



TALESPINNER

JOINT BASE SAN ANTONIO-LACKLAND, TEXAS • Vol. 73 No. 12 • MARCH 25, 2016



SPURS PLAYER LEARNS DIFFERENT KIND OF SHOT

Photo by Staff Sgt. Marissa Garner

San Antonio Spurs Shooting Guard Danny Green practices his shooting stance behind a .50 caliber machine gun aboard an MH-53 helicopter March 19 at the 344th Training Squadron at Joint Base San Antonio-Lackland. Green visited the base as part of an NBA outreach program to acknowledge and honor members of the armed forces.

Do what you do with intentional diligence

By Lt. Col. Robert Vicars

25th Flying Training Squadron commander
Vance Air Force Base, Okla.

Jan. 14, 2014, was a beautiful, cool winter day. I had taken over as director of operations for the T-38 squadron at Vance Air Force Base, Okla., two days prior.

With just over two months of time on station, I was feeling the pressure of leading operations for a mission I was just getting familiar with.

I was scheduled to fly a student's last sortie before graduation. He was the number one student in the class, so his flying skills were good. It was also a beautiful day. What could go wrong?

With my perception of his proficiency as a principle motivator, I set us both up for failure by not emphasizing the potential for complacency. I played into that potential by telling him I planned to just chill in the back seat and let him do his thing.

I had let my guard down, and gave him permission to let his down as well – bad call.

The T-38 requires 8,000 to 10,000 feet to do a loop if you pull 4.5 to five Gs. If you pull less it takes more altitude and you lose more airspeed in the climb.

My student began his pull for our first planned maneuver – a loop.

He started out just over four Gs then pretty quickly backed off. I noticed this and looked at other indicators to determine why. As our nose passed through the vertical – pointing straight up – I wondered if we could complete the maneuver without going above our assigned altitude block.

When it became apparent we probably could not, I said something to him about it. Then things rapidly went awry.

Having pulled passed the vertical we were upside down. After my input, he recognized his error, became disoriented briefly and stopped pulling – exacerbating our problem. We were high. We were slow. T-38 engines don't run well when you are high and slow.

The student began his pull again. The left engine stalled and began to wind down. I immediately took the aircraft and rolled upright. Then the right engine stalled and

began to wind back. We were in big-time trouble.

The T-38 has really small wings. It isn't a very efficient glider.

With a higher-than-desired altitude and lower-than-desired airspeed, my hands were full "flying" a free-falling jet and repressing an overwhelming feeling of regret.

With the jet falling silently and my adrenaline and heart rate peaking, I managed to calmly say to the student, "We've got to get some knots back on this aircraft."

I executed the engine stall procedures I have either talked about or executed in the simulator hundreds of times, and both engines restarted.

We declared an emergency, flew home and landed.

Lessons learned abound for me from this experience. The one I want to emphasize here is, when executing your duties, always do so with intentional diligence. Do not allow complacency to creep in. Pay attention to the details and those things that equaled success in the past.

Failure in our mission impacts more than just ourselves.

JBSA members urged to do their part to eliminate sexual assault

By David DeKunder

JBSA-Randolph Public Affairs

Joint Base San Antonio leaders will host a Sexual Assault Awareness and Prevention Month proclamation signing ceremony April 1 at the JBSA-Fort Sam Houston Academic Support Building beginning at 1:30 p.m.

The theme for this year's Sexual Assault Awareness and Prevention Month activities is "Eliminate sexual assault: Know your part, Do your part."

The proclamation signing will be the first of several activities to be held throughout April hosted by the JBSA SAPR Program in the on-going effort to stop sexual assaults and support sexual assault survivors.

Signing the proclamation will be Brig. Gen. Robert LaBrutta, 502nd Air Base Wing and JBSA commander; Lt. Gen. Perry Wiggins, commanding general of U.S. Army North (Fifth Army) and Senior

commander of Fort Sam Houston and Camp Bullis; Rear Adm. Rebecca McCormick-Boyle, commander of Navy Medicine Education and Training Command; and representatives from both the Coast Guard and Marines.

The ceremony will also include a speech from Wiggins and remarks from LaBrutta and McCormick-Boyle. In addition, a sexual assault survivor will share their experience and members of the JBSA Sexual Assault Prevention and Response Program will be recognized for their service. The public is invited to attend the ceremony.

Sergio Perez, Army sexual assault response coordinator at JBSA-Fort Sam Houston, said active-duty service members and civilians need to do their part to stop sexual assaults from occurring.

"If you see a crime or inappropriate behavior unfolding, we need to step in to prevent it," Perez said.

Allen Blair, JBSA-Randolph SAPR sexual

assault response coordinator, said JBSA locations are participating in the "Stop 107" campaign, which emphasizes to active-duty service members and civilians who witness a possible sexual assault to take action to stop it.

"In the U.S., every 107 seconds, a sexual assault takes place," Blair said. "If somebody stepped in at that 106th second, that sexual assault would have never occurred. When you see something, say or do something instead of just standing there and not doing anything."

"The Hunting Ground," a documentary on rape and sexual assault crimes at college campuses from the perspectives of sexual assault survivors, will be shown April 7 at the JBSA-Randolph dorms dayroom from 6 to 8 p.m., with a discussion to follow the film. The documentary will also be shown April 23 at Evans Theatre on JBSA-Fort Sam Houston from 12:30 to 2:30 p.m.

The film showing at JBSA-Fort Sam Houston is open to people with base access, while the showing at JBSA-Randolph is only for active-duty service members who live in the dorms.

Blair and Bernadette Villa-Morris,

Joint Base San Antonio-
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Deadline for story submissions is noon Wednesday the week prior to publication.

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News in Brief

CIVILIAN DEVELOPMENTAL EDUCATION

APPLICATION DEADLINE MAY 1

Civilian Airmen have until May 1 to submit applications for civilian developmental education programs to the Air Force Personnel Center.

“Educational opportunities, in conjunction with experience and training, are a key component of the continuum of learning designed to deliberately develop Air Force leaders,” said Virginia Banda, Air Force Personnel Center CDE program manager. “CDE programs help provide the knowledge and skills the civilian workforce needs to anticipate and successfully meet the unique challenges present across the range of military operations.”

There are approximately 25 CDE programs offered each year. They range from basic developmental education to intermediate development education and senior developmental education. In addition to applications for BDE, IDE and SDE, applications for the civilian strategic leadership program are also accepted during the CDE call for nominations.

Requirements and eligibility vary depending on the program, as do submission requirements, so applicants should carefully review force development information available on the myPers website before preparing application documents.

To see detailed descriptions of each of the CDE programs go to the myPers website. Select the “Civilian Employee” link. Under the “Learn More About” menu, scroll down to the “Force Development,” section.

For more information, visit <http://www.myPers.mil>. Individuals can request a myPers account by following instructions at <http://www.retirees.af.mil/>.

WORKING TO FORM A MORE PERFECT UNION: HONORING WOMEN IN PUBLIC SERVICE, GOVERNMENT

Department of Defense employees, retirees and dependents are invited to participate in the 2016 celebration of women’s history month events:

- Friday, 9 a.m.: Basic Military Training Women’s History Month parade at the parade grounds.

- Thursday: Kids’ story time at the Child Development Centers.

JBSA IS HOSTING PROUD WEEK CLEAN-UP

Joint Base San Antonio will conduct the Spring Proud Week Cleanup April 11-15 in

See NEWS IN BRIEF Page 16

Airmen’s Week marks 1 year anniversary

By Staff Sgt. Marissa Garner
JBSA-Lackland Public Affairs

The 37th Training Wing will mark the first year of the innovative program entitled Airmen’s Week Friday at Joint Base San Antonio-Lackland.

