



# WINGSPREAD

JOINT BASE SAN ANTONIO-RANDOLPH

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**12th FTW mechanics  
maintain aircraft**

## COMMENTARY

### THERE IS A DIFFERENCE

# Memorial Day honors those who didn't live to see Veterans Day

By Lt. Gen. William B. Caldwell IV  
Commanding general, U.S. Army North  
(Fifth Army) and senior Army commander,  
Fort Sam Houston and Camp Bullis

Many Americans confuse Veterans Day, which takes place in November, with Memorial Day, which occurred May 27.

The difference is subtle but simple: Veterans Day recognizes the service of our men and women in uniform, whereas Memorial Day recognizes those men and women who have paid the ultimate sacrifice – giving their lives in defense of our nation.

Having recently celebrated Memorial Day, I'm concerned many Americans are misinformed or unaware of why we celebrate this day or who it honors.

To our nation's Gold Star Families, those who have lost a loved one while serving in our nation's military, Memorial Day has a much deeper and personal meaning.

#### Memorial Day

Memorial Day, originally called "Decoration Day," is a day of remembrance for those who died in our nation's service. It was officially proclaimed on May 5, 1868, by Gen. John Logan, the national commander of the Grand Army of the Republic, and was first observed on May 30, 1868, when flowers were placed on the graves of Union and Confed-

“The difference is subtle but simple: Veterans Day recognizes the service of our men and women in uniform, whereas Memorial Day recognizes those men and women who have paid the ultimate sacrifice – giving their lives in defense of our nation.”

erate Soldiers at Arlington National Cemetery.

By the end of the 19th century, ceremonies were being held each year on May 30 across the nation. It was not until after World War I that Memorial Day was expanded to honor those who died in all American wars.

In 1968, Congress passed Public Law 90-363, which moved several federal holidays to designated Mondays and, as a result of that law, Memorial Day changed to the last Monday in May.

In a May 2000 memo sent to his executive departments and agencies, President Bill Clinton proclaimed that "Memorial Day represents one day of national awareness and reverence, honoring those Americans who died while defending our Nation and its values."

#### Veterans Day

Veterans Day, held annually on

Nov. 11, honors those who have served in the United States Armed Forces. President Woodrow Wilson first proclaimed Nov. 11 as Armistice Day back in November 1919, making it a legal holiday to honor our nation's World War I veterans.

Nearly two decades later, veteran's service organizations urged Congress to change the name to "Veterans Day" and also honor veterans from both WWII and Korea. On June 1, 1954, Congress passed Public Law 380, making November 11 a day to honor American veterans of all wars.

So the next time you happen upon a news article or overhear a conversation where the lines between Veterans Day and Memorial Day have been inadvertently blurred, I charge each of you to go and set the record straight. We owe that to all of our nation's military veterans, both living and dead.

## ON THE COVER

Al Dixon and Greg Binford, 12th Flying Training Wing aircraft mechanics, remove the jet engine from a T-38 Talon May 9 at Joint Base San Antonio-Randolph.

Photo by Benjamin Faske

## WINGSPREAD

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Graphic by Rich McFadden

# Zero mishaps reported in JBSA Critical Days of Summer kickoff

By Alex Salinas

Joint Base San Antonio-Randolph Public Affairs



Critical Days of Summer kicked off May 23 with historic rain, and while it killed three people, destroyed 22 homes and damaged 137 houses throughout the local area according to the San Antonio Express-News, no fatalities or serious injuries were reported for the Joint Base San Antonio community during Memorial Day weekend.

CDOS, an annual Air Force campaign to raise awareness of hazards during summertime, began Memorial Day weekend and concludes Sept. 3.

“The local area had one of the heaviest rainfalls on record, so personal involvement, personal accountability and watching out for each other made the weekend a success,” Jewell Hicks, 502nd Air Base Wing chief of safety, said. “However, there is no time for us to relax because we have another 13 weeks to go of what has historically been the time of year when Department of Defense agencies experience the highest number of fatalities and disabling mishaps.”

While the Air Force suffered zero on-duty fatalities during the 15-week CDOS campaign in 2012, 16 Airmen died in off-duty mishaps, two stemming from alcohol.

According to Air Force safety reports, nine of those mishaps involved motorcycles and the rest were at

*“A lot of times, peer pressure and alcohol is the underlying issue with these mishaps, especially with our younger Airmen. The best thing everyone can do is use personal risk management and look closely at every activity they do.”*

**Linda Howlett**

*JBSA-Randolph ground safety manager*

home, in privately owned motor vehicles and during sports and recreation.

“A lot of times, peer pressure and alcohol is the underlying issue with these mishaps, especially with our younger Airmen,” Linda Howlett, JBSA-Randolph ground safety manager, said. “The best thing everyone can do is use personal risk management and look closely at every activity they do.”

Because roadways are where most Air Force members lose their lives, several of the weekly CDOS topics will focus on driving safety, Howlett said.

