary to popular belief, shaving off the coats of furrer dogs is not a necessity during the summer, Avery said.

"Their hair serves as an insulator," he said. "Just keep them cool and practice good brushing (once a day)."

Avery left a final piece of advice for dog owners: Never tether a dog with a chain.

"Dogs can get the chain caught on a pole or another stationary device and cause strangulation," he said. "They also cannot properly defend themselves in case of a stray dog attack."

The Randolph VTF, building 216, treats pets by appointment only 8 a.m.-4 p.m. Monday through Thursday, and 8 a.m.-3:30 p.m. on Friday. Active-duty members, retirees and reservists with TRICARE benefits are eligible to set up appointments by calling 652-3190.

For emergencies, visit local off-base veterinary clinics.

RESILIENCY from P2

wellness, Sexual Assault Prevention and Response, fitness and social activities, etc.

JBSA is the fourth installation in the Department of Defense to implement this program.

Various resources are available across all locations of JBSA for service members, civilians and their families. Check the website at <http://www.jbsa.af.mil/library/resiliency/> to see the available programs.

The most effective way to ensure our service-members are equipped to effectively manage the stresses associated with military life and deployment is to build their resiliency. Resilience is the ability to withstand, recover and/or grow in the face of stressors and changing demands.

It is possible to develop and strengthen resiliency by focusing on the four pillars of wellness, which encompass social, emotional, spiritual and physical dimensions. Leaders and supervisors

should be familiar with these dimensions and understand how each can be leveraged to assist service-members and their families manage reintegration and military life.

Resilient service-members tend to take responsibility, use positive and empowering attitudes, bounce back and move through obstacles and challenges more effectively.

Leadership Pathways is a program comprising several helping agencies that have come together to help the JBSA community receive specialized training in areas that affect service members and their families every day. These classes are proven to help service members and their families become resilient. Please click on a pathway to see what classes are offered.

In addition, supervisors can nominate their people for JBSA recognition after they complete five Leadership Pathways classes. Along with making such programs available, Leadership Pathways will also

recognize those members who utilize the resources most-as submitted by supervisors.

We hope you and those around you take advantage of this great opportunity, become more resilient and help others thrive.



Can it be recycled?

Numerous materials including used oil, plastic or glass bottles, used electronics, cardboard, paper, aluminum cans and various other scrap metals can be dropped off at the Joint Base San Antonio-Randolph Recycle Center. Items are accepted from both the home and workplace.

For more information, visit the Randolph Recycle Center, located in building 1152, or call the Randolph Recycle Team at 652-5606 or 652-1160.

MOUNT EVEREST from P10

how it is such a long ordeal, especially with the elements you're dealing with," he said. "You're living on rocks and ice for a month and a half, so something as simple as spraining your ankle has huge ramifications."

Maintaining physical health and stamina for the summit push, which according to the team's blog takes on average 12,000 calories to complete, is vital.

"You're [at such a high altitude] that your body has to burn so many extra calories just to continue to exist," he said. "I lost about 28 pounds from the time we landed in country to when we finished the climb."

The group spent about 50 days in country to accomplish the climb.

"It took two weeks just to hike to the base camp," said Klitzke. "Once you're there, you have to acclimate so you go up part of the mountain several times before the summit push. While we were there, we estimate that we climbed more than 44,000 feet total.

"You go up to Camp One and come back to base camp, then up to Camp Two and back down, then up to Camp Three and then back down. This basically triggers your blood to create more red blood cells so that you can maintain safe blood oxygen levels."

Once the group acclimated, it took about four days for the summit climb - at 4:30 a.m.

on May 20, the team reached the summit.

"You spend almost two months getting there, and even though you only get 15 minutes to take everything in it is absolutely worth it," he said. "It was pretty amazing getting to see the sunrise over the Tibetan plains and watch the whole world light up."

Now that he's climbed the highest peak the planet has to offer, Klitzke has his sights set on medical school.

"While mountaineering will probably always be a part of my life, I have a passion for trying to help people and I feel like I have a lot of ability to do that," he said. "So my next goal is to become a pilot physician."

The experience of a lifetime wouldn't have been possible without the support he received from his commander and squadron, according to Klitzke.

"They were nothing but supportive before, during and after the climb. I'm really thankful for all of the encouragement and support they gave me."

"We couldn't be more proud of Marshall and the team," said Lt. Col. Bradley Oliver, 557th FTS commander. "In addition to climbing Mount Everest, Marshall is an instructor in all three of our aircraft and is an exceptional officer. I hope his next dream of going to medical school is realized."