Airmen’s Week is a five-day course that helps Airmen better prepare for technical training school and beyond. The strategic curriculum further develops professional, resilient Airmen who are inspired by heritage, committed to the service’s core values and motivated to deliver airpower, according to Kevin Adelsen, Air Education and Training Command Airmen’s Week Program Manager.

Since its inception, instructors, course developers, and most importantly, Airmen, have noted the positive impacts the program has had thus far.

“We are getting them to think more deeply about Air Force core values, about what it means to be a member of the profession of arms and we have over an 89 percent approval rate from the Airmen that have been through Airmen’s Week,” Adelsen said. “From a qualitative, anecdotal standpoint it is a resounding success.”

The concept of Airmen’s Week stemmed from Air Force officials, including Chief Master Sgt. of the Air Force James A. Cody, and members of the 737th Training Group, evaluating the former 81/2 week BMT program and assessing how to further enhance Airmanship skills and emphasize a long-standing commitment to core values and morality.

“We’re trying to get into our Airmen’s hearts and into their minds earlier, really develop the right culture, and what it really means to be an Airman serving their nation,” said Chief Master Sgt. David Staton, AETC command chief.

Although the program has undergone changes since its launch, the goal of Airmen’s Week remains constant with curriculum focused exclusively on wingmanship, resiliency, leadership and followership, sexual assault prevention and response, the warrior ethos and how Airmen can balance their personal and professional lives.

While the instruction of Airmen’s Week is curriculum based, a concept called active mentorship is also



Photo by Johnny Saldivar

Airmen currently attending Airmen’s Week speak with their instructor about the significance of squadron symbols and lineage Jan 21 at Joint Base San Antonio-Lackland. Airmen’s Week is a five-day course implemented in March 2015 that helps Airmen better prepare for technical training school and beyond.

applied, which requires the instructors to engage with the Airmen to figure out what they want to know about the Air Force instead of waiting to be asked. By displaying the transparency to share both successes and failures, instructors can provide both relatable and ethical advice to Airmen as they begin their careers.

“Active mentorship is the idea that you don’t passively wait for an Airman to seek out guidance and advice,” said Lt. Col. Meghan Doherty, 326th Training Squadron and Airmen’s Week commander. “You seek out the Airman to give them what they need and ask them what they want. You use your experience to help an Airman find their path in the Air Force.”

For the students, Airmen’s Week is proving to have added value to the transition from civilians to Airmen.

Airman 1st Class Brianna Smith, 20th Intelligence Squadron geospatial intelligence analyst at Offutt Air Force Base, Nebraska, was one of the first Airmen to complete Airmen’s Week and believes the course will have a positive and lasting effect on her career and personal life.

“For me personally, when I think back on my experience, it was absolutely one hundred percent worth it,” Smith said. “I took a lot from Airmen’s Week and I was very, very lucky to walk away with an extremely unique and valuable experience.”

The qualitative data from Airmen combined with quantitative data

from the Air Force’s technical training schools will provide an even more accurate measure of where Airmen’s Week is today. Facilitators will process the information they’re given and determine the direction needed in order to continue developing and producing quality Airmen.

Airmen’s Week has proven to be a solid foundation for a continuum of development unique to an Airman’s age, skill set and experience, and approximately 33,000 Airmen have benefited from the program according to Adelson.

“One year ago, we implemented Airmen’s Week in an effort to help fundamentally shape the character of the Airmen serving in our United States Air Force,” Brig. Gen. Trent Edwards, commander of the 37th Training Wing, said. The 37th Training Wing encompasses BMT and more than 70% of all Air Force technical training courses.

“During the last year, over 33,000 Airmen have transitioned through Airmen’s Week and today I am proud to state that we have successfully produced more professional, resilient Airmen, inspired by our heritage, committed to the Air Force core values and motivated to deliver airpower for America,” Edwards said. “I couldn’t be more proud of my 737th Training Group team and our partnership with AETC’s Profession of Arms Center of Excellence. I am excited to serve alongside these Airmen and optimistic about where they will take us in the future.”

DOD gives final go-ahead to open all military jobs to women

By Karen Parrish
DOD News, Defense Media Activity

After “exceptionally thorough work” by all of the services, the U.S. military is authorized to begin integrating women across all occupations and specialties immediately, according to a Defense Department statement released March 10.

Pentagon Press Secretary Peter Cook briefed reporters on Defense Secretary Ash Carter’s decision and the accompanying statement.

Carter “formally approved the final implementation plans prepared by the military services and U.S. Special Operations Command to integrate women into all combat roles,” Cook said.

In the statement, Carter said the department must handle the change “the right way, because the combat effectiveness of the world’s finest fighting force is paramount.”

Cook noted that Deputy Defense Secretary Bob Work and Vice Chairman of the Joint Chiefs of Staff Air Force Gen. Paul J. Selva co-chaired an implementation group tasked with a detailed review of the plans.

The review was the culmination of years of studies and reports going back to 2011, when then-Defense Secretary Leon E. Panetta ordered an examination of all laws and policies governing the assignment of women in the armed forces.

Carter’s seven “guiding principles” for integration shaped the implementation group’s review of the services and Socom’s final plans: transparent standards, population size, physical demands and physiological differences, conduct and culture, talent management, operating abroad, and assessment and adjustment.

Carter wrote a Medium post published March 10 detailing his views on the implementation plans. In the post, the secretary gave some behind-the-scenes



Photo by Lance Cpl. Koby I. Saunders

Female Marines and a male Sailor, all assigned to the 22nd Marine Expeditionary Unit, prepare to enter a building during an urban operations training exercise with a female engagement team at Fort Pickett, Va., Feb. 21. Defense Secretary Ash Carter announced March 10 that the services are authorized to begin integrating women into all military occupations and specialties.

details on what the studies and reviews turned up.

“We found over the last few years that in some cases we were doing things because that’s the way we’ve always done them,” Carter wrote. For example, he said, the 35-pound weight carried by marchers in their rucksacks during the Army’s Expert Infantry Badge qualification was based on a World War II-era airborne study.

“It was the minimum weight required to prevent the rucksack from getting tangled in a jumper’s static line and had nothing to do with the equipment required for paratroopers to fight with once they landed – let alone the modern equipment that infantry soldiers need to carry today,” Carter noted.

The study and work that has gone into opening all military jobs to women “drove us to take a closer look at our training, too,” the secretary wrote.

Carter wrote that the depart-

ment’s performance standards are now informed by real-world operational requirements and the experiences gained in Iraq and Afghanistan.

“As a result, our military will be even better at finding and training not only the most-qualified women, but also the most-qualified men, for all military specialties,” he wrote.

Carter has said throughout his tenure that the integration process will mean equal opportunity for, not equal participation by, women service members.

“Integration provides equal opportunity for men and women who can perform the tasks required; it does not guarantee women will be promoted at any specific number or at any set rate, as adherence to a merit-based system must continue to be paramount,” the secretary wrote.

Carter noted, “We have to remember that it takes decades to grow a general or flag officer, so it will take time to see these results.”

Court-martial, crimes and punishments at Joint Base San Antonio

During the month of February, JBSA Air Force commanders administered 28 non-judicial punishment actions under Article 15 of the UCMJ.

The punishments imposed reflect the commander's determination of an appropriate punishment after considering the circumstances of the offense and the offender's record. Officers may not be reduced in rank as a punishment.