“The recurring themes are excessive speed, alcohol, fatigue and failure to use safety belts,” Hicks said. “If you ride a motorcycle, your risk increases exponentially.”

Water sports are typically the second-leading cause

of death during the summer, which includes swimming, tubing and riding jet skis, Howlett said.

The Memorial Day weekend floods, in terms of safety planning, reinforced the notion that common sense can be the difference between life and death.

“Mother Nature is unpredictable, so if you’re capable, do everything you can to stay out of her way when the weather is dangerous,” Howlett said. “Where there are low-water crossings, ‘turn around, don’t drown.’ It only takes two feet of water to push a vehicle.”

There were also no fatalities reported in Air Education and Training Command during Memorial Day weekend.

The theme for this year’s CDOS campaign is “Safe ’n Sound – All Year Round.”

## NEWS

# 'Lean' workshops helping clinic staff improve productivity

By Robert Goetz  
Joint Base San Antonio-Randolph Public Affairs

An initiative is under way to turn the Joint Base San Antonio-Randolph Medical Clinic into a "lean" facility.

A series of "lean" workshops began in May, orienting 359th Medical Group active-duty members and civilians to ways they can improve processes to save resources and eliminate waste in the delivery of health care services.

"Lean is a process of eliminating waste," Tech. Sgt. Rolando Guerrero, 359th Medical Operations Squadron Physical Therapy Flight chief, said. "The plan is to change the topic each month and focus on a new lean tool so employees can rapidly use it in their duty sections."

The first workshop – titled "What is Lean?" – was delivered to 60 people over the initial four one-hour class periods, he said. Participants divided into two teams and simulated the process of treating patients from start to finish, attempting to treat as many as possible within five minutes in two different rounds.

"The objective was to have people be able to recognize the eight types of waste in their current processes," Guerrero said.

Guerrero, who set the stage for the workshops by implementing changes over a year's time at the physical therapy

flight, said the lean concept was born in Toyota's automobile manufacturing process more than a half-century ago.

Guerrero was qualified to lead process improvements as a result of Air Force Smart Operations for the 21st Century green belt training he received when he was assigned to Luke Air Force Base, Ariz. AFSO 21 is the Air Force's effort to maximize value and minimize waste in all its processes.

When he was assigned to Randolph last year, he wanted to apply his knowledge throughout the clinic, so he started at his own flight.

The physical therapy flight successfully addressed a number of issues, reducing its no-show rate, better organizing items in the storage room, keeping frequently used supplies in the therapy area and implementing changes to free technicians from administrative chores.

Guerrero said there was "resistance at first" to the changes.

"It was hard to do, but then people felt the advantage," he said. "Now we've done a whole 180. People are fixing things without me saying anything. We want to get the medical clinic on the same level."

First Lt. Christine Mulshine, 359th Medical Support Squadron patient administration officer in charge, said one of the biggest benefits of implementing lean processes is immediate stress reduc-



Photo by Rich McFadden

Tech. Sgt. Rolando Guerrero, 359th Medical Operations Squadron Physical Therapy Flight chief, conducts a "lean" workshop May 29 at the Joint Base San Antonio-Randolph Medical Clinic.

tion in the workplace.

"I know the last thing people associate with performance improvement initiatives is stress reduction, but utilizing lean principles in the workplace has a marked effect on reducing the constant firefighting that we can encounter when trying to accomplish our tasks," she said.

Mulshine said less time is spent hunting down supplies or tracking a lost document, and expectations of performance and timelines are made explicit.

The benefits are "very real, both tangible and intangible," she said.

Trained as a Lean Six Sigma green belt in the civilian community, Mulshine is assisting Guerrero in the lean workshops. Six Sigma is a method to eliminate variations and standardize processes.

Changes at the physical therapy flight resulted in improved morale among the staff and more satisfaction from patients, Guerrero said.

Cost savings are yet another benefit of lean processes, Guerrero said.

"You see that immediately," he said.



## Commissaries plan for furlough Mondays

By Kevin L. Robinson  
Defense Commissary Agency

When furloughs are implemented, most military commissaries will close one day a week on Mondays, the Defense Commissary Agency's top official said. The closures will be for up to 11 days between July 8 and Sept. 30.

"We know that any disruption in commissary operations will impact our patrons. "Also, we understand the tremendous burden this places on our employees, who, when furloughed, will lose 20 percent of their pay," said Joseph H. Jeu, DeCA's director and CEO.

"We determined that Monday closures would present the least pain for our patrons, employees and industry partners," Jeu added.

Closing commissaries on Mondays would be in addition to any day stores are routinely closed. The 148 stores that routinely close on Mondays would also close the next normal day of operation. Other than the furlough day, there are no other changes

planned for store operation hours.

The announcement comes as DeCA follows Department of Defense protocols related to the automatic federal government budget reductions, known as sequestration, which began March 1. Like most DOD activities, DeCA is mandated by DOD to furlough its civil service employees. Furlough notices were delivered to DeCA employees between May 28 and June 5.

