



WINGSPREAD

JOINT BASE SAN ANTONIO-RANDOLPH

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JBSA leaders visit veterans

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COMMENTARY

Integrity is essential to leadership

By J. R. Tillery
Joint Base San Antonio-Lackland

Over the past 34 years, I've had the opportunity to observe and work with myriad military and civilian leaders throughout the armed forces. Each one placed a different emphasis on the essential qualities of a leader. Some of my highest-level supervisors and commanders stressed excellence and technical competence, while others focused on character and ethics.

However, the one quality on which all appeared to agree was integrity.

Integrity is essential to leadership and the key to building organizational esprit de corps. At the heart of integrity is a consistent value system that promotes respect and trust.

Integrity requires moral fitness and self-discipline. In uncertain and difficult situations, morally centered integrity is the compass that consistently guides a leader along a path of committed ethical behavior.

Good leaders – and the Air Force has many – navigate toward the right course of action based on the Air Force core values: integrity, service before self and excellence in all we do.

Integrity creates trust. It's the one leadership character trait that can't be compromised. Within that trait are four integral moral and ethical factors: courage, responsibility, accountability and consistency.

Courage involves doing the right thing. A courageous leader must act in the best interest of the organization, even when that interest calls for great personal sacrifice. Courage under fire conveys a sense of self-confidence. Self-confidence engenders the confidence in others. People will follow those in whom they have trust and confidence.

Responsibility requires an acceptance of duty without excuse or exception. It requires protecting the people and resources that take care of the mission. Subordinates willingly follow those who show responsibility in their words and deeds.

Accountability means you are responsible for your actions and the actions of the people you command whom you could have reasonably influenced. Leadership based on integrity doesn't blame, shift or scapegoat. It assesses the facts and makes a fair determination based on those facts.

People trust others who always accept accountability for their actions and the actions of those under their command.

Consistency requires adherence to a principled course. An inconsistent leader risks being viewed as unreliable, insin-

cere and untrustworthy. Consistency also requires harmony between actions and words. An exceptional colonel under whose command I served best expressed the importance of this harmony.

In explaining the concept of consistency, one of my former commanders said "I hear what you say. I see what you do. Now, I know what you mean." This commander truly understood the importance of our actions as an endorsement of our spoken word. He was a highly effective leader that rose to the rank of lieutenant general.

The moral and ethical qualities of courage, responsibility, accountability and consistency are essential to effective leadership. The question then becomes, why is integrity, as characterized by these four factors, so important to leadership in a military organization?

First, integrity is important because of the nature of the military profession – the profession of arms. Second, those who follow a leader must relinquish a degree of autonomy and self-determination.

In some respects, this relinquishment of power and control creates vulnerability. However, subordinates do not relinquish the need to be secure and confident in their decision to follow and are likely to rebel against leadership they don't trust.

General of the Army "Hap" Arnold described the importance of integrity best in a letter to Lt. Col. LeRoy Stefen dated Nov. 5, 1946. Responding to Stefen's request for career advice, Arnold wrote, "Personal integrity also means moral integrity. Regardless of what appears to be some superficial ideas of present-day conduct, fundamentally, today as always, the man who is genuinely respected is the man who keeps his moral integrity sound and is trustworthy in every respect."

In the end, regardless of how leadership is defined or packaged, the nature of our profession dictates that leadership must be built upon a foundation of integrity.

In "The Art of the Leader," retired Maj. Gen. William Cohen advises, "If you want to build esprit de corps, you must demonstrate integrity and if you do, it won't be long before everyone in your organization knows that you can be trusted, that you say what you mean and you mean what you say. The members of your organization will demonstrate integrity in dealing with you, and each other, and the esprit de corps in your organization will soar."

Integrity is essential to leadership ... in every situation ... and at every level.

ON THE COVER

Maj. Gen. Peggy Poore, Air Force Personnel Center commander, talks with Andrew Roca, Veterans Administration Voluntary Service volunteer, during the 2014 National Salute to Veteran Patients Program Feb. 14 at San Antonio's Audie Murphy VA Hospital. For more coverage of the event, see page 4.

Photo by Melissa Peterson

WINGSPREAD

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Shirts' Corner: Diversity helps promote healthy Air Force

By Master Sgt. Jason Taitano

Air Education and Training Command Studies and Analysis test and evaluation first sergeant

Throughout my military career I have learned the importance of having a well-rounded set of standards.

One of those standards that helps promote a healthy Air Force environment is diversity.

Educating, implementing and enforcing diversity in our workplace is every

Airman's responsibility.

Recognizing the different cultures, gender, race or personalities creates different opportunities for members and their organizations.

Our objective needs to be setting an environment of understanding for all personnel surrounding diversity education and breaking down barriers. Instilling within all personnel the tools that help our total force carry out their full potential is an important contribution to

the mission of the Air Force.

Alongside those opportunities, all leaders must find a place to support diversity through engaging and strengthening their subordinates' opportunities for success.

All personnel are expected to know the level of mutual respect required to promote a healthy workplace.

These opportunities diversify our workforce, open doors and create long-term viability supporting a fly, fight and win mission.

Military Saves Week promotes financial readiness for service members, families

By Lori Newman

JBSA-Fort Sam Houston Public Affairs

Fewer than 50 percent of Americans say they have a savings plan with specific goals, according to the Military Saves website.

During Military Saves Week, which runs from Monday through March 1, Joint Base San Antonio Military and Family Readiness Centers will hold several events to encourage people to take the Military Saves Pledge and commit to saving money, reducing debt and building wealth over time.