A suspended punishment does not take effect unless the offender engages in additional misconduct or fails to satisfy the conditions of the suspension. The suspension period usually lasts for six months unless a lesser amount is specified. Administrative discharge may also be an option for commanders after the conclusion of an Article 15, depending on the circumstances.

The following are some of the non-judicial punishment actions that closed out in February. Decisions regarding discharge are not included.

Destroying/damaging nonmilitary property x 5: A staff sergeant was observed ripping off the door handles of three vehicles, scratching one vehicle and ripping off the rear windshield wiper blade off another vehicle. The member received a reduction to senior airman, forfeitures of \$1,241 pay per month for two months (suspended for six months) and a reprimand.

Wrongful use of marijuana: A senior airman

wrongfully used marijuana. The member received a reduction to airman first class, forfeitures of \$1,027 pay per month for two months and a reprimand.

Wrongful use of marijuana: An airman in technical training tested positive (urinalysis) for marijuana. The member received a reduction to airman basic, forfeitures of \$783 pay per month for two months, 30 days extra duty, 30 days restriction and a reprimand.

Wrongful use of a controlled substance x 3: An airman basic wrongfully used codeine, hydrocodone and hydromorphone. The member received 21 days restriction, forfeitures of \$783 pay per month for two months (one month suspended) and a reprimand.

Dereliction of duty x 2 – willful: An airman failed to refrain from having a visitor in her dormitory who was not an airman from the same group and also failed to refrain from having a visitor in her dormitory after accountability. The member received 14 days restriction, forfeitures of \$250 pay per month for two months (1 month suspended) and a reprimand.


Dereliction of duty – willful: An airman first class consumed alcohol while underage. Punishment consisted of a reduction to the grade of airman, forfeiture of \$878 pay (suspended for six months) and a reprimand.

Dereliction of duty – willful: An airman first class in technical training unlawfully possessed, consumed and distributed alcohol to a minor. The member received forfeitures of \$923 pay per month for two months (one month suspended), 14 days extra duty, 30 days restriction and a reprimand.


Dereliction of duty x 2 – willful: An airman basic in technical training failed to return to the dormitory for accountability and allowed a member from outside of the squadron and of the opposite gender inside a dormitory room. The member received forfeitures of \$783 pay per month for one month (one month suspended), 14 days extra duty, 14 days restriction and a reprimand.

Larceny: An airman basic in technical training stole a cosmetic brush from the base exchange. The member received forfeitures of \$783 pay per month for two months, 20 days restriction and a reprimand.

(Source: 502nd Air Base Wing Legal Office)



One of the best things about ICE is that people can let service providers know when they do a great job, not just for poor service. It takes five minutes or less to submit a comment at <http://ice.disa.mil>.



Former chief master sergeant of the air force offers advice to JBSA NCOs

By Jeremy Gerlach
JBSA-Lackland Public Affairs

A group of Joint Base San Antonio-Lackland NCOs lunched with former Chief Master Sergeant of the Air Force Frederick "Jim" Finch at Arnold Hall March 15, picking up career advice in an informal Q&A session.

Finch, who held the highest non-commissioned rank in the Air Force from 1999-2002, is now retired and lives in San Antonio. He's remained active in the Air Force community during retirement and said he enjoyed mingling with service members who are just entering the prime of their careers.

"The key is to develop these people so they can be the next level of senior NCOs," Finch said. "They're going to be the next generation of chief master sergeants, so you want them exposed to as many issues that they can be, so they know how to solve problems."

Finch urged the officers to treat even stressful situations as learning experiences.

"Frankly, there are challenges they are going through as mid-level NCOs



Photo by Joel Martinez

Thirteenth Chief Master Sergeant of the Air Force Frederick Finch speaks at a 5/6 luncheon March 15 at Joint Base San Antonio.

right now that will shape them and their perceptions of the Air Force even 10, 15 years from now," he explained. "These challenges, even the frustrations that they feel, will drive them to

make better decisions later on."

Finch also fielded questions about how mid-level officers can continue to advance up the ranks, recommending that officers show initiative when pre-

sented with volunteer opportunities – even ones that others might have passed over.

"Officers want to know how to be successful here at JBSA-Lackland and most importantly, they want to know how to leave their positions better than they found them by grooming successful replacements," Finch noted. "It's about getting involved in all of the things that are going on. It takes a lot to run an Air Force base, and breadth of experience is a serious issue, just as much as developmental experience."

Finch, who as CMSAF was in charge of directing the enlisted corps and representing their interests to the secretary of the Air Force, also noted that NCOs shouldn't think of their career arcs any differently than commissioned personnel.

"I don't put a lot of stock in the difference between enlisted and commissioned officers," he said. "There's no difference in terms of commitment or loyalty, hard work or intelligence ... and I'm very proud of what our NCO core is doing today, and proud of many of the decisions that have been made since I retired."

Before heading out, Finch offered a last bit of advice to all service members at JBSA-Lackland.

"Stay positive - you're doing wonderful things here," he said. "I'm always impressed to come back to JBSA-Lackland, to see people working hard, doing their best and making a difference."

JSBA-LACKLAND HOSTS SPURS



Photo by Staff Sgt. Marissa Garner

Staff Sgt. Rodriguez Nelson, 343rd Training Squadron enlisted aviator course instructor, presents San Antonio Spurs shooting guard Danny Green (right) with a squad shirt and a coin March 18 at the 344th Training Squadron at Joint Base San Antonio-Lackland. Green visited the base as part of an NBA outreach program to acknowledge and honor members of the armed forces.

37TH TRW KICKS OFF AFAF



Photo by Senior Airman Lynsie Nichols

Brig. Gen. Trent Edwards, 37th Training Wing commander, signs an Air Force Assistance Fund donation slip as Master Sgt. Cale Kolasa and Staff Sgt. Marcella Rodriguez, 37th TRW AFAF program organizers observe March 22 at JBSA-Lackland. The AFAF is an annual effort to raise funds for the charitable affiliates that provide support to Air Force families in need.

DIAMOND SHARP

Staff Sgt. Cristofer Mercado-Wallace

Unit: Joint Personal Property Shipping Office-South Central

Duty title: NCO in charge of direct procurement method and special invoicing

Time in service: 7 years, 6 months

Hometown: San Diego, Calif.



“Staff Sgt. Cristofer Mercado-Wallace is an extraordinary NCO with unmatched leadership and professionalism. He oversaw the workload for four technicians and 34 contracts totaling \$6 million in personal property services. His innovative thinking and auditing techniques identified 29 weight discrepancies reclaiming \$82,000 in overcharges. As the primary unit training manager, Mercado revised five sections’ core tasks, leaned processes and eliminated 15 non-critical functions. He continues to separate himself as an outstanding leader and as an NCO who exemplifies the Air Force core values. His determination and persistence to quality control invoices enabled the unit to receive the Air Force Non-Flying Logistics Readiness Squadron of the Year. Additionally, Mercado led a team of 20 in support of Air Force Tops in Blue and ushered more than 100 VIPs. Lastly, Mercado earned six credit hours towards his Community College of the Air Force degree and maintained a 3.8 GPA.”

– **Master Sgt. Enrique Maldonado**
JPPSO Detachment 3 Additional Duty First Sergeant

Staff Sgt. Apiphany Fuller

Unit: 331st Training Squadron

Duty title: Military training instructor

Time in service: 7 years

Hometown: Clarksville Tenn.