DeCA has 247 commissaries with more than 16,000 employees operating in 13 countries and two U.S. territories. Furloughs will impact all of DeCA's more than 14,000 U.S. civilian employees.

As sequestration continues, commissary customers can quickly find out about any changes to their local store's operating schedule by going to <http://www.commissaries.com>, clicking on the "Locations" tab, then "Alphabetical Listing," finding their store and clicking on "local store information."

Patrons are reminded that because sequestration is so fluid, DeCA's plan for this budget-cutting mea-

sure is subject to change.

DeCA decided on Monday closures after weighing the potential disruption to patrons and suppliers of having rolling furloughs, where closure dates would differ from store to store. Universal Monday closures are less disruptive to shoppers and the agency's industry partners – vendors, suppliers and distributors – who deliver products daily to DeCA's commissaries.

Store staffs overseas include a mix of U.S. and local national employees. Because they are not U.S. government employees, local national employees are not subject to this furlough actions. Select locations overseas will open if they have an adequate local national staff. However, if an overseas store is closed, its local national staff will report to work and perform other store-related duties.

In January, DOD released guidance to allow defense components to plan for potential budget cuts by reducing operating costs. In line with that direction, DeCA later executed the following budget-cutting measures:

See **COMMISSARIES P8**

## Asian dancers demonstrate craft



Ratchada Kiewyoi, a dancer with the Korean American Association of San Antonio, performs a traditional Thai dance during the annual Asian-American Pacific Islander Heritage Festival May 30 at Joint Base San Antonio-Randolph.



Photos by Benjamin Faske

Hyunsook Yongmi Hawkins Park, a dancer with the Korean American Association of San Antonio, performs a traditional Korean dance at the annual Asian-American Pacific Islander Heritage Festival May 30 at Joint Base San Antonio-Randolph.

# *Aerospace medical technicians train weekly, remain proficient*

By Alex Salinas  
Joint Base San Antonio-Randolph Public Affairs



Every week, 359th Aerospace-Medicine Squadron enlisted members are required to participate in training to keep them proficient in a medical world where there is little to no room for mistake, all while continuing daily patient-care operations at an unaffected pace.

“Our mission is to provide medical care to all fliers and their families,” Tech. Sgt. Alex Farfan, 359th AMDS flight medicine supervisor, said.

The squadron also caters to flight crew members, air traffic controllers and their families. About 1,500 patients are impaneled to the squadron’s services.

“To accomplish the mission, our active-duty technicians train every Wednesday for about two hours while our civilian techs take care of afternoon patients,” Master Sgt. Deshundra King, 359th AMDS flight medicine chief, said.

The squadron, which is “Air Force Instruction-driven” because they follow more than 10 AFIs, trains on a wide variety of medical topics, Airman 1st Class James Johnson, 359th AMDS aerospace medical technician, said.

See **AEROSPACE P9**



Photo by Don Lindsey

Capt. Sarah Thomas, 359th Medical Wing flight surgeon, provides guidance to Airman 1st Class James Johnson on performing a visual acuity test May 31 at the Joint Base San Antonio-Randolph Medical Clinic.

# Rising 5/6 makes mark in leadership, community service

By Robert Goetz

Joint Base San Antonio-Randolph Public Affairs



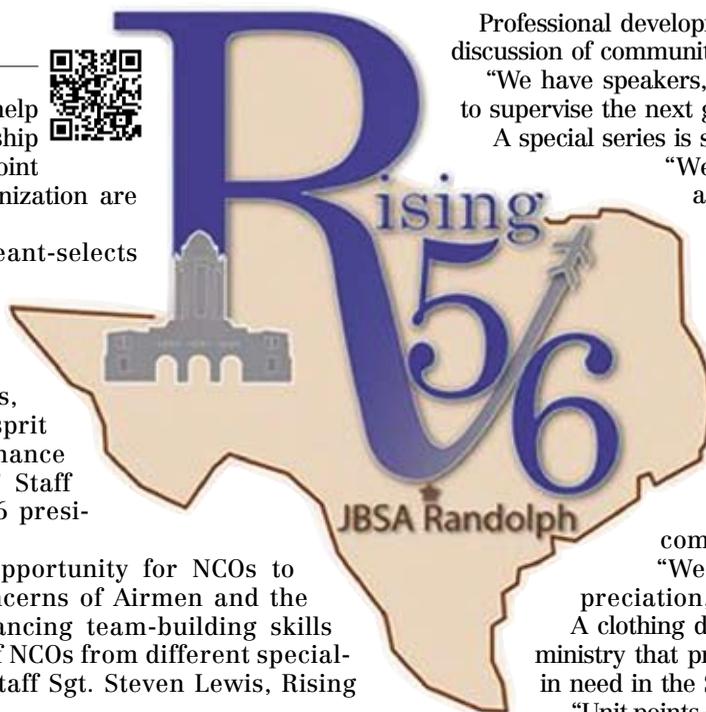
Whether they're volunteering their time to help families in need or taking advantage of leadership opportunities, NCOs who are active in the Joint Base San Antonio-Randolph Rising 5/6 organization are leaving a positive imprint on the Air Force.