“Our basic goal is to encourage service members and their families to plan for their future,” explained Devon Paul, a work life specialist at the MFRC at JBSA-Fort Sam Houston. “To save more money; whether it’s something as simple as opening up a savings account, paying off a credit card or looking at their current allotments to see if they are on target for retirement.”

An information fair will be held from 3-7 p.m. today at the Military and Family Readiness Center on JBSA-Fort Sam Houston.

The fair will feature vendors from several agencies such as banks, credit unions and the Better Business Bureau and information sessions will be presented about different financial readiness topics like saving for retirement, buying a car and using coupons.

A scholarship seminar will also be held from 4:30-

5:30 p.m. for high school students and their parents to learn about different ways to save money and prepare for college expenses.

“The cool thing is we are making the event kid friendly, because it is being offered in the afternoon – evening time frame,” Paul said. “If parents want to bring their children, we are going to have things like face painting and refreshments.”

Military Saves is part of the Department of Defense’s Financial Readiness Campaign and has partnered with the DOD since 2003.

Military Saves encourages individuals to save a portion of each paycheck; develop a personal financial plan; establish good credit and enroll in programs such as the Thrift Savings Plan.

Since the launch of Military Saves Week in 2007, more than 158,000 individuals have taken the saver pledge or re-pledged.

Service members and their families, retirees, veterans and DOD civilians and contractors can take the pledge online at <http://www.militarysaves.org>.

JBSA Financial Readiness offers several classes throughout the year and has counselors available for one-on-one financial counseling.

“Sometimes people have specific needs or personal issues they don’t want to discuss in a classroom setting, so they can call and make an appointment with a financial counselor,” Paul said. “Anyone with a DOD ID



Left to right: Kevin Keith, Criselda Smith and Devon Paul from the Joint Base San Antonio Military and Family Readiness Centers watch as Brig. Gen. Bob LaBrutta, 502nd Air Base Wing and Joint Base San Antonio commander, signs the Military Saves proclamation Tuesday. Military Saves Week is Monday through March 1.

card can utilize this service including military retirees and DOD civilians.”

For more information or to make an appointment, call 221-2380 at JBSA-Fort Sam Houston; 671-3722 at JBSA-Lackland; and 652-5321 at JBSA-Randolph.

NEWS

AF Inspection Agency conducts last Health Services Inspection

By Staff Sgt. Jerilyn Quintanilla
59th Medical Wing Public Affairs

The completion of the 59th Medical Wing's Health Services Inspection Feb. 6 marked the final HSI in the Air Force.

First implemented in the Air Force 30 years ago, the HSI is an in-depth compliance-based inspection performed at AF medical units every three years. Its purpose is to assess medical processes used at each facility, ensuring they adhere to AF standards.

The HSI is completed over the course of three days during which the Air Force Inspection Agency team, based out of Kirtland Air Force Base, N.M., is charged with reviewing and assessing several functional areas including medical, dental, nursing, public health, bio-environmental engineering, mental health, education and training, administrative and executive.

As the HSI process phases out, the Unit Effectiveness Inspection (UEI) will be imple-

mented in its place.

According to Air Force Inspection Agency Medical Operations Director Col. John Sell, the HSI assessed healthcare and administrative functional areas from a compliance perspective. The medical component of the UEI will focus on mission and patient effectiveness.

With a new name and slightly altered format, the overall goal of the inspection will be to ensure military treatment facilities provide safe and quality healthcare in an efficient, patient-focused, and professional manner.

"As the Air Force transitions to the UEI, one thing is certain – patient safety is paramount and will always be a top priority," said Sell. "It's our goal to ensure patients are receiving the best, safest care possible."

The last HSI in the Air Force was completed with the 59th Medical Wing scoring an "Excellent" rating.



59th Medical Wing leaders meet with inspectors from the Air Force Inspection Agency after the Air Force's final Health Services Inspection Feb. 6. The 59th Medical Wing scored an "Excellent" rating in the final HSI.

Photo by Staff Sgt. Jerilyn Quintanilla

JBSA Command Chief Enlisted Calls

Chief Master Sgt. Alexander Perry, 502nd Air Base Wing and Joint Base San Antonio command chief master sergeant, will be conducting enlisted calls at all three JBSA locations.