“Staff Sgt. Apiphany Fuller is a military training instructor and pos-tures trainees to exceed standards by teaching and mentoring; produc-ing 10 honor graduates and 1 top graduate. She also has performed 480 hours of academic instruction that led to 20 Airmen scoring more than 90 percent on their end of course test. In addition, Fuller has con-ducted field training exercises and physical training sessions, instill-ing expeditionary skills and warrior ethos. She exhibits a whole-person concept by pursuing her education and earning her degree in criminal justice. Moreover, she attended Airmen Leadership School and earned the commandant award for outstanding performance. She aided San Marcos flood victims by renovating 11 homes and providing meals to more than 100 families. She evaluated 12 teams of 300 cadets in a local joint service JROTC drill competition. As 331st Training Squadron booster club’s secretary, she fostered esprit de corps with in the unit by planning, executing and emceeing the holiday party. And most im-portantly, she is one of the first to welcome a new team member to the Wolfpack family.”

– **Senior Master Sgt. Jadirra Velez Walls**
331st TRS First Sergeant

Staff Sgt. Nicole Wainwright

Unit: 343rd Training Squadron

Duty title: Independent duty medical technician

Time in service: 9 years, 8 months

Hometown: Pearl City, Hawaii



“Staff Sgt. Nicole Wainwright provides medical support for 1,300 security forces Airmen and 260 cadre at the largest technical training environment in the Air Force. Wainwright acts as an emergency medi-cal technician and provides on site medical coverage for 33,000 acres and 15 ranges at Joint Base San Antonio-Camp Bullis. She also works as an aid station’s physician extender and has treated more than 100 students in the last five months. Her expedient medical care returned Airmen to training without delay, which saved the Air Force more than \$90,000. She also maintains the clinic pharmacy and ensures medi-cations are always available. In addition, Wainwright identified and corrected two pharmacy errors and ensured patients were dispensed correct medicine. Wainwright acts as a collection agent for the Drug Demand Reduction Program and collected more than 800 urinalysis samples from JBSA-Camp Bullis, eliminating the need to transport students to JBSA-Lackland and saving \$800,000. Wainwright is a true asset to the 343rd TRS; she is truly worthy of this award.”

– **Master Sergeant Nathan M. Pigza**
343rd Training Squadron First Sergeant

JOINT BASE SAN ANTONIO FRONT AND CENTER

JBSA-Randolph Fitness Assessment Cell leader focuses on performance

By Senior Airman Alexandria Slade
JBSA-Randolph Public Affairs

Since 2012, Kim Rennert, Joint Base San Antonio-Randolph Fitness Assessment Cell lead, has ensured the proper training of new physical training leaders and FAC augmentees, which has resulted in accurate and fair test results for thousands of Airmen.

Individuals interested in becoming physical training leaders for their unit must take a basic three hour course taught by Rennert. Augmentees take a 2 1/2 day course and spend 45-90 days working as part of the FAC under her leadership.

"We do physical training tests every day by recording a person's height and weight, the number of pushups and sit-ups they can accomplish with proper form within one minute, as well as their 1 1/2 mile run time or two-kilometer walk," Rennert said. "We log individual's score sheets, notify Unit Fitness Program Managers of any unsatisfactory test results and build PT test schedules."

Though counting the amount of pushups one can do in a minute may sound simple to some, Rennert said it's not as easy as it looks.

"Within our team, we have each other's backs," she said. "If one of my trainees miscounts while someone is performing their pushups or sit-ups, I am there to tell him what number he is on. These are official tests for people's careers, and we want to ensure they receive the most fair and accurate test possible."

Despite giving demonstrations on the correct form of exercises beforehand, FAC members sometimes receive negative reactions from military members who fail to meet Air Force fitness standards.

"I feel bad when someone does not pass their test for whatever reason," Rennert said. "I've had people blame their failures on me, when I'm simply holding fast to Air Force standards. I can't give people what they don't earn."



Photo by Senior Airman Alexandria Slade

Kim Rennert, 502nd Force Support Squadron Fitness Assessment Cell lead, holds a military member's feet and counts their sit ups during a physical training test Aug. 27 at Joint Base San Antonio-Randolph's Rambler Fitness Center.

As the Air Force PT testing system has become more challenging over the years, Airmen have been held accountable to a higher standard to improve readiness across the Air Force. The PT program at JBSA-Randolph is no exception.

"The job of the FAC members lets commanders know where their Airmen are at and the program has helped a lot of people improve their fitness," Rennert said. "It keeps them within the standards and accountable, which I think helps them toward their career as a whole. It makes us a stronger Air Force."

Though Rennert has a reputation for her strict training and high standards for her team, she enjoys seeing those who are testing succeed.

"It's an awesome feeling when people who have

struggled before to pass their PT test finally reach their goal," she said. "There have been times I've traded high fives or hugs with those people. Seeing someone train and accomplish a pass is great."

After all is said and done, Rennert said her team is what makes her look good.

"I hold my team to a very high standard and I have a reputation, but I don't mind, because I know I'm doing my job correctly," Rennert said. "They make us shine. My supervisor and mentor, Marlin Richardson, has also played an important part in our success. I'm not successful, my team is successful."

To learn more about Air Force Fitness Program rules and standards, visit <http://www.afpc.af.mil/affitnessprogram/index.asp>.

59th MDW Outpatient Nutrition Clinic promotes healthy eating

By Jose T. Garza III
JBSA-Lackland Public Affairs

Every March, the Academy of Nutrition and Dietetics promotes National Nutrition Month by reminding people of healthy eating basics.

To encourage healthy nutrition in observance of the annual campaign, Staff Sgt. Myles Burke, 59th Medical Wing's Outpatient Nutrition Clinic NCO in charge, recommends avoiding refined starches and added sugars.

"Refined starches and added sugars turn into fat unless you just got done working out," Burke said. "Our body can only store about 1,200 calories of sugar,

depending on whether we are burning it or not during physical activity."

White pasta, white bread and low fiber cereal are considered refined starches, according to the WebMD website (<http://www.webmd.com>)

Added sugars such as soft drinks, energy drinks and sports drinks, candy, cakes and cookies contain sugars and syrups that are added to foods or beverages when they are processed and prepared, according to U.S. Department of Agriculture Choose My Plate website (<http://www.choosemyplate.gov>).

Burke also advises people to steer clear from eating foods containing trans fat, which doctors consider to be the worst type of fat they can consume. This is because

it raises bad cholesterol and lowers good cholesterol, leading to an increased risk of heart disease. Heart disease is deemed the leading killer of men and women.

Trans fat can be found in foods enriched in omega-6 fatty acids such as corn, soybeans, cottonseeds and sunflower seeds.

"All trans fat comes from processed foods and about 70 percent of omega-6's come from processed foods," he said. "If you eliminate processed fat, refined starch and added sugars, then you will be good to go."

To enjoy healthy eating, Burke recommends people "eat outside the box:" foods that are enclosed in a box or from fast food restaurants.

"Investigate your foods further by checking for refined starches, added sugars and trans fat on the ingredients list," he said.

For more information, call the ONC at 292-7578.