Open to all staff sergeants, staff sergeant-selects and technical sergeants, the Rising 5/6 meets at 10 a.m. the third Thursday of each month at the Kendrick Club.

"The purpose of the Rising 5/6 is to provide leadership training and opportunities, promote professional development and esprit de corps, and support programs that enhance the mission of junior enlisted members," Staff Sgt. Demond Darden, Randolph Rising 5/6 president, said.

The organization also "provides the opportunity for NCOs to stay engaged with current issues and concerns of Airmen and the Air Force, and provides NCOs with enhancing team-building skills through interaction with a diverse group of NCOs from different specialties, experiences and functional areas," Staff Sgt. Steven Lewis, Rising 5/6 vice president, said.

In addition, the organization provides senior leaders with valuable feedback, he said.



Professional development is an important part of Rising 5/6 meetings, along with discussion of community service and fundraising projects, Darden said.

"We have speakers, usually from base organizations, who enlighten us as NCOs to supervise the next generation of Airmen," he said.

A special series is scheduled to start in June, Darden said.

"We will roll out the John C. Maxwell Leadership Series at the next few meetings," he said. "That series focuses on the fundamental aspects of being a leader and the core qualities of success."

The Rising 5/6 has no enrollment or membership requirements, Darden said. NCOs are active in the organization by attending meetings and taking part in its projects.

One of the Rising 5/6's regular projects is sponsorship of the staff sergeant and technical sergeant promotion socials. Activities such as a commissary fundraiser planned for June 29 help the organization raise money for these promotion socials and other events, Darden said.

The organization is also involved in the San Antonio community, Darden said.

"We want to give back to the community to show our appreciation," he said.

A clothing drive in June will benefit Taking it to the Streets, a nonprofit ministry that provides meals, clothing and other forms of support to people in need in the San Antonio area.

"Unit points of contact will put boxes out and collect clothing items throughout June," he said. "We're soliciting POCs at all the units. This is a project that will make a bigger impact on the community."

See RISING 5/6 P9

## 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

### Annual pass saves money

The JBSA Recreation Park at Canyon Lake offers annual passes for \$50. This pass gets holders into both sides of the park. Annual passes include a vehicle and boat/trailer pass and are valid for one year from date of issue. Annual pass holders are not charged the boat launch fee. For more information, call (830) 280-3466.

### Canyon lake offers sunset cruise

The JBSA 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.

### Free baseball tickets hit a home run

All JBSA locations have complimentary tickets to watch the San Antonio Missions June 26 against the Tulsa Drillers, July 31 against the Corpus Christi Hooks and Aug. 31 against the Frisco Rough Riders. All games start at 7:05 p.m. Tickets can be picked up at the ticket office in the JBSA-Fort Sam Houston Community Center, ITT in JBSA-Lackland's Arnold Hall and ITT in the JBSA-Randolph Community Services Mall. For more information, call 808-1378 at JBSA-Fort Sam Houston, 671-3133 at JBSA-Lackland and 652-5142, option 1 at JBSA-Randolph.

### Discount tickets

The ticket office in the JBSA-Fort Sam Houston Community Center, ITT in JBSA-Lackland's Arnold Hall and ITT in the JBSA-Randolph Community Services Mall offer discounted local theme park tickets for Schlitterbahn Waterparks, Six Flags Fiesta Texas, SeaWorld and Splashtown. For more information, call 808-1378 at JBSA-Fort Sam Houston, 671-3133 at JBSA-Lackland and 652-5142, option 1 at JBSA-Randolph.

### WHASC Urgent Care Center appointments

An appointment-based system takes affect 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.

### Central Intelligence Agency seeks applicants

The Central Intelligence Agency is recruiting applicants for information technology positions. Agency representatives will be speaking about career opportunities, security requirements, clearance processing and agency benefits 10-11:30 a.m. June 17 at the JBSA-Lackland Airman and Family Readiness Center. To sign up, call 671-3722.

## COMMISSARIES from P4

- A hiring freeze on all outside hires;
  - Curtailment of official travel for all conferences, training, and any other events and activities considered noncritical to the mission;
  - Cancellation of the agency's May Worldwide Case Lot Sales for all commissaries. Instead, stores are conducting smaller-scale events such as outdoor sidewalk sales;
  - Curtailment of all overtime and compensatory time unless deemed mission-critical;
  - Review of contract services to restrict any increases;
  - Curtailment of all monetary awards unless legally required; and
  - Postponement of all Guard and Reserve on-site sales scheduled after July 8 until further notice.
- "We are in this together," Jeu said, "and though limited in our ability by circumstances we cannot control, I assure you we will do all we can to mitigate the impact of sequestration on our patrons, employees and industry partners, and on our mission."