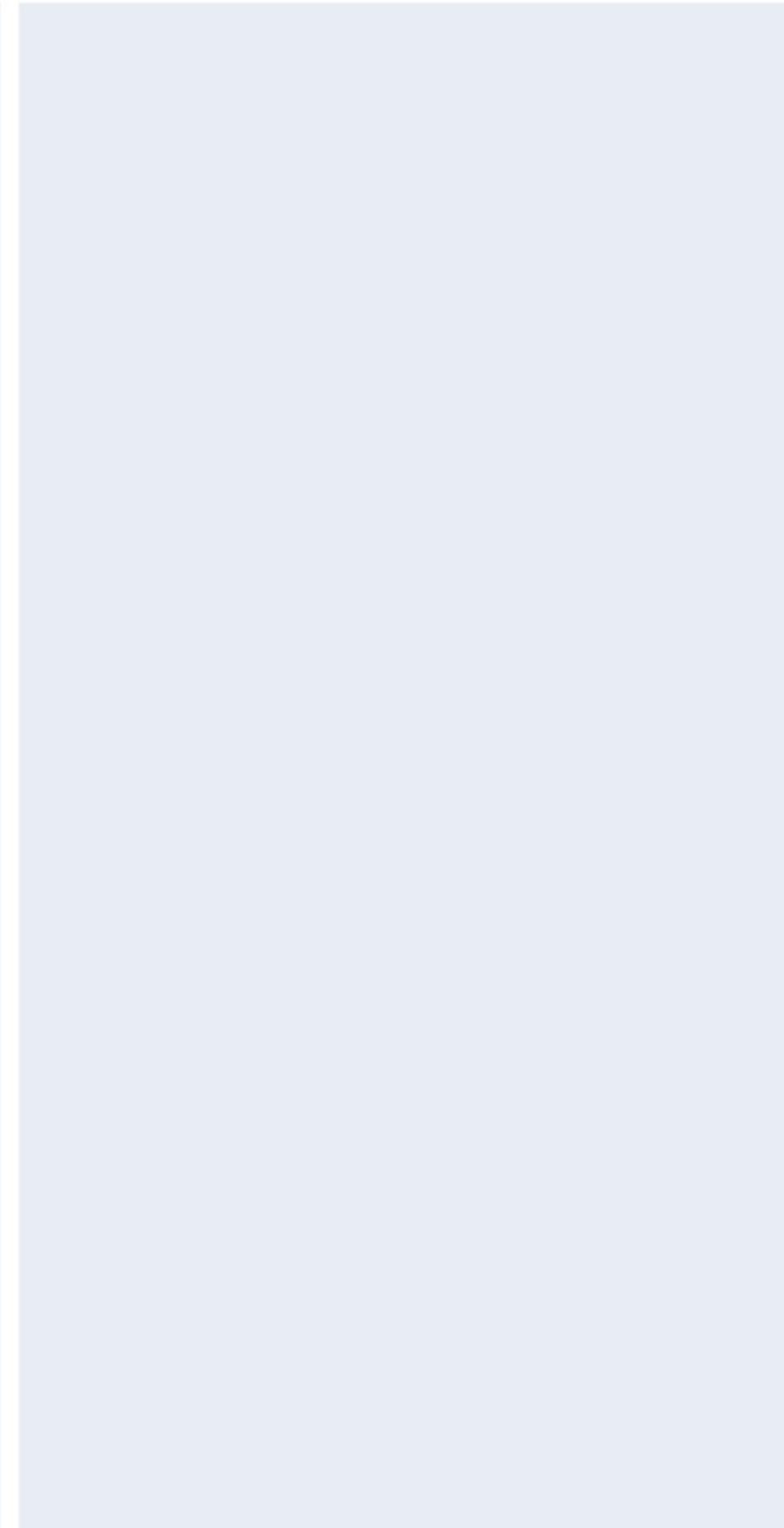
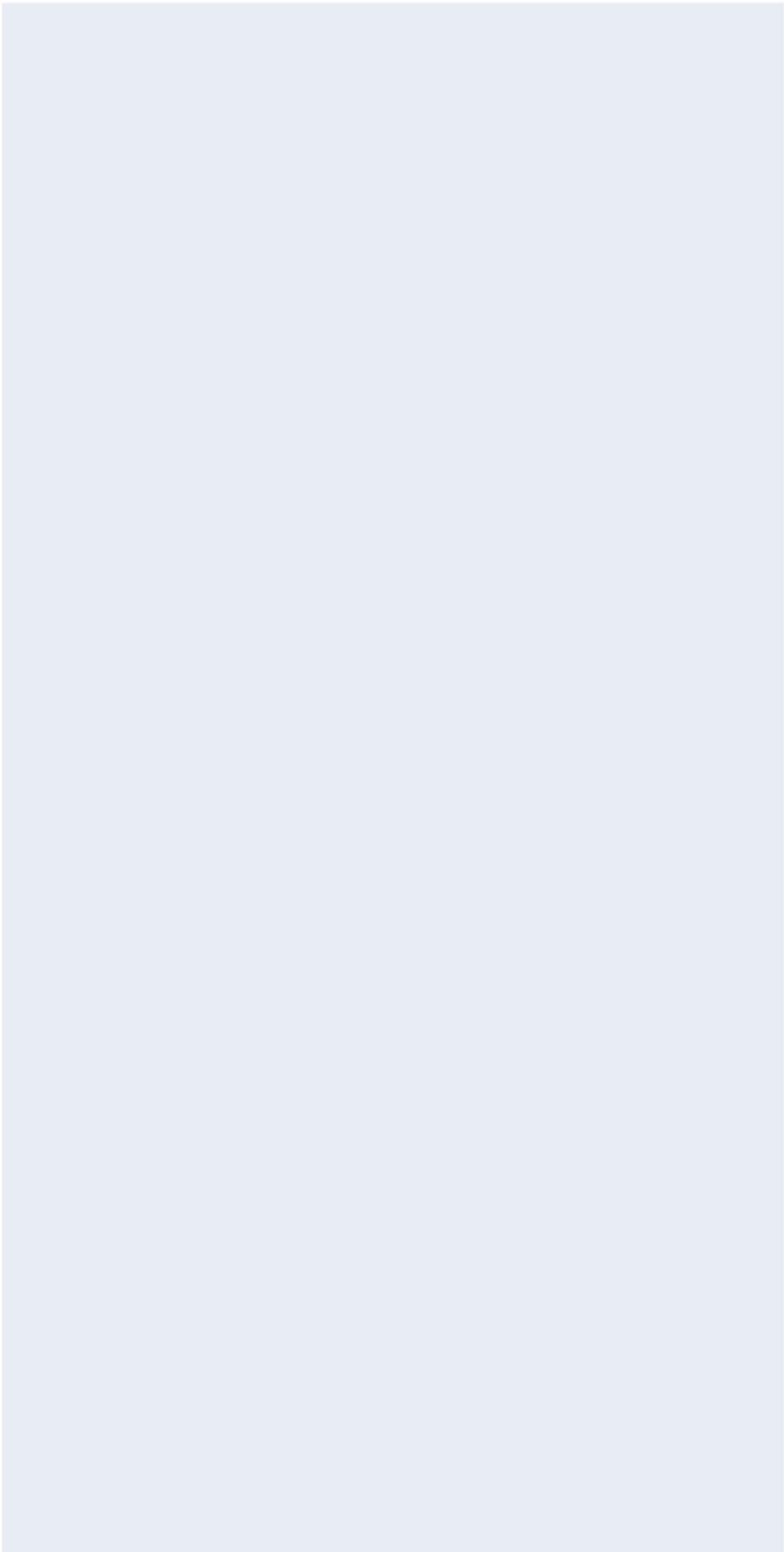
- 9 a.m. for Airmen, 1 p.m. for NCOs and 3 p.m. for senior NCOs, Tuesday, JBSA-Lackland Inter-American Air Forces Academy Auditorium, 2431 Carwell Ave.
- 10 a.m. for Airmen, NCOs and senior NCOs, Wednesday, JBSA-Fort Sam Houston, building 247, second floor conference room, 2080 Wilson Way.
- 9 a.m. for Airmen, 10:30 a.m. for NCOs and 1 p.m. for senior NCOs, Feb. 28, JBSA-Randolph, Fleenor Auditorium