BMT HONORS

Congratulations to the following 61 Airmen for being selected as honor graduates among the 619 Air Force basic military trainees who graduate today:

320th Training Squadron*-Flight 225*

Alexander Chandler
Ross Duval
Steven Feierabend
Kenneth Leavins Jr
Caleb Reed
Alexander Rust
Ryan Simmons

-Flight 226

Kyle Schachsieck

-Flight 227

Justin Burns
Brody Davis
Timothy Fixter
Jeremy Mootz
Jose Sanchez
Matthew Thompson

-Flight 228

Abigail Gordon
Kristin Harosia
Lauren Mcgregor
Sunnie Patch

322nd Training Squadron*-Flight 237*

Mars Bilker
Kobby Hanson
Brian Jacobson
Christian Laney
Ethan Monteith
Cesar Rivera

-Flight 238

Ciara Rayu
Alyssa Ruple
Danielle Torres

-Flight 233

John Brennan
Isaac Quarterman
Angel Sostre

-Flight 234

Nathaniel Burk
Michael Coleman
Alexander Delamarter
Donte Watkins

-Flight 235

Jacob Bean
Zachary Dann
John Diaz

Ian Irons

-Flight 236

Jim Alvarado
Oliver Bernardo
Cody McBride
Cyle Mcclary
Justin Surerus

331st Training Squadron*-Flight 229*

Martin Rios
Raymond Stone
AleK Truitt
Vasquez Velazquez

-Flight 230

Austin Hall
Zachary Holt
Cole Keeven
Erich Kitten
Nicholas Martin
Cole Paulsen

-Flight 231

Joshua Brandt
Earl Calloway
Mark Millard
Daniel Naebeck

Robert Stone

-Flight 232

Camille Dysart
Cathleen Mauricette
Paige Sasser

Top BMT Airman

Jeremy Mootz
320th TRS, Flight 227

**Most Physically Fit***-Female Airmen*

Kristin Harosia
320th TRS, Flight 228
Paige Sasser
331st TRS, Flight 232
Anna Arnsberger
322nd TRS, Flight 238
Catelyn Demartino
320th TRS, Flight 228

-Male Airmen

Earl Calloway
320th TRS, Flight 231
Justin Burns
320th TRS, Flight 227
Jeremy Mootz
320th TRS, Flight 227
Matthew Thompson
320th TRS, Flight 228

-Female Flights

322nd TRS, Flight 238
320th TRS, Flight 228
331st TRS, Flight 232

-Male Flights

331st TRS, Flight 229
323rd TRS, Flight 235
331st TRS, Flight 231
323rd TRS, Flight 236
322nd TRS, Flight 237
323rd TRS, Flight 233
331st TRS, Flight 230
320th TRS, Flight 226
320th TRS, Flight 227
323rd TRS, Flight 234
320th TRS, Flight 225

Top Academic Flights

331st TRS, Flight 231
331st TRS, Flight 230
323rd TRS, Flight 236
320th TRS, Flight 225
320th TRS, Flight 227
331st TRS, Flight 229
322nd TRS, Flight 237
323rd TRS, Flight 235
320th TRS, Flight 228
323rd TRS, Flight 233
323rd TRS, Flight 234
322nd TRS, Flight 238

ASSAULT from Page 2

JBSA-Randolph SAPR victim advocate, will facilitate the film discussion at the JBSA-Randolph dorms.

Villa-Morris said the purpose of showing "The Hunting Ground" is to create an open dialogue with younger service members about sexual assault prevention.

"The video will essentially provoke thought," Villa-Morris said. "It highlights various prominent universities. It highlights certain aspects about their sexual assault programs into today's society, some things that they did well and some things that they didn't do well."

Monika Korr, who survived being raped after being kidnapped in 2009, will speak to people with base access April 15 at the BAMC Auditorium, JBSA-Fort Sam Houston, at 2 p.m. Her talk is titled "Kill the Silence: A Survivor's Life Reclaimed."

On April 21, author and activist Dr. Jackson Katz will talk about "Gender Violence as a Leadership Issue" to JBSA SAPR personnel at Blesse Auditorium, JBSA-Fort Sam Houston, at 10:30 a.m. In his remarks, Katz will discuss issues of sexism and gender violence.

Throughout April, the JBSA SAPR Program will provide information tables at various JBSA locations with facts about sexual assault, sexual assault prevention tips and services for sexual assault survivors.

Information tables will be set up at the following locations:

JBSA-Fort Sam Houston

- METC Dining Facility, METC Fitness Center, shopette and post exchange; April 5, 7, 12, 14, 19, 21, 26 and 27, 11 a.m. to 1 p.m.

JBSA-Lackland

- Warhawk Fitness Center, the BMT Mini-Mall, Port San Antonio building 171, the NSA building on Potranco Road and Security Hill; April 5, 7, 14, 19, 21, 26 and 28, 11 a.m. to 1 p.m.

JBSA-Randolph

- April 1, base exchange, 11 a.m. to 1 p.m.; April 8, Rambler Fitness Center, 3 to 5 p.m.; April 15, base exchange, 11 a.m. to 1 p.m.; and April 22, Rambler Fitness Center, 3 to 5 p.m.

Also, teal ribbons, teal flags and teal special lighting will be displayed at JBSA locations to show support for the survivors of sexual assault.

For a list of Sexual Assault Awareness and Prevention month events, see page 15.

NEWS IN BRIEF from Page 3

order to promote pride and maintain a high beautification standard throughout JBSA.

Proud Week is conducted twice annually, in the spring and fall, and provides a specified time period where resources are allocated to conduct general area building maintenance, environmental maintenance (landscaping), clean-up of work areas and enhance the appearance of JBSA and its facilities.

Key tasks will be to remove trash, old furniture, fallen tree limbs, brush, grass from

sidewalks and non-household trash. Personnel will sweep sidewalks and curbs, and conduct a general inspection of fields, streets and parking lots in areas of responsibilities to include assigned work areas, storage and warehouse areas. Bag and bundle all trash as appropriate and transport to trash collection points or nearest dumpsters. This is a four-phased operation (phases may overlap if additional time is required) that includes pre-inspection, cleanup operations, final inspection and after action review.

Straight Talk Line

- JBSA-Fort Sam Houston: 466-4630
- JBSA-Lackland: 671-6397
- JBSA-Randolph: 652-7469

For current, automated information during a natural disaster, crisis or emergency, call your local Straight Talk line.



One of the best things about ICE is that people can let service providers know when they do a great job, not just for poor service. It takes five minutes or less to submit a comment at <http://ice.disa.mil>.



To advertise in the Talespinner,
call 250-2440 for classifieds
or contact
Michelle Bogue
at 250-2052 for retail ads

LOCAL BRIEFS

THURSDAY

EFMP SUPPORT GROUP

The exceptional family member program support group will focus on the Understanding Functional Behavior and Assessment and Behavior noon to 1:30 p.m. at the CAMP facility, building 3850. Review the necessary data for a thorough behavioral assessment and how to use that data to develop an appropriate behavior intervention plan. Attendees will leave with a better understanding of how these supplements can be implemented in the school setting. Call 671-3722.

UNDERSTANDING THE DEVELOPMENTAL SPECIAL DUTY PROCESS

The 59th Medical Wing and Gateway Performance System are hosting a professional development course: Understanding the Developmental Special Duty Process. at 2 p.m. at Wilford Hall Ambulatory Surgical Center's, Innovation Center, Room 1C31. Register at <https://cs3.eis.af.mil/sites/00-ED-AE-25/Paths/Registration/Registration.aspx>. Walk-ins are welcomed.

APRIL 2

UNDERWATER EASTER EGG HUNT

The Skylark Aquatic Center is holding special underwater easter egg hunts for youth ages 5-11. There will be an egg hunt from 11 a.m. to noon for ages 5-7, noon to 1 p.m. for ages 8-10 and 1-2 p.m. for ages 11-13. There will be a visit from the Easter Bunny and participants will receive a prize. Cost is \$3 per participant. Lifeguards will be on duty. Call 671-2413.

APRIL 5

VOLUNTEER APPRECIATION COMMUNITY FAIR

There will be a volunteer appreciation community fair 9:30 a.m. to 12:30 p.m. at Arnold Hall, building 5506 on Stewart Street.