**AEROSPACE from P6**

"We learn about processes with things like the EKG (or electrocardiogram) library," which entails examining the heart in real-time by using sound waves, Johnson said.

"We also train for any type of disaster response," King said. "We train on how we would respond as medics and health care providers."

Preparing for emergency situations is often the subject of weekly training.

"Our priority is aircraft mishaps," Farfan said. "If a jet falls, we have to respond the correct way with what equipment we use, how we pull the patient out of the jet and how we move the patient to where they need to go."

When it comes to day-to-day business, managing physicals for soon-to-be fliers is an important task for aerospace technicians.

"For anybody trying to be a flier, they must take an initial flying class physical, which is pretty extensive," Johnson said. "We train on conducting and examining the results of these tests."

With a team of eight enlisted technicians, five doctors and two nurses, the flight medicine team often has to "get creative with time management," Farfan added.

The squadron's weekly timeout for instruction grants its technicians accountability for their jobs.

"To be the best at what we do, we keep training," King said. "We talk to each other a lot so we can interpret the AFIs correctly and make sure we are on the same page."

For the squadron, it's all about minimizing risk before Airmen leave the ground.

**RISING 5/6 from P7**

A project that is under way will benefit wounded warriors at JBSA-Fort Sam Houston, providing them with bedding, Darden said. The Rising 5/6, which is organizing the project, has pledged \$150, raised \$1,250 from other organizations and is working with corporations on possible discounts or donations.

"The organization provides me a chance to operate outside of my comfort zone, while being exposed to and resolving current issues affecting the base, local community and our Airmen on a larger scale," Lewis said. "Serving as the vice president has enhanced my leadership, communication and professional skills."

"It teaches us to be good leaders and supervisors, and that spills over into the next generation," Darden said. "It's all about taking care of our Airmen and making sure the mission gets done."

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

**Summer Safety Day**

The Joint Base San Antonio Summer Safety Day takes place from 9 a.m. to noon Tuesday at Warfighter and Family Readiness, Building 2797. There will be a smoke house demonstration from the 502nd Engineer Squadron's Fire and Emergency Services, kid bouncies, demonstrations on bicycle and pedestrian safety and a military working dogs demonstration. Free pizza will also be available. For more information, call 221-3840 or 221-3846.

# New JBSA commander, General LaBrutta, no stranger to San Antonio

By Lori Newman  
 Joint Base San Antonio-Fort Sam Houston Public Affairs

A new commander took the stick of the 502nd Air Base Wing and Joint Base San Antonio during a ceremony at JBSA-Fort Sam Houston May 29.

Brig. Gen. Robert D. LaBrutta takes his turn in the cockpit as the third commander of the largest joint base in the Department of Defense.

“The change in command of a wing in the U.S. Air Force, and in this case, a joint base wing, is one of the most important ceremonies we have,” said Gen. Edward A. Rice Jr., commander of Air Education and Training Command, stressing how important it is to have the right person leading an organization at the right time.

Brig. Gen. Theresa C. Carter was the right person at the right time during her tenure as commander, Rice added.

The AETC commander praised Carter for her leadership abilities.

“She has tackled challenge after challenge in a very effective and efficient way and at the end of the day this wing is much better positioned for the future than when she took command two

years ago,” the general said.

Turning his attention to the new commander, Rice said, “I think we have the exact right leader at the right time in Brig. Gen. Bob LaBrutta. I can’t think of anybody in our Air Force that is in a better position to take the reins and take leadership of the 502nd Air Base Wing.

“There isn’t anybody more versed in the issues of manpower and personnel than Bob LaBrutta. He also understands how to run an installation,” Rice said. “He obviously has the great background that we need, both in terms of expertise from a functional perspective; and leadership and experience from an installation command perspective, to take this wing to the next stage of its evolution.”

Before passing the baton of responsibility over, Carter addressed the audience of service members, civilians and community leaders.

“In the past when I’ve relinquished command, I was very reluctant to let go of the flag – not ready to say farewell to people I’ve come to know and respect, not quite sure where the new commander might take the unit,” she said. “I am thrilled that General Rice will place

the guidon in the very capable hands of Bob LaBrutta.

“He understands how to operate in a joint environment ... he’s going to lead this wing to new levels of success and I’m thrilled for him and his family.”

Carter thanked Rice and AETC vice commander Lt. Gen. Douglas Owens for their support and sage counsel; the commanders, directors and wing staff for their unwavering dedication and the mission partners and community leaders for their support.

“The ‘dash’ I spent at Joint Base San Antonio will be forever etched in my heart,” Carter said, referring to a line from the Garth Brooks song, “Pushing up Daisies,” which says, “there’s two dates in time that they’ll carve on your stone, and everyone knows what they mean. But what’s more important is the time that is known as that little dash there in between.”

