

WINGS SPREAD

Dentistry under fire



Lt. Col. William Thompson, (left) 12th Aeromedical-Dental Squadron, dental services deputy chief, works on a patient with the help of Staff Sgt. Kristi Brothers, 17th Medical Operations, Goodfellow AFB, Texas, during a recent deployment in support of Operation Iraqi Freedom. Colonel Thompson, chief of dental services, and Sergeant Brothers, dental assistant, were assigned to the 447th Expeditionary Medical Squadron. During times of alarm or threat, they were required to wear helmets and flak vests while working on patients. (Photo by Col. Karl Lee)

AFPC commander retires after 32 years

AIR FORCE PERSONNEL CENTER – The senior officer responsible for implementing personnel policies and conducting personnel operations for more than 500,000 Air Force military and civilian personnel since November 2002 will retire after 32 years of service.

Maj. Gen. Thomas O’Riordan, AFPC commander, will turn over command of the Center to Maj. Gen. Anthony Przybyslawski during a change of command ceremony in Hangar 4 at 9 a.m. today. General O’Riordan’s retirement ceremony will be held Tuesday, but his official retirement effective date is Oct. 1.

General O’Riordan will hand over a personnel center that has focused on its major command customers while improving the integration between AFPC’s directorates and Air Force Headquarters. Additionally, AFPC has been the lead partner in the Air Force Customer Service Delivery Transformation. In accomplishing these goals, the center operated within a very tight

budget and even tighter manpower restrictions.

The first priority was to support Air Expeditionary Force operations through global force accountability, as well as coordinating personnel support for Contingency Operations training for our deployed personnel specialists.

At the same time, AFPC deployed more than 115 Airmen as part of the AEF Expeditionary Combat Support Component.

During the past two years, the center’s primary campaigns included fielding an officer force development concept of operations, streamlining and establishing standard metrics for measuring civilian personnel fill action timeliness, restructuring personnel data system organizations and processes and beginning the road to institutionally eliminate bureaucratic and fiscal waste.

The center’s casualty services branch used Web technology to launch the virtual Record of Emergency Data, which provides the Air

Force with family contact information in the event of an injury or death of an Airman on active duty. This specific instrument was the template for several Web-based self-service products that should save time for our individual Airmen, while improving personnel data access.

Stabilization of the Military Personnel Data System was key to providing a premier customer-service portfolio that includes online self-help services and giving Airmen direct access to their pay and personnel records.

“Lean,” a process oriented program that emphasizes the improvement of quality, elimination of waste and reducing organizational cost, began in AFPC with the civilian personnel staffing process. Lean cells are 30 days faster than conventional process teams.

Staffing team actions improved approximately 25 percent after Lean application. Lean will expand into military processes in the next few months.

As General O’Riordan departs, the center will continue to meet the challenge of reshaping the force to meet the expeditionary mission. More importantly, General Przybyslawski will find himself with an integrated, mission-focused team, poised to take the next step in measured performance.

“In my career, I have never seen an organization go through so much structural and conceptual change – across all components - in such a short period. At the same time, we delivered on assignments, promotions, benefits, and – most of all – support to deployed forces,” General O’Riordan said. “Significantly, AFPC reformed itself, with minimum resources, to meet the needs of 21st century customer service and force development. I was fortunate to be part of that team.”

General O’Riordan, his wife Kim, and their daughter Caitlin will settle in Omaha, Neb.

12th FLYING TRAINING WING TRAINING TIMELINE

As of Monday			Navigator, EWO training			Wing Sortie Scoreboard			
Pilot Instructor Training			562nd FTS	563rd FTS		Aircraft Required	Flown	Annual	
Squadron	Senior Class	Overall	Air Force	256 Undergraduate	45	T-1A	3,320	3,339	4,383
99th FTS	2.5	2.0	Navy	81 International	9	T-6A	7,465	7,635	9,103
558th FTS	-5.6	-2.8	International	4 EWC Course	0	T-37B	6,246	5,913	7,508
559th FTS	-1.0	-3.2	NIFT	48 Fundamentals	0	T-38A	6,429	5,910	5,949
560th FTS	-2.1	-6.2				T-38C	1,363	1,446	3,612
						T-43A	939	986	1,160

Numbers reflect students currently in training. The 562nd shows source of navigator students. Air Force students include Air Force Reserve and Air National Guard. The 563rd indicates students in specific courses.

The required and flown numbers reflect sorties since Oct. 1, 2003. The annual numbers are the current fiscal year target.

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AIR AND SPACE EXPEDITIONARY FORCE

As of Monday, 159 Team Randolph members are deployed in support of military operations around the globe.

The Randolph WINGSPREAD

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Articles may also be sent by e-mail to wingspread@randolph.af.mil or by fax at 652-5412 or base ext. 7-5412.

For more information about submissions, call 652-5760 or base ext. 7-5760.

Commander's Action Line

Call 652-5149 or e-mail
randolph.actionline@randolph.af.mil



While our goal is to provide the best programs, products and services to our customers, there will be instances when people believe we could have served them better.

In those cases, I ask the individual to first contact the responsible organization to allow the unit commander or manager an opportunity to ensure professional and impartial treatment.

When those officials are unable to provide satisfaction, the individual may contact me through the Action Line. I will ensure each Action Line call is looked into and a reply is given by telephone or in writing. I ask callers to include their name and telephone number so we may send a personal response.