Valentines for veterans

Staff Sgt. Kathryn North and Tech. Sgt. Daniel Anderson, 2014 Joint Base San Antonio Air Force military ambassadors, speak with veterans before the 2014 National Salute to Veteran Patients program Feb. 14 at Audie Murphy VA Hospital in San Antonio. The military ambassadors and Joint Base San Antonio military leaders distributed valentines and visited with veteran patients. Veterans' Administration facilities across the United States pay tribute to veteran patients annually during this weeklong salute.

Photo by Airman 1st Class Alexandria Slade





Civil Air Patrol cadets take flight during visit

By Lt. Col. Andreas Wesemann

Civil Air Patrol Squadron cadet activities officer

Twenty youth and senior Civil Air Patrol members from Randolph Composite Squadron, Civil Air Patrol, took to the skies during a recent visit to the 12th Flying Training Wing. As part of their Aerospace Education Program, the youth cadets, ranging from ages 12-17, visited the 559th Flying Training Squadron, where they learned how to take off, land and perform aerobatic maneuvers around the JBSA-Randolph pattern in T-6A Texan II aircraft simulators.

Many of the cadets had flown in a Cessna 172 Skyhawk aircraft as part of the Cadet Orientation Ride program, where they sit at the controls for 45 minutes with a CAP senior member pilot, but only one cadet had ever flown in a T-6A simulator.

The CAP aerospace education program implements the aerospace education mission's goals and objectives. These aerospace education programs provide an understanding and appreciation of aviation and space exploration in our world. Aerospace education communicates knowledge, skills and attitudes relating to aerospace activities and the total impact of air and space technology upon society.

During their visit, some of the cadets chose to perform flybys in downtown San Antonio. Others wanted to fly loops and aileron rolls, becoming dizzy as they spun around.



Photo by Lt. Col. Andreas K. Wesemann

Civil Air Patrol Cadet Miranda Leonard concentrates on the aircraft instruments on the T-6 simulator Dec. 11 at Joint Base San Antonio-Randolph.

Within a few minutes, the cadets went from nervous to thrilled when they discovered how easy it was to fly the newest U.S. Air Force trainer. Equipped with a modern all-glass cockpit, the cadets were familiar with the instrumentation as many had already flown flight simulator games.

One motivated cadet, Master Sgt. (CAP) Steven Clark,

downloaded and flew the T-6A on his home computer X-Plane game. He said that this was much better; not just because it was in a real cockpit, but it also had the 270-degree view in "high definition".

Many cadets join Civil Air Patrol for the flying opportunities, leadership development and preparation for military service. About 12 percent of each entering class at the Air Force Academy are prior CAP cadets.

Adults, age 18 and up, can also join CAP to learn specialty skills that support CAP missions, from flying aircraft during search and rescue missions, to teaching safety courses for the cadets.

One of the senior members on the visit, Lt. Col. (CAP) Leslie Jackson, an Air Force retired chief master sergeant, joined to continue to wear the uniform, guide cadets and find a way to serve his community. He currently serves as the deputy commander for seniors at Randolph Composite Squadron, and enjoys working with them every Tuesday night.

CAP, the official Auxiliary of the U.S. Air Force, was founded Dec. 1, 1941 and performed their first missions of flying coastal patrol during World War II. During that time, they sunk two German submarines and drove U-boats off American coasts.

After the war, CAP took on a non-combatant role with three specific missions: emergency services, aerospace education and the cadet program.

To learn more about Civil Air Patrol, visit <http://www.gocivilairpatrol.com/>

CAUTION – CAUTION – CAUTION

JBSA-Randolph road-repair work schedule

Joint Base San Antonio-Randolph South Gate, East Gate, 5th Street West and Golf Road will be closed for road repair, according to the timelines below. Detour and warning signs will be placed in advance of repair activities. A temporary road will be constructed for South Gate access during construction via Perimeter Road. All closures and detours are subject to weather conditions.

Fifth Street East (East Gate), through May 2:

- Electronic signs will be posted along both sides of FM 78 to route vehicles to Main Gate and West Gate.
- Propose using the perimeter gate for construction vehicles as needed. Gate will otherwise remain closed. In-ground barriers will remain deployed to ensure unauthorized vehicles are not able to enter the base.