Patrons will learn about volunteer opportunities at Joint Base San Antonio-Lackland and the surrounding community. In addition, local helping agencies to include Any Baby Can, Big Brother Big Sister, Habitat for Humanity, Catholic Charities will attend. For more information call the JBSA-Lackland Military & Family Readiness Center at 671-3722.

APRIL 12

CONNECT: A RELATIONSHIP

ENHANCEMENT LUNCHEON

The Joint Base San Antonio-Lackland Chapel Staff is sponsoring "Connect: a Relationship Enhancement" luncheon 11 a.m. to 1 p.m. at the Gateway Club's Alamo Room. Lunch will be provided. Space is limited; call 671-2911 or 671-4208 to sign up.

APRIL 16

CELEBRATE KIDS FAIR

Families are invited to celebrate the Month of the Military Child 10 a.m. to 2 p.m. and enjoy a day of free games and fun. Event will be held at Youth Programs, building 8420. For more information, call 671-2388.

APRIL 22

TUG-OF-WAR CONTEST

Teams are invited to sign up for a Tug-of-War contest 7 a.m. at the Gillum Fitness Center. Teams will have a 1,400 pound limit and must have at least one female participant. Sign up no later than noon April 21 to join this free event. For additional information, call 977-2353.

PRETEEN SPRING SOCIAL

Kids, ages 9-12, are invited to

join Youth Programs 7-9 p.m. on a scavenger hunt, cookie decorating, springtime games and activities. The cost is \$3 per youth. For more information, call 671-2388.

INFORMATIONAL

FIRST STEPS BASEBALL REGISTRATION

The First Steps instructional program from March 28 - April 1 is open to all Department of Defense children on and off base between the ages of 3-5 years old. First Steps teaches the basic fundamentals of baseball in harmony with the gross motor movements of preschool and early school age children. Parents are required to participate as an extension of the instructor so the element of fear is eliminated. Cost is \$35 per child. Have a current copy of a sports physical and immunization record when registering.

SCHOOL-AGE SUMMER CAMP REGISTRATION

School-age summer camp is June 6-Aug. 22. Registration is from 8 a.m. to 2 p.m. April 5-8 for Priority 1 (single or dual active duty assigned to Joint Base San Antonio), and April 12-15 for Priority 2 (active duty or Department of Defense employees assigned to

JBSA). Both parents must be employed full time or a full time student enrolled. Priorities 3-6, can register April 20 if any spaces are available. Registration packets are available for download at <http://www.myjbsa-fss-mvvr.com> beginning April 1. For more information, call 671-2388.

MAKE MONEY STAYING HOME

Family Child Care is looking for individuals interested in caring for children. All startup materials and training is provided by the Family Child Care Office. The FCC program is looking for individuals that can care for children in the Extended Child Care program as well as individuals who can care for children with special needs, chronic health problems including HIV positive individuals. Providers are needed to care for infants and children with special needs such as asthma, allergies, cerebral palsy and physical impairments, etc. Providers are needed to care for children in the evenings, weekends, swing and midnight shifts, extended duty hours and for the Expanded Child Care program. Call 671-4987 or stop by building 8210.

CHAPEL SERVICES

—PROTESTANT WORSHIP SERVICES

Freedom Chapel – Building 1528

Contemporary Service Sun. 9:30 a.m.
Religious Education Sun. 11:00 a.m.
Gospel Service Sun. 12:30 p.m.
Youth Ministry Mon. 6:00 p.m.

LITURGICAL SERVICE

Airman Memorial Chapel – Building 5432

Sun. 8:00 a.m.

—CHURCH OF CHRIST

New BMT Reception Center – Building 6330

Sun. 7:30 a.m. (Rm. 175)

—SEVENTH - DAY ADVENTIST

Gateway Chapel – Building 6300

Sat. 12:30 p.m.

—CHRISTIAN SCIENCE

New BMT Reception Center – Building 6330

Sun. 7:30 a.m. (Rm. 112)

—ORTHODOX CHRISTIAN

Airmen Memorial Chapel – Building 5432

Sun. 9:30 a.m.

—PENTECOSTAL

Religious Education Building 6330

Sun. 8:00 a.m. (Rm. 112)

—WICCA

New BMT Reception Center – Building 6330

Sun. 9:00 – 11:00 (Auditorium)

Freedom Chapel – Building 1528

Wicca Open Circle 1st Tues. 6 – 7 p.m.

—REFUGEE STUDENT CENTER

Building 9122 (Tech Training & TDY Students)

Wednesday 6 – 8 p.m.

Thursday 6 – 8 p.m.

Friday 6 – 11 p.m.

Saturday 12 – 9 p.m.

Sunday 11 – 5 p.m.

—JEWISH

Airmen Memorial Chapel – Building 5432

Sabbath & Kiddush Fri. 4:30 p.m.

Religious Education Sun. 1:30 p.m.

—ROMAN CATHOLIC

Freedom Chapel – Building 1528

Religious Education Sun. 9:00 a.m.

Adult Religious Education Sun. 9:15 – 10:15 a.m.

Mass Sat. 5:00 p.m. Sun. 11:00 a.m.

Youth Ministry Sun. 4:00 p.m.

Reconciliation Sat. 4:00 – 4:45 p.m.

Daily Mass Mon., Tues. & Thur. 11:30 a.m.

Note: Reconciliation(s) may be scheduled by appointment

—ISLAMIC

Global Ministry Center – Building 7452

Jumu'ah Prayer Fri. 1:30 p.m. – 2:30 p.m.

—BUDDHIST

New BMT Reception Center – Building 6330

Sun. 10 a.m. (Rm. 175)

—ECKANKAR

Gateway Chapel – Building 6300

1st, 3rd, and 5th Saturdays 12:30 p.m.

—BAHA'I

Gateway Chapel – Building 6300

1st, 3rd, and 5th Sun. 11:00 a.m.

—THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS

Gateway Chapel – Building 6300

Religious Education Tues. 6:30 p.m.

LDS Institute Thurs. 6:30 p.m.

LDS Service Sun. 1:00 p.m.

—LUTHERAN CHURCH MISSOURI SYNOD

Gateway Chapel Building 6330

Every third Sun. 3:30 p.m.

JBSA-LACKLAND

KEY FAMILY SUPPORT RESOURCES

Air Force Aid Society	671-3722
Airman & Family Readiness Center	671-3722
Airman's Attic	671-1780
American Red Cross	844-4225
Base Post Office	671-1058
Bowling Center	671-2271
DEERS	800-538-9552
Exceptional Family Member Program	671-3722
Family Child Care	671-3376
Legal Office	671-3362
Library	671-3610
Medical Appointment Line	916-9900
MPF ID Cards	671-6006
Outdoor Recreation	925-5532
TRICARE Info	800-444-5445
Thrifty Shop	671-3608

Enlisted Spouses' Club	http://www.lacklandesc.org
Force Support Squadron	http://www.lacklandfss.com
Lackland ISD	http://www.lacklandisd.net
Officers' Spouses' Club	http://www.lacklandosc.org
JBSA Public website	http://www.jbsa.mil
My Air Force Life	http://www.MyAirForceLife.com

For more details, contact Freedom Chapel - 671-4208 • Gateway Chapel - 671-2911

Joint Base San Antonio

Sexual Assault Awareness and Prevention Month Events

**April 1**

Sexual Assault Awareness and Prevention Month Proclamation Ceremony
Academic Support Building, building 1467, Joint Base San Antonio-Fort Sam Houston, 1:30 p.m. Senior leaders from each service branch will come together to mark April as Sexual Assault Awareness and Prevention Month for the Joint Base San Antonio community. Open to people with base access. Register at <https://einvitations.afit.edu/inv/anim.cfm?i=279672&k=0064B0F7C55>.