Joint Base San Antonio-Randolph
Sports BRIEFS

Father's Day bowling

Bowling is free for dads at the JBASA-Randolph Bowling Center 1-4 p.m. Sunday. This does not include rental shoes. For details, call 652-6271.

Marathon training

The JBASA-Randolph Rambler Fitness Center invites marathon runners to Eberle Park 7 a.m. June 22 to run a 10-mile course. This will be the first of three marathon-training runs. For details, call 652-7263.

Randolph pool hours

JBASA-Randolph's Center Pool is open 1-8 p.m. Monday, Wednesday, Thursday and Friday; 11 a.m.-8 p.m. Saturday and 1-6 p.m. Sunday. Lap swim and swim lessons are available at the South Pool. For details, contact Outdoor Recreation at 652-3702.

Swim lessons

JBASA-Randolph parents may still register their children for swim lessons. Dependents must meet age and prerequisite skill requirements. Parents must bring their Department of Defense ID card to register. Registration is on a first-come, first-served basis. For details, call 652-3702.

Season pool passes

Season pool passes are available for purchase. For details, call 652-3702.

Canyon lake offers sunset cruise

The JBASA Recreation Park at Canyon Lake offers sunset cruises at 7:30 p.m. every Saturday in July and August (excluding July 6). The boat casts off from the Hancock Cove marina. For reservations, call 830-226-5065.

SPORTS - HEALTH - FITNESS

Protective measures allow for 'Hot Fun'

By Alex Salinas

Joint Base San Antonio-Randolph Public Affairs



As temperatures rise and summer activities are in full swing, using personal risk management remains the No. 1 way to stay cool and beat the heat, which is the theme behind a Critical Days of Summer weekly topic called "Hot Fun in the Summertime."

Of popular summer activities that include barbecuing, visiting parks, swimming and motorcycling, exposure to sunlight is the common denominator, Marvin Joyce, 502nd Air Base Wing safety and occupational health specialist, said.

"Sunburn, heatstroke and other heat-related illnesses may not cause a fatality, but can cause lost work days and days of pain," he said. "A simple, effective way to prepare is by having a list of necessities for all your activities."

At the top of the list are applying sunblock, wearing proper clothing and staying hydrated.

All sunblocks have a sun protection factor rating, which indicates how long they will remain effective on skin, but choosing one can get complicated, Staff Sgt. Jason Boyd, 359th Aerospace-Medicine Squadron aerospace and operational physiology craftsman, said.

"You can determine how long your sunblock will last by multiplying the SPF factor by the length of time it takes for you to get sunburned when not wearing sunblock," he said.

For example, an SPF rating of 15 will give a person who sunburns without sunblock in 10 minutes about 150 minutes of protection.

"It's important to try several different brands to find which one works and feels the best for your skin type," Boyd said. "As a recommendation, use a sunblock with an SPF of at least 30 with reapplications about every two hours," primarily because swimming or sweating causes them to lose effectiveness.

When it comes to being outdoors, proper attire depends on the activity, but in general, "think light and loose," Boyd said.

"When you get hot, you sweat, and to cool off, you need that sweat to evaporate,"

"Sunburn, heatstroke and other heat-related illnesses may not cause a fatality, but can cause lost work days and days of pain. A simple, effective way to prepare is by having a list of necessities for all your activities."

Marvin Joyce

502nd Air Base Wing safety and occupational health specialist

he said. "It's evaporation that drains heat from your body. So if you're exercising in the heat, wear as little as possible."

When motorcycling, wearing a long sleeve cotton shirt not only keeps the body cool, but prevents it from overexposure to ultraviolet rays, especially on the arms, Joyce said.

"Loose clothing allows air to pass along the skin and exit, thus speeding evaporation and carrying off excess heat," Boyd said.

Whatever the body loses in sweat must be put back with water.

"Water makes up more than half of your body weight and staying hydrated can become an issue," Boyd said. "Most people have been told they should drink six to eight 8-ounce glasses of water per day.

"However, different people need different amounts to sufficiently stay hydrated."

To practice good hydration, make it a habit to keep a water bottle with you throughout the day and to drink water before, during and after exercise, Joyce said.

"With any summer activity, always bring an extra bottle of water or two, just in case," Joyce added.

"Water is a big part of us and we need it to cool off, function properly and to maintain normal temperature."



Courtesy graphic