Following the passing of the guidon, which

officially marked the change of command, LaBrutta addressed the crowd.

“I consider it an extreme honor to be the newest commander of the 502nd Air Base Wing and Joint Base San Antonio,” he said, thanking Rice for his trust and confidence.

LaBrutta said he started his military career as a basic trainee at JBSA-Lackland and considers San Antonio home because he has been to and from San Antonio his whole life.

“As an Air Force member getting an opportunity to come to each location in San Antonio, I have to tell you, it’s great,” he said.

LaBrutta told the community and business leaders he is looking forward to partnering with them and thanked them for the wonderful quality of life San Antonio offers service members and their families.

“It’s all about the mission, isn’t it, and what a grand mission the 502nd Air Base Wing and Joint Base San Antonio has,” LaBrutta said.

“To the members out there in the field, I’m looking forward to being a part of your team. I look forward to getting into the trenches with you.

“We are going to have some challenges. We are in a resource constrained environment, no doubt about it. But, in those challenges, we have many opportunities in this new environment.”

The commander said lean processes, energy efficiency and installation stewardship will be the cornerstones moving forward in this new environment.

LaBrutta enlisted in the Air Force in 1981 and earned a commission as a personnel officer through the Air Force Reserve Officer Training Corps in May 1989.

He has served in a wide variety of assignments and his command tours include squadron, group and wing levels. His previous assignment was as the Director of Manpower and Personnel at U.S. Central Command at MacDill Air Force Base, Fla.

“Leslie, the girls and I are thrilled to be here,” LaBrutta said. “We are looking forward to working with and meeting all of you. We couldn’t have asked for a better assignment and I can’t wait to get to work.”



Photo by Joel Martinez  
 U.S. Air Force Brig. Gen. Robert D. LaBrutta speaks during the 502nd Air Base Wing and Joint Base San Antonio change of command ceremony May 29.



Photo by Benjamin Faske  
 Members from JBSA-Fort Sam Houston, Lackland and Randolph stand in formation during the 502nd Air Base Wing and Joint Base San Antonio change of command ceremony May 29.

Photo by Benjamin Faske  
 U.S. Army Col. Jim Chevallier, 502nd Air Base Wing vice commander and Joint Base San Antonio deputy commander, salutes a joint honor guard as they present the colors during the 502nd Air Base Wing and Joint Base San Antonio change of command ceremony May 29.

Photo by Joel Martinez/photo illustration by Maggie Armstrong  
 U.S. Air Force Gen. Edward A. Rice Jr. (left to right), Air Education and Training Command commander; Chief Master Sgt. Jose LugoSantiago, 502nd Air Base Wing and Joint Base San Antonio command chief; and Brig. Gen. Robert D. LaBrutta, incoming 502nd ABW and JBSA commander, stand at attention during the 502nd ABW and JBSA change of command ceremony May 29.

# CHURCH PAGE

# Local retirees displays handmade Taj replica

By Alex Salinas

Joint Base San Antonio-Randolph Public Affairs

Sometimes, big things come in small packages, as is the case with a miniature wooden replica of Joint Base San Antonio-Randolph's iconic Taj Mahal, hand crafted nearly 30 years ago by local veterans.

The fully painted reproduction, which stands 15 inches wide, 18 inches high and features a revolving light beacon, was the product of proud military careers mixed with a passion for craftsmanship.

In 1983, Emilio Serrano, who was the 12th Flying Training Wing's senior enlisted adviser at Randolph, retired from the Air Force after serving 31 years. When his friend, Gene Elliot, a first sergeant with security forces, retired a year later, Serrano decided to partner with him on the woodworking project. It was nothing new for Serrano.

"I built my first doll house for my daughters about 50 years ago," Serrano, who will turn 80 in August, said. "I also built, decorated and painted a replica of my mother's house out of wood. I've always enjoyed being creative."

Starting from scratch, the men gathered hatchets, knives, a jigsaw and glue and began to carve away at the block of wood.

The project was completed in one week.

"There was no blueprint," Elliot said. "We just used a few pictures and our imaginations."

Although Serrano doesn't describe



Photo by Alex Salinas

Proud military careers and a passion for woodworking inspired Air Force retirees Emilio Serrano (back left) and Gene Elliot (back right) to build a wooden replica of Joint Base San Antonio-Randolph's Taj Mahal in 1984. Standing with them are wives Virginia Serrano and Donna Elliot.

himself as "a true craftsman," the replica is remarkable in detail, from a blue-and-gold patterned domed mosaic to painted pencil erasers representing the Taj's clay roof tiles.

Even etchings on the replica's minuscule front door were made to replicate the actual Taj's front door circa 1984.

"Once I get going on something, I don't stop," Serrano said. "Maybe it was all my years in the military, but I'm very detail-oriented."

Besides maintaining the electronic

components of the revolving light beacon, which was installed by Serrano's brother-in-law, Ron Hamada, the replica has generally been untouched.