April 7**"The Hunting Ground"**

Dormitory dayroom, 525 C Street East, JBSA-Randolph, 6-8 p.m. "The Hunting Ground" viewing and discussion. An expose of rape crimes on U.S. college campuses, the viewing of the film will be followed by interactive discussion. Refreshments and/or small giveaways may be provided. For more information, call 652-4386 at JBSA-Randolph or 875-1284 at JBSA-Fort Sam Houston.

April 8

"Strike Out Sexual Assault" Bowling Event
JBSA-Fort Sam Houston Bowling Center, 2521 Schofield Road, noon. Join in the fun at this year's "Strike Out Sexual Assault" bowling event. Awards and door prizes to be given. Open to all Department of Defense ID cardholders and dependents. To register, call 336-4532

(Army), 513-309-0142 (Navy) and 919-344-2254 (Air Force). Bowlers must pay for ticket at registration.

April 9

Second Annual Student Poetry Slam
Medical Education and Training Campus Student Activity Center basement, JBSA-Fort Sam Houston, 6 p.m. In honor of Sexual Assault Awareness and Prevention Month, this poetry competition will feature original works by METC students while their peers judge from the audience. Army, Air Force and Navy students are all welcome. Free food, drinks and door prizes. For more information, call 542-4115.

April 15**"Kill the Silence. A Survivor's Life Reclaimed"**

Brooke Army Medical Center Auditorium, JBSA-Fort Sam Houston, 2 p.m. Guest speaker Monika Korra is the founder and chief executive officer of The Monika Korra Foundation. After she was kidnapped and raped in 2009, she decided she would not live her life defined as a victim. She has grown into a national speaker and author since her trauma, empowering others who hear her. Open to people with base access

April 16

Color Run SAAPM 5K Run/Walk
Aquatics Center, JBSA-Fort Sam Houston, 9 a.m. A SAAPM 5K "Paint the Post TEAL!" color run/walk to raise public awareness and spread the message about the prevention of sexual

violence. Free race, food, drinks and door prizes; must register online at <https://www.athleteguild.com/running/fort-sam-houston-tx/2016-saapm-5k>.

April 20**"Netsmartz"**

Military & Family Readiness Center, building 2797, JBSA-Fort Sam Houston, 10 a.m. and 1:30 p.m. Provided by the Texas Office of the Attorney General Criminal Investigations Unit, session will cover human trafficking, exploitation, online privacy, reputations, cyberbullying, sexting and online predator situations. Sponsored by the 106th Signal Brigade. Call 221-1919 for more information.

April 21**"Gender Violence as a Leadership Issue"** by Jackson Katz, Ph.D.

Blesse Auditorium, building 2841, JBSA-Fort Sam Houston, 10:30 a.m. Katz is a nationally acclaimed speaker and activist against sexism and gender violence. His works include the award-winning film "Tough Guise" and book titled The Macho Paradox. He will speak to senior leaders, SAPR/SHARP program personnel and other personnel who work in the area of violence prevention.

April 23

12:30-2:30 p.m. - Evans Theatre, JBSA-Fort Sam Houston. "The Hunting Ground" viewing and discussion. An expose of rape crimes on U.S. college

campuses. The viewing of the film will be followed by interactive discussion. Refreshments and/or small giveaways may be provided. For information, call 652-4386 at JBSA-Randolph or 875-1284 at JBSA-Fort Sam Houston.

April 29**The "Drive Out Sexual Assault"**

Golf Tournament Gateway Hills Golf Club, JBSA-Lackland, 1 p.m. shotgun start time. The tournament is an event to heighten awareness and show support to those affected by sexual assault. The format is a four person scramble with prizes for first-, second and third-place finishers, longest drive and closet to pin. Golf goodies and chances to win prizes. To register, email 502abw.cvk.ola@us.af.mil or call 671-7273. Registration ends April 22 and fees will be accepted the day of the event.

Throughout April All JBSA Locations

Sexual assault awareness information tables
Sexual assault awareness information will be distributed on base at various locations throughout April. Staff will share info about sexual assault realities, victim services and prevention tips.

Sexual assault awareness ribbon, flag displays

Teal is the color representing Sexual Assault Awareness Month. All JBSA locations will have teal ribbons and flags or special teal lighting to demonstrate support to those JBSA survivors recovering from sexual assault.

ELIMINATE SEXUAL ASSAULT: KNOW YOUR PART. DO YOUR PART.

DEPARTMENT OF DEFENSE 2016 SAAPM THEME

JBSA SAPR Hotline
808-7272

JBSA-Lackland
671-7273

JBSA-Fort Sam Houston
808-8990

JBSA-Randolph SAPR
652-4386

NAVY
221-1496

ARMY
221-0598

Service members have alternatives to predatory lenders

By Robert Goetz
JBSA-Randolph Public Affairs

For military members, financial preparedness is one of the pillars of mission readiness, but it can often be undermined by the predatory lending practices of some financial institutions.

These practices include charging high interest rates on mortgages and other loans, assessing fees that are higher than normal and selling unnecessary products.

One of the most insidious forms of predatory lending is the so-called "payday loan," a cash advance typically characterized by exorbitant interest rates and excessive fees.

"Payday loan places are notorious for predatory practices," said Bob Williams, Joint Base San Antonio-Randolph Military & Family Readiness Center community readiness consultant. "Their interest rates can exceed 700 percent. In many cases, a person would never be able to pay that off."

According to the Consumer Financial Protection Bureau, a payday loan is a short-term loan, generally for \$500 or less, that is typically due on the borrower's next payday and includes a finance charge ranging from \$10 to \$30 for every \$100 borrowed.

Young Airmen with limited or no credit history and a modest income are especially vulnerable because these loans only require personal identification, a checking account and income from a job or government benefits, Williams said. The borrower may lack the financial resources to pay the loan when it is due, resulting in installments paid over a longer period of time that only satisfy interest requirements and far

exceed the loan amount.

A similar loan that is common this time of year is the tax refund anticipation loan, a short-term cash advance against a borrower's expected income tax refund that is offered at high interest rates.

Fortunately, military members are afforded some protection against predatory loans such as payday loans, tax refund anticipation loans and car title loans, which also have extremely high annual interest rates that trap borrowers in a cycle of debt, Williams said.

"Under the Military Lending Act of 2007, military members can be charged no more than 36 percent interest," he said, which is far less than triple-digit interest rates paid by civilian borrowers.

The act also prohibits rollover loans unless the new loan results in more favorable terms, mandatory waivers of consumer protection laws, mandatory arbitration and prepayment penalties.

However, there are better ways to secure funds in times of emergency than a loan with a 36 percent interest rate ceiling, Williams said.

"That's where the Air Force Aid Society steps in – to assist military members and their families who face financial crises such as funeral expenses, illnesses, dental or eye care and vehicle repairs," he said. "We encourage people to see us. In many instances, we can help."

AFAS officers are typically found at installation military and family readiness centers.

The AFAS Falcon Loan is an interest-free loan that provides borrowers up to \$750 for emergency situations, Williams said. Other no-interest loans are also available.

Other alternatives include loans from banks and credit unions, including those that are located on military installations, and lower-interest credit cards, he said.

Education plays an important role in the Air Force's efforts to help service members become financially adept and avoid predatory lending practices, Williams said.

"We have a First Term Airman Center class for our new first-duty-station enlisted personnel the second Monday of every month and the First Duty Officers Financial Class for first-duty-station officers the third Tuesday of every month," he said. "These mandatory classes are scheduled every month and they cover a wide area of financial information to include predatory lending."