Golf Road Phase 2, through March 31:

- Golf Road Phase 2 will close Golf Road from South Perimeter Road to the clubhouse. Duration: six weeks.
- Enter Golf Course from East Perimeter Road or South Gate Road via South Perimeter Road.

Fifth Street West, through Aug. 15:

- Replacement of 5th Street West is being performed concurrent with South Gate Road to minimize the impact to commercial vehicles

South Gate, May 2 - Sept. 15:

- Signs will be posted at the high school to deter traveling toward South Gate Road on Perimeter Road.
- An alternate road will be constructed for commercial vehicles to enter JBSA-Randolph at South Gate. A temporary perimeter gate and guard house will be provided for entry control.

JBSA-RANDOLPH MISSION PARTNER RETIREMENT

Creative force bids farewell to recruiting

By Tech. Sgt. Hillary Stonemetz
Air Force Recruiting Service Public Affairs

As a child growing up in Boulder, Colo., Ronn Linn, Air Force Recruiting Service art director, taught himself to draw by watching television programs that provided step-by-step instructions.

"I watched those shows every Saturday instead of watching cartoons," he said.

In addition to his love of art, he also wanted to travel and he craved adventure. After high school, Linn enlisted in the Navy as a signalman in 1971.

"I wanted to go to Vietnam," Linn said. "I wanted to be on a swift boat or patrol boat, but they sent me to Rhode Island instead."

Somewhat disappointed, Linn separated from the Navy after two years and decided to continue his passion for art through a career in graphic design. He earned a degree in communication arts at the Colorado Institute of Art in Denver and worked a variety of graphic design jobs before entering Air Force civil service in 1984. He will retire from Joint Base San Antonio-Randolph, Feb. 28.

"Ronn has made significant contributions to the team," said Col. Marcus Johnson, AFRS Strategic Marketing division chief. "I'm going to miss him and his sense of humor. It has been a pleasure working with him."

"Before I joined civil service, I did freelance work for advertising agencies," Linn said. "I did tourism brochures for Alaska, real estate booklets, posters and designed logos."

"Back then, we didn't use computers. Computers have really increased productivity. An artist now has so much more control over the final project."

After working several years as a freelance graphic designer, he wanted a job that was more interesting and allowed him to travel.

"I never wanted to stay at a job for long before I joined civil service," Linn said. "I would get bored and want to move on."

Throughout his civil service career, Linn has travelled the globe and created thousands of posters and brochures. He was at the Air Force Academy and in Europe for a total of nine years, at Lowry Air Force Base, Colo., for two years and has been at AFRS for the past 18.

"I love the interesting TDYs and working with creative people," he said. "I met Tom Cruise in a NASCAR pit in Atlanta about six years ago. I was working as a photographer for AFRS."

He also met Arnold Schwarzenegger at a body building competition in Columbus, Ohio. Schwarzenegger did a public service announcement for the Air Force and Linn took photos during the taping.

In the early 1990s, Linn entered an Air Force-wide competition to design a logo for Air Force

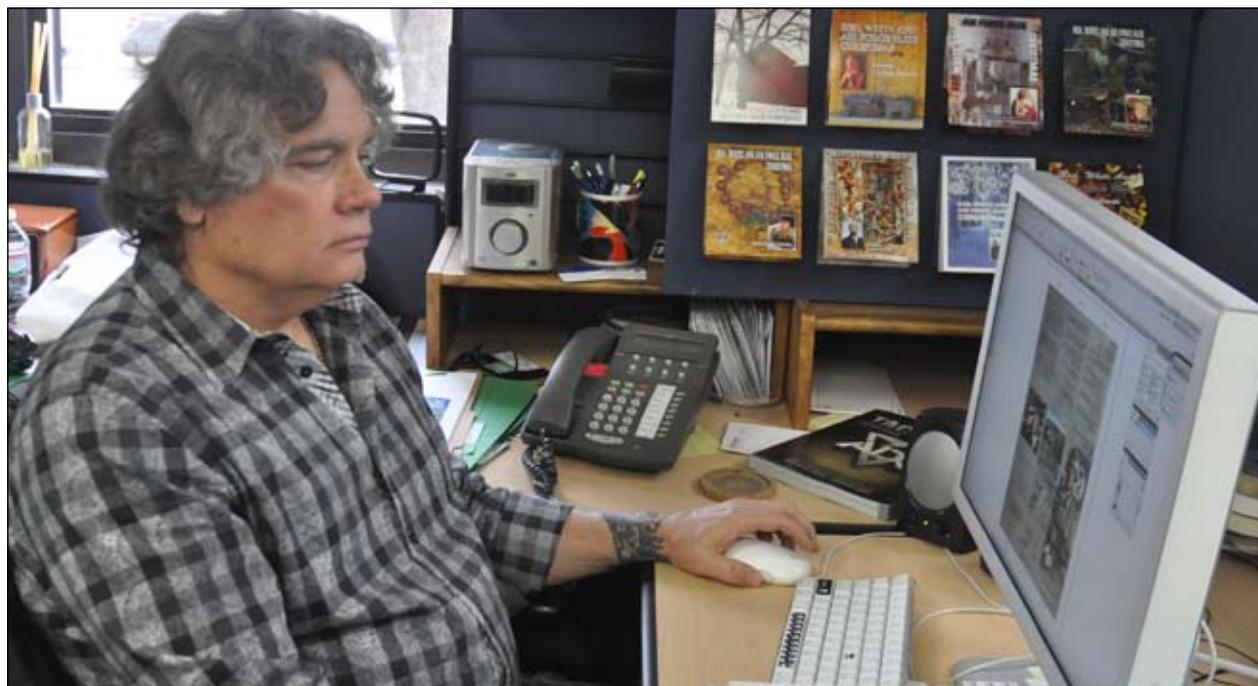


Photo by Tech. Sgt. Hillary Stonemetz

Ronn Linn, Air Force Recruiting Service art director, is the creative force behind eight of the 12 "Red, White and Air Force Blue Christmas" special CD covers. He has also designed many posters, all types of recruiting literature and even billboards.