The only new addition to the model is a removable scaffold, made from mesh-patterned plastic, which represents the scaffolding that is currently around the Taj's tower due to a recent paint job.

The replica, which Serrano's daughter, Penny, called "one of a kind," now resides in Serrano's home in Live Oak,

but was formerly showcased at military conventions for several years – the last time in 1990.

Serrano said he is aware that some people might not appreciate his model due to a lack of interest or because they may have never seen the Taj in person, but the history behind his work justified building it.

He plans to keep the miniature Taj in his possession, but said he is not opposed to displaying or donating the replica if he finds "the right place for it."

"I'm a tradition guy and I strongly believe that if I'm capable, I should leave things behind for people to remember," he said. "Our (military) history is important."



Courtesy photo

# JBSA-Randolph A&FRC offers parents 'Bundles for Babies'

By Robert Goetz  
Joint Base San Antonio-Randolph Public Affairs



A morning's worth of invaluable information will be available to first-time expectant parents next week at the Joint Base San Antonio-Randolph Airman and Family Readiness Center.

The Air Force Aid Society-sponsored Bundles for Babies, set for 8:30-11:30 a.m. June 7 at the A&FRC, will feature presentations on a number of topics, from budgeting for the baby to proper dental care, and will conclude with an information fair. The quarterly event is open to active-duty first-time expectant parents from all service branches.

"It's a morning of preparing parents for the arrival of their baby and what to expect afterwards," Criselda Smith, 902nd Force Support Squadron community readiness consultant, said.

Smith's presentation, "Budgeting for Your Baby," will open the session, starting with her own version of "The Price of Right," when parents will be asked to guess the price of items required for babies.

"Parents don't have a concept of how much it will cost them," she said.

Smith said she will discuss the average cost of raising a child from birth to 18 years, an estimated \$374,000, which includes everything from

*"It's a morning of preparing parents for the arrival of their baby and what to expect afterwards."*

**Criselda Smith**

*902nd Force Support Squadron community readiness consultant*

food, housing and education to health care, clothing and transportation. She said she will also talk about how being in the military can offset some of these costs through housing allowances and other benefits, and will provide information about the A&FRC's resources for parents, from parenting classes and marriage retreats to one-on-one budgeting sessions.

Representatives from the 359th Medical Group will discuss dental and medical care for the baby, and Debra Spencer, 359th Medical Operations Squadron New Parent Support Program nurse, will address the NPSP's range of services, which includes home visitations and a variety of classes that help expectant and new parents, and will offer advice to parents.

"She really excites parents about what the new experience will be like," Smith said. "She talks about all the things that are relevant and makes

it realistic."

A TRICARE representative is also part of the program, addressing the various TRICARE options and what expenses they cover.

The information fair will feature a variety of agencies and businesses, including the nutrition program WIC, or Women, Infants and Children, and the Randolph Child Development Center. Representatives from the banking industry will help parents with financial issues.

In addition, Air Force attendees will receive a "bundle" of baby supplies.

Smith called Bundles for Babies "a great opportunity for parents."

"It empowers couples; it gives them a lot of tools for their toolbox," she said. "It also opens doors for new friendships."

For more information or to register for the class, call 652-5321.

To advertise in the  
Wingspread, call 534-8848.



## 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.

# Marathon training begins at Randolph

By Alex Salinas

Joint Base San Antonio-Randolph Public Affairs



Those wanting to kick fitness into high gear can hit the pavement during several summer runs hosted by the Joint Base San Antonio-Randolph Rambler Fitness Center in preparation for the Air Force Marathon at Wright-Patterson Air Force Base, Ohio, Sept. 21.

For all training in between, the fitness center offers a marathon training guide that helps runners follow 16-week plans.

A 10-mile run June 22, 13.1-mile run July 20 and 18-mile run Aug. 24 are all scheduled to take place at Eberle Park, according to the guide.

When preparing for any marathon-length run of 26.2 miles, forming a strategy is half the battle; sticking with it is the other half.

“You can’t decide to run a marathon without a plan, and if you do, you’re setting yourself up for failure,” Orlando Gonzales, Air Force Personnel Center human resources specialist, said.

A self-described “gym rat,” Gonzales has devoted a lifetime to running in some form; he specializes in triathlons – he’s competed in about 300 of them during the course of 25 years – but he’s also finished a dozen marathons.

“Starting out, I recommend going to a local running store,” he said. “There, you will have access to proper

*“You can’t decide to run a marathon without a plan, and if you do, you’re setting yourself up for failure.”*

**Orlando Gonzales**

*Air Force Personnel Center human resources specialist*

gear, dietary supplements and, most of all, guidance for a training plan.”

Leading up to a marathon, putting in the time for training is paramount, Gonzales said.

“Any cardio workout is better than none,” Gonzales said. “I’m a firm believer in cross training, so if you don’t feel like running one day, hop on a bike or stationary bike.”

Once training begins, runners should gradually increase their running distance.