The armed services also dedicate one full week each year to a range of financial education topics during Military Saves Week, and military and family readiness centers offer financial education classes and one-on-one counseling to Department of Defense ID cardholders throughout the year. During counseling sessions, military members and their families as well as DOD ID cardholders learn how to set budgets so they can save money for emergencies.

"There's a lot we try to give our customers so they can be mission ready," Williams said. "Part of that is being financially ready. Our goal is to provide assurance to our military and family members that they can be mission ready, no matter what the need."

Contact AFAS at JBSA-Lackland at 671-3722 and JBAS-Randolph at 652-5321.

JBSA 'Investing in You' at base-wide expo

By Joint Base San Antonio Public Affairs

Joint Base San Antonio and the 502nd Air Base Wing will host an installation-wide expo to showcase the benefits of living and working in the JBSA community from 9 a.m. to 3 p.m. April 13 at the JBSA-Lackland Gateway.

The "Investing in You: The Live*Work*Play Expo - Reimagine Your Future" event aims to highlight the benefits of a civilian career at JBSA and also with the 502nd ABW, while allowing civilian and military personnel to learn about the wide array of quality of life services available across the joint base's 11 operating locations.

"JBSA is a great place to serve and live, not just for our active-duty, Guard and Reserve, but for our civilians as well," said Brig. Gen. Bob Labrutta, 502nd ABW and JBSA commander. "It's important to us to ensure we recruit and retain our experienced and professional workforce."

A variety of military and civilian career development and mentoring seminars will also be held during the expo, including information on helping

people explore how to move forward in their careers and move up the organizational ladder. A full listing of the seminars will be made public the first part of April.

"The goal of the expo is to reinforce the great benefits of working at JBSA to the participants, while at the same time, going into detail the ways our military and civilians can develop their careers and work their way up in their respective organizations," said Lt. Col. Tammy McElhaney, 502nd Installation Support Group deputy commander. "Showing our outstanding people how they can seek out and promote within their own organizations is one of our top priorities."

Military personnel who are thinking about or in the process of separating from the service could also benefit by attending the seminars.

"For transitioning service members, the opportunity to learn more about the civilian opportunities available at JBSA comes at a perfect time," McElhaney said. "San Antonio is a great place to live and work and we hope our veterans consider staying here and working with us."

Several base agencies, including the 502nd ABW safety and chapel staffs and 502nd/802nd FSS, will be on-site manning information booths and associated attractions. There will also be various 59th Medical Wing areas conducting cholesterol and other medical screenings.

The Force Support Squadrons will also be part of the services fair, with booths for the Civilian Personnel Office (to include non-appropriated fund personnel), family child care, the Military & Family Readiness Centers, Exceptional Family Member Program, Education Office, School Liaison Office and more.

Both the Army and Air Force Exchange Service and Defense Commissary Agency will also participate with an information and job booth on site. Private organizations such as Armed Forces Against Drunk Driving will be present and the Thrift Shops will also have space at the expo.

Maintaining an experienced and professional workforce is "mission critical" according to the general.

"I couldn't be more proud of our diverse JBSA-workforce, both military and civilians," Labrutta said. "These professionals make our mission happen and are the reason why JBSA and our wing rocks."

737th TRG wins Women's History Month flag football game

By Jose T. Garza III
JBSA-Lackland Public Affairs

The 737th Training Group women's flag football team defeated the 37th Training Support Squadron 40-8 in the inaugural Women's History Month flag football game March 18 at the Warhawk Football Field.

Women's History Month celebrates women's contributions to U.S. history, society and culture.

Tech. Sgt. Brittany Simpson, 319th Training Squadron military training instructor, led the 737th TRG with three rushing touchdowns and one passing touchdown.

Joining Simpson in victory were Master Sgts. Lucero Stockett and Tamra Lillie, 326th MTIs and team-mate event organizers.

In observance of the month, Stockett and Lillie organized the flag football game to promote unity amongst service women.

"Unity is everything," Stockett said. Some of these women were given two days notice, and they still came together strong and represented not only women in sports, but the ones who are part of the 37th TRW. They did an excellent job and the game brought us all together because at the end of the day we are all competitive.



Photo by Johnny Saldivar

The Women's History Month committee hosted a flag football match in honor of Women's History Month Mar. 18 at Joint Base San Antonio-Lackland's Warhawk Fitness Center.

Lillie shares their sentiments.

"Each team had their own unity, but when we stepped on the field it was a unity amongst all women," she said. "We played a game, had fun and

just showed out. It was awesome to be out there and do something that was out of the norm. We didn't do a luncheon, but instead played a sport that got our adrenaline, spirit and

motivation going."

Despite the final score, the spirit of competition was evident as several penalties were called throughout the game.

"The competitiveness was on point," Stockett said. "We wanted to represent our group and we didn't want to lose. There were calls made and people were shouting here and there, but it is in our competitive nature.

"That competitiveness drove both teams to work together," Lillie added. "At the end of the day, all of us had to come out here and play a real football game that was worth watching."

Both organizers said they would like to see the event become an annual tradition.

"This game was an example of how to build a foundation and legacy that can carry on if women in the future are as passionate as we were today to show out and be interested in coming out and playing again," Lillie said.

She hopes service members from all around Joint Base San Antonio will participate in the future.

"I hope we can grow this and take it from including just JBSA or Air Force members to maybe having a tournament that pits the armed services against each other," she explained. "That is the ultimate goal."

Scalding injuries can happen in seconds

By Ricardo S. Campos
JBSA Fire Emergency Services Fire Prevention Office

According to the American Burn Association Repository's 2011 report, approximately 450,000 burn injuries require medical treatment each year. The National Fire Prevention Association reports there were 70,800 scalding non-fire burn injuries reported to hospital emergency rooms in 2012, up from 68,700 in 2011.

A scald injury can happen at any age. Hot liquids from bath water, hot coffee and even microwaved soup can cause devastating injuries. Scald burns are the second leading cause of all burn injuries.

The NFPA provides the following safety tips to prevent scalding injuries:

- Teach children that hot things can burn. Install anti-scald devices on tub faucets and shower heads.
- Always supervise a child in or near a bathtub.
- Test the water at the faucet. It should be less than 100 degrees Fahrenheit.
- Before placing a child in the bath or getting in the bath yourself, test the water.
- Test the water by moving your hand, wrist and forearm through the water. The water should feel warm – not hot – to the touch.
- Place hot liquids and food in the

center of a table or toward the back of a counter.

- Have a "kid-free zone" of at least three feet around the stove and areas where hot food or drink is prepared or carried.
- Open microwaved food slowly, away from the face.
- Never hold a child while you are cooking, drinking a hot liquid or carrying hot foods or liquids.
- Never heat a baby bottle in a microwave oven. Heat baby bottles in warm water from the faucet.
- Allow microwaved food to cool before eating.
- Choose prepackaged soups whose containers have a wide base or, to avoid the possibility of a spill, pour the soup into a traditional bowl after heating.

Treatment:

- Treat a burn right away.
- Cool the burn with cool water for 3-5 minutes.
- Cover with a clean, dry cloth.
- Get medical help if needed.

Microwavable soups are a frequent cause of scald burn injuries (especially noodle soups) because they can easily tip over, pouring hot liquid (and noodles) on the person.

For more information about scalding prevention, visit the National Fire Protection Association's website at <http://www.nfpa.org/education>, the National Scald Prevention Campaign website at <http://www/flashsplash.org> or contact the fire prevention offices at JBSA-Fort Sam Houston at 221-2727, at JBSA-Lackland at 671-2921 or at JBSA-Randolph at 652-6915.