Services Outdoor Recreation. His design won the competition and the logo is still being used today.

"The prize was \$200 and a backpack," he said.

Since he started working for AFRS 18 years ago, Linn has designed eight of the 12 "Red, White, and Air Force Blue Christmas" special CD covers. He has also designed many posters, some featuring Battlefield Airmen, all types of recruiting literature including fact folders, brochures as well as billboards.

"The creative process can either be instantaneous or it could take a couple of weeks," Linn said. "I roll ideas over in my mind to figure out what works and what doesn't work. Sometimes I find inspirations in magazines or in my dreams."

Linn's retirement will be bittersweet for him and many of his coworkers.

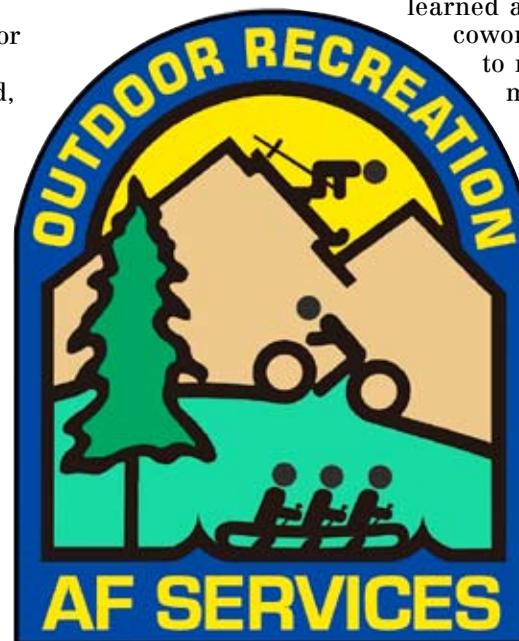
"Ronn is a creative force," said Dale Eckroth, AFRS Strategic Marketing Division writer. "He's the most creative person I've ever met. I've learned a lot from him. He's a great coworker and friend who I'm going to miss. We are losing one of the most talented graphic artists in the Air Force."

"I really enjoy working here," Linn said. "I enjoyed all the experiences and the Air Force is like a big family to me."

When Linn retires, he will continue to sketch and paint. He has an art studio set up in his house and creates what he calls graphic expressionism.

"I love facial emotions," he said. "I paint people using watercolor or acrylic. I've sold a few paintings, but I mostly do it for myself."

He will also devote more time to his other interests such as hiking, antiques, travelling and photography.



Ronn Linn, Air Force Recruiting Service art director, created the Air Force Services Outdoor Recreation logo that is still in use today.

Chili cookoff

Members of the Joint Base San Antonio-Randolph, JBSA-Fort Sam Houston, JBSA-Lackland, Converse and Universal City fire departments celebrate the first JBSA Fire Department Chili Cook-Off Feb. 13. The goal of the event was to unite five area fire departments and build camaraderie between the units through a fun and delicious chili competition.

Top left: Chief Curtis Williams, JBSA fire chief, waftes a bowl of chili for the chili cook-off Feb. 13 at the Joint Base San Antonio-Randolph fire department. Williams acted as one of the judges for the event. Top right: Firefighters Gunnar Witt (left), representing Joint Base San Antonio-Lackland, won first place; Dan Flores (center), representing JBSA-Randolph, placed second; and Roy Wiggins (right), representing JBSA-Fort Sam Houston, placed third in the contest.

Bottom: Attendees line up for some leftover chili from the chili cook-off Feb. 13 at the Joint Base San Antonio-Randolph fire department.



Photo by Airman 1st Class Kenna Jackson



Photo by Joel Martinez



Photo by Airman 1st Class Kenna Jackson

Air Force Charity Ball a lifeline for Airmen

By Christina Lynch and Jodie Edwards
2014 Air Force Charity Ball Silent Auction Committee

On Apr. 5, the Air Force family joins together April 5 in Springfield, Va., to celebrate the Air Force Charity Ball and Silent Auction. This annual event has become an 11-year tradition of charitable giving in support of the Air Force Aid Society and the thousands of Airmen and families the AFAS assists.

The Air Force Aid Society, the Air Force's officially recognized charity, offers a lifeline for Airmen and their families.

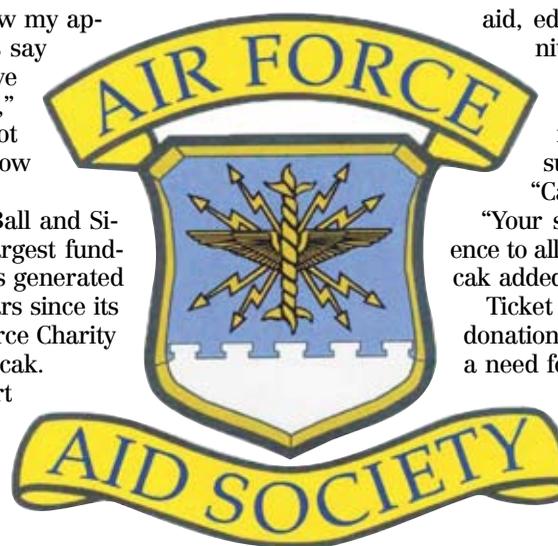
The AFAS helped Staff Sgt. Arrin Tune, from Minot Air Force Base, Neb., pick up the pieces after her home was severely damaged by the flooding of the Souris River in 2011.