“Go out and experience 5Ks and 10Ks first,” Rey Salinas, Rambler Fitness Center fitness programs manager, said, which are equal to 3.1 miles and 6.2 miles.

Based on the training plans, people will work up to

30-40 miles a week.

“For Airmen, the Air Force Physical Fitness Test requires them to run 1 ½ miles,” Salinas said. “If they haven’t run more than that, it will take some time to prepare for a marathon.

“It doesn’t happen overnight, so be patient and set realistic goals.”

There is no correct time someone should complete a marathon in, so pacing is an individual preference, although Gonzales said “starting slow and picking up the speed” has worked for him.

Staying motivated is a big part of training; Gonzales shared how he keeps his runner’s high.

“Join a run group,” he said. “There are groups all around the city. Working out with people can help you crank out those few extra miles.”

Thinking positive is also a tool for success.

“Believe in yourself; don’t doubt yourself,” Gonzales said. “Picture yourself crossing the finish line.”

Beginners preparing for a marathon may need to change their lifestyle.

“Stick to a balanced, healthy diet and stay hydrated,” Salinas said. “Figure out what foods and workouts work best for you.”

For more information on weight training programs, consideration for running shoes and eating tips, visit the Rambler Fitness Center, building 999, to pick up a marathon-training guide.

## SPORTS - HEALTH - FITNESS

# Medical professionals encourage exercise to fight heart disease

By Robert Goetz

Joint Base San Antonio-Randolph Public Affairs

Heart disease is the leading cause of death for men in the United States, killing more than 307,000 men in 2009, or one in every four male deaths, according

*“A lot of people think that exercise is something you did when you were young. But what’s recommended is 30 minutes of brisk walking six days a week. Just doing that decreases your heart rate, blood pressure, cholesterol and blood sugar.”*

**Capt. (Dr.) Aaron Terry**

359th Medical Operations Squadron physician



Photo by Airman 1st Class Lincoln Korver

Photo illustration by Maggie Armstrong

to the Centers for Disease Control and Prevention.

Among the key risk factors for heart disease are high blood pressure and high LDL, or low-density lipoprotein, cholesterol – the bad cholesterol – along with medical conditions and lifestyle choices such as diabetes, obesity, poor diet, physical inactivity, tobacco use and excessive alcohol consumption.

At the Joint Base San Antonio-Randolph Medical Clinic, health care practitioners encourage their patients to engage in regular physical activity as an important way to lower their risk for heart disease. It is also an emphasis at the clinic during June, Men’s Health Month.

“A lot of people think that exercise is something you did when you were young,” Capt. (Dr.) Aaron Terry, 359th Medical Operations Squadron physician, said. “But what’s recommended is 30 minutes of brisk walking six days a week. Just doing that decreases your heart rate, blood pressure, cholesterol and blood sugar.”

Other benefits of exercise are alleviating back pain, depression and other conditions as well as helping people maintain a healthy weight, Terry said.

“There are lots of benefits from just a small amount of exercise,” he said. “Consistency is important.”

Thirty minutes of brisk walking is an example of moderate physical activity. Other examples are mowing the lawn, dancing, swimming and riding a bicycle.

Terry said regular exercise is often overlooked because taking medication to address a medical issue is easier and doesn’t

require exertion, but it doesn’t take much physical activity to reap benefits.

“A small bit goes a long way,” he said.

Terry also addressed the importance of a healthy diet, which complements an exercise regimen as a means to prevent or alleviate medical issues such as heart disease.

“The biggest thing is to eat smaller portions,” he said. “In America, we eat so much food.”

A model for healthy eating can be found in the United States Department of Agriculture’s MyPlate, a successor to the food guide pyramid, Terry said. Fruits and vegetables should take up half of a person’s plate at meal time, whole grains and proteins the other half, with low-fat or fat-free dairy on the side.

Fruits and vegetables are important because they contain essential vitamins, minerals, fiber and antioxidants that may protect people from chronic diseases, including stroke, cardiovascular diseases and certain cancers, according to the CDC.

Meat is an important protein source, but moderation is the key.

“A serving of meat should be no bigger than your fist,” Terry said.

Among other sources of protein are legumes, nuts, soy, milk and yogurt, he said.

Exercise and a proper diet can also help people lose weight, Terry said.

Walking two miles in 30 minutes and not drinking a can of soda each day add up to about 3,500 lost calories a week, the equivalent of losing one pound, he said.



Joint Base San Antonio-Randolph

### Sports BRIEFS

#### Juniors golf clinic

The Randolph Oaks Golf Course offers a junior golf clinic for youth, ages 8-14, 8 a.m.-noon Monday through Friday. To sign up or for more information, call 652-4653.

#### Father's Day bowling

Bowling is free for dads at the JBASA-Randolph Bowling Center 1-4 p.m. June 16. This does not include rental shoes. For more information, call 652-6271.

#### 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 more information, 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.

#### 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 more information, call 652-7263.