"When I got the call about the Air Force Aid Society helping me, I cried," Tune said. "It was a huge relief and a weight lifted off my shoulders.

"I don't know how to show my appreciation, so all I can do is say thank you to all who have helped me rebuild my home," Tune said. "There are not enough words to express how grateful I am."

"The Air Force Charity Ball and Silent Auction is one of the largest fundraisers for the AFAS and has generated more than \$5.4 million dollars since its inception," said 2014 Air Force Charity Ball Chairman Tanya Harencak.

Monies raised on support the Air Force mission by improving the lives of Airmen and their families through a variety of programs. These programs offer emergency



aid, educational assistance, and community enhancement.

Additionally, programs have been designed specifically to support the families of deployed airmen as well, such as "Give Parents a Break" and "Car Care Because We Care."

"Your support will directly make a difference to all Air Force families in need," Harencak added. "We can't do it without help."

Ticket sales end March 1. Attendance and donations are encouraged and there is still a need for silent auction donations.

To learn more about the Air Force Charity Ball and Silent Auction, visit <http://www.airforcecharityball.org>. For more information about the AFAS, visit <http://www.afas.org>.

Joint Base San Antonio-Randolph News Briefs

Basura Bash 2014

The 4th Annual Joint Base San Antonio-Fort Sam Houston Basura Bash is scheduled 9 a.m. to noon Saturday at Salado Creek Park, with volunteer check in at 8 a.m. and a safety briefing at 8:45 a.m. Volunteers are encouraged to wear long pants, sturdy shoes, gloves, hats and sunscreen. People can bring their own cleanup gear, such as waders, trashgrabbers, nets, etc. All participants under 18 must have a parent or guardian onsite and drop-offs will not be allowed. All participants must have a military ID or CAC and sign a waiver to participate. Volunteers can register online at <http://www.basurabash.org>. For more information, call 652-0181.

Changes to PBP&E

Beginning May 1, the professional books, papers and equipment entitlement will be redefined and will affect permanent change of station, retirement and separation orders issued on or after May 1. PBP&E includes household goods in a member's or employee's possession needed for the performance of official duties at the next or a later permanent duty station. Changes to PBP&E will include a weight limit and items that are now excluded. The amount of PBP&E is limited to a maximum net weight of 2,000 pounds with no authority to waive the limitation. There is, however, a grandfather clause to allow anyone who transported more than 2,000 pounds PBP&E overseas prior to the change to return the same PBP&E amount to the continental U.S. Items that are no longer considered PBP&E are personal computer equipment and peripheral devices, going away gifts, office decorations, pictures, etc., including awards, plaques and other objects presented for past performance.

For further clarification or questions, call the Personal Property Processing Office JBSA-Lackland at 671-2821, PPPO-JBSA Ft. Sam Houston at 221-1605 or PPPO-JBSA Randolph at 652-1848.

Check us out on . . .

- Facebook: Joint Base San Antonio, JBSA-Fort Sam Houston, Lackland JBSA and JBSA-Randolph
- Twitter: @JBSA_Official, @JBSAFSH, @JBSALackland and @JBSARandolph
- YouTube: Joint Base San Antonio



Water Conservation Tips

- When building a new home or remodeling a bathroom, install a new low-volume flush toilet that uses only 1.6 gallons per flush.
- Test toilets for leaks. Add a few drops of food coloring or a dye tablet to the water in the tank, but do not flush the toilet. Watch to see if the coloring appears in the bowl in a few minutes. If it does, the toilet has a leak that needs to be repaired.
- Never use the toilet to dispose of cleansing tissue, cigarette butts or other trash. This wastes a great deal of water and also plays an unnecessary load on the sewage treatment plant or septic tank.
- Use the garbage disposal sparingly or start a compost pile.
- Use a small pan of cold water when cleansing vegetables, rather than letting the water run over them.

(Source: 502nd Civil Engineer Squadron)



JBSA-RANDOLPH MISSION PARTNER

Family care plans offer the next best thing when you cannot be there

By Janis El Shabazz
Air Force Personnel Center Public Affairs

An up-to-date family care plan can help to ease stress and boost family resilience and readiness during a service member's absence.

Family care plans are instructions developed by service members to identify caregivers who have agreed to take care of family members during the sponsor's absence.

"One of the most important considerations of family readiness is to ensure families are taken care of when military obligations require Airmen to be away from home for training, mobilization or deployment," said Staff Sgt. Jodie Vahle, a personnel specialist with the Air Force Personnel Center's special programs branch.

Although all Airmen with family members are encouraged to develop a family care plan, only single military parents, dual military couples with family members and military members with civilian spouses who have unique family situations are required to develop written plans.

"These plans are maintained by the commander or first sergeant," said Vahle. "Civilian Airmen and contractors in emergency essential positions are also strongly encouraged to establish family care plans," she added.

Airmen required to maintain written plans must update and verify them annually. Failure to comply with the mandatory requirements to develop and maintain a current plan may result in disciplinary or administrative action.

"You should prepare a family care plan whether you expect to deploy or not," said Vahle. "Taking care of these considerations now will help you and your family members be prepared for any period of separation."

Vahle offered the following guidance for Airmen who need to develop their plan:

- Assign a guardian for your family in a special power of attorney and make sure the guardian understands his/her responsibilities.
- Obtain identification and commissary cards, register in the Defense Enrollment Eligibility Reporting System, and check to make sure all ID cards have not expired.
- Sign up for Servicemembers Group Life Insurance or a similar group life insurance and update all beneficiary information.
- Arrange for housing, food, transportation and emergency needs.
- Inform your spouse or any caretakers about your financial matters.
- Arrange for your guardian to have access to necessary funds.

- Arrange for child care, education and medical care.

- Arrange for necessary travel and escort to transfer family members to their guardian.

- Discuss your plans with your older children.

Family care plans have three basic requirements: short-term care providers, long-term care providers and care provision details.

Short-Term Care Provider – Single-parents and military couples with children must designate a non-military person who will agree, in writing, to accept care of the member's children at any time, 24 hours per day, seven days per week, in the event the military member is called to duty or deployed with no-notice. While this person cannot be another military member, the person can be a military spouse. The short-term care provider must live in the local area where the military member is stationed. The short-term care provider must sign the family care plan, indicating that they understand the responsibilities that are being entrusted to them.

Long-Term Care Provider – In addition to the short-term care provider, the military member must also designate a non-military person, who will agree, in writing, to provide long-term care for their children in the event

See **FAMILY CARE PLAN P13**

Rambler offers yearlong fitness challenge

By Alex Salinas
Joint Base San Antonio-Randolph Public Affairs



For those seeking to mix up their workouts while 2014 is young, the Joint Base San Antonio-Randolph Rambler Fitness Center offers the New Year New You Program, a self-paced fitness challenge.

Participants' objectives are to run or walk 70 miles, bicycle 36 miles and attend 24 group exercise classes by Dec. 31.

"The program is about reaching milestones," Rey Salinas, Rambler Fitness Center programs manager, said. "It can help keep them motivated and exercises fresh so they won't get bored."

Progress is documented on tracking cards, which contain slots for days of each month and the type of exercise.

If participants do not own a bicycle, they can use a stationary or recumbent bike instead. Treadmill work also applies toward the 70 miles of walking or running.

The primary purpose of the New Year New You Program is to "stay active, achieve a healthier lifestyle and make exercising fun," Salinas said.

Additionally, the program encourages people to explore classes at the Rambler such as cycling, kick boxing, strength training and yoga, Marlin Richardson, Rambler Fitness Center fitness and sports manager, said.

"We're always looking to upgrade our health," he added.

To pick up a New Year New You tracking card, stop by the Rambler Fitness Center. For a complete listing of classes, upcoming events and other programs, visit www.randolphfss.com and click on "Rambler Fitness Center."

For more information, call 652-7263.



Photo by Airman 1st Class Kenna Jackson

Thomas Brewer, a retired Air Force Security Forces Squadron master sergeant, works out Tuesday at Joint Base San Antonio-Randolph Rambler Fitness Center. The New Year New You program is a year-long event that encourages participants to focus on getting in shape throughout the year.

FAMILY CARE PLAN from P12

the military member is deployed for a significant period, or in the event they are selected for an unaccompanied overseas tour. The long-term care provider does not have to live in the local area, but the family care plan must contain provisions to transfer children from the short-term care provider to the long-term care provider (finances, airline tickets, etc.), in the event a no-notice deployment turns into a long-term deployment. The long-term care provider must sign the family care plan, indicating that they understand the responsibilities that are being entrusted to them.

Airmen and caregivers can see their first sergeant or contact the local Airman and Family Readiness Center if they need help developing their plan. The Airmen and Family Readiness Center provides readiness and pre-deployment briefings to ensure

Airmen and caregivers are aware of services and have a comprehensive list of resources. They also provide sustainment programs, resources and various other services.

Military family life counselors, normally housed in the Military and Family Readiness Center, also provide face-to-face consultation for deployment support issues. MFLCs specializing in the needs of children and youth are also available through the base child/youth facilities.

"By creating and communicating a strong family care plan, military parents can strengthen family bonds, set caregivers up for success with the right tools and resources and ease the stress of separation as they prepare for a short or long-term absence," said Vahle.

For more information about personnel issues, visit the myPers website at <https://mypers.af.mil>.

JBSA Sexual Assault Prevention, Response

To report a sexual assault, call the 24/7 Joint Base San Antonio Sexual Assault Prevention and Response Hotline at 808-7272 or the Department of Defense Safe Helpline at 877-995-5247.

**DID YOU KNOW?**

The U.S. Army has been providing military medical care in San Antonio since 1879, when a temporary 12-bed hospital was built at Fort Sam Houston to meet this need.

Since then, there have been several iterations of hospitals culminating in the current world-class facility responsible for taking care of wounded warriors, service members from around the world, military retirees, family members and those in the local area who require immediate medical attention.

The 1879 temporary facility was replaced by a more permanent structure in 1886, which was eventually replaced by the Station Hospital in 1908. A distinguishing feature of the new facility was its increased capacity – up to 84 beds were available.

The Station Hospital was used over the next few decades, but saw an additional two wings added in 1910, which increased the number of beds to 152. Around 1912, an isolation ward and maternity ward were also

added to the facility.

Things remained mostly unchanged until the late 1930s, when construction began on a new Station Hospital. The project took about three years to complete, but when done, it was a state-of-the-art facility with a 418-bed capacity.

Due to the influx of patients from the battlefields of World War II, the hospital kept expanding by converting barracks into hospital wards. This peaked when Annex IV was opened, increasing the overall bed capacity of the hospital to 7,800.

In 1942, the Station Hospital was renamed the Brooke General Hospital, named after former Station Hospital commander Brig. Gen. Roger Brooke. The facility was redesignated as Brooke Army Medical Center in 1946.

Construction of the current facility broke ground in 1987, opened in 1996 and now includes the most recent addition – the 760,000-square foot Consolidated Tower and 1,800,000-square-foot parking garage, which opened in 2011.