Col. John Hesterman
12th Flying Training Wing commander

Agency contact numbers

Security Forces	652-5509
Services	652-5971
Civil Engineers	652-2401
Transportation	652-4314
Military Pay	652-1851
Civilian Pay	652-6480
Safety Office	652-2224
Housing Maintenance	652-1856
12th FTW IG	652-2727
Equal Opportunity	652-4376
FW&A Hotline	652-3665
EEO Complaints	652-3749
Randolph Clinic	652-2933
Base Exchange	674-8917
Commissary	652-5102
Straight Talk	652-7469

Fraud, Waste, Abuse

Lawful communication cannot be reprimed against

By **Col. Pat Clyburn**
12th Flying Training Wing Inspector
General

One of my favorite readings is the Department of Defense Inspector General Semiannual Report to the Congress. This report summarizes the DOD IG's significant oversight activities in several areas, to include criminal investigations, inspections and auditing.

Of particular interest are the items related to Fraud, Waste and Abuse. Some of the reported cases can just leave your head shaking side-to-side thinking...you've got to be kidding me!

Just consider the precedent of an Oklahoma defense contractor who pled guilty to false statements and wire fraud related to false certifications on the overhaul of jet engine combustion chambers used on military and civilian aircraft, including the DC-9 and the Boeing T-43. It hits close to home when we read about someone deliberately falsifying T-43 engine certifications.

And then there is my favorite all-time classic case from 2003 when a DOD Pentagon civil service employee used a Government Purchase Card to rack up \$1,711,000 in fictitious purchases. Yes, you are reading correctly, \$1.7M...must be a GPC record! No goods or services were ever delivered and false invoices were provided to government auditors to conceal the fictitious purchases.

As a constant reminder, I brief all installation newcomers that each and every one of us, whether civil service, Airmen,

senior noncommissioned officers or officers are responsible on a day-to-day basis to manage, control and account for huge amounts of government assets. These assets may be in the form of vehicles, aircraft, machines, funds or a variety of other items. We are entrusted to use each appropriately and responsibly.

My simple advice is to use government assets as if you paid for them with your own money, because realistically as taxpayers, you did.

Fortunately most of us won't encounter such extreme cases of fraud like the examples previously listed, but keep in mind the other two parts of FWA and that is waste and abuse. Buying things we don't need, purchasing items well above the required specifications or using government property for personal benefit are all examples of waste or abuse.

Besides FWA, the DOD report identified examples of two other "hot button" issues within the government, "restricted access" (sometimes referred to as restriction) and "reprisal." The bottom line..., "No person may restrict a member of the armed forces from communicating with a member of Congress or an Inspector General."

DODI 7050.6 expands the list of personnel to whom access may not be restricted to include members of DOD audit, inspection, investigation and law enforcement teams. Air Force Instruction 90-301, Inspector General Complaints, further expands this to include Military Equal Opportunity, Family Advocacy and designated Commanders with UCMJ authority.

Furthermore, you cannot be reprimed against for making a lawful communication with those listed above. Reprisal is defined as "taking or threatening to take an unfavorable personnel action or withholding or threatening to withhold a favorable personnel action on a military member for making or preparing a protected disclosure."

Unfortunately, the Air Force is cited in this most recent DOD report to Congress with two examples of restriction and reprisal.

In the reprisal case, an AF flight commander reprimed against a subordinate major after the major's complaint against the commander resulted in his removal from command. The flight commander changed the major's rating chain to lower-ranking officers and provided false information to the flight surgeon that resulted in the major's temporary grounding.

The restriction case involved a master sergeant who sent an email to all members of his security forces squadron stating that members were prohibited from contacting any outside entity, including the Inspector General, without receiving prior approval from the squadron.

The Semiannual Report to the Congress outlines FWA, Restricted Access and Reprisal as practices that are still occurring within the DOD and our Air Force. These are issues that impact the mission and our people, and won't be tolerated.

Know the rules and if you see a problem, I encourage you to use your chain of command and report the problem.

Keep in mind, you always have the right to contact your Inspector General.

Airmen should put 'best foot forward'

By **Staff Sgt. Elaine Aviles**
39th Air Base Wing Public Affairs

INCIRLIK AIR BASE, Turkey – My friend was taking a walk on the beach recently when a sunbather called out to her. Thinking she knew him, she stopped for a moment.

The man proceeded to tell her she was "too fat to wear a bathing suit" and that she resembled a "side of beef." When she told me about her weekend, I was sickened and angered by the unnecessary cruelty of these remarks. I asked her if it was a kid who had taunted her. She said, "No, it was an

Airman from Incirlik."

I've recently heard other, equally disturbing stories. Airmen who urinated off balconies, started drunken brawls or deliberately disrespected our host country laws.

I am confused by this kind of behavior. While many Airmen are young and fresh out of high school, they are not children who are unable to discern right from wrong. Many are responsible for billions of dollars worth of equipment; others protect assets that can tilt the balance of power during a war. That is an incredible responsibility for an 18-or 20-year-old who still vividly recalls his

high school prom night.

We need to show the same maturity and responsibility off duty as we do when in uniform. It is tempting to "let loose" when we are far from supervisors and commanders, but a night of seemingly innocent fun could land someone in jail. In fact, according to the Area Defense Counsel here, a charge like indecent exposure can carry some weighty penalties, such as a bad conduct discharge and a six-month confinement.

We have heard countless times that, as

See Best foot on page 3

Congratulations Retirees

Today

Master Sgt. Edward Heinbaugh
AFPC

Tuesday

Maj. Gen. Thomas O'Riordan
Air Force Personnel Center

Thursday

Col. Patrick Fink
Air Education and Training Command

Retirement announcements should be submitted to the Wingspread office by noon Friday two weeks prior to the desired date of publication. E-mail announcements to randolph.retiree.messages@randolph.af.mil or fax them to 652-5412. For more information, call the Wingspread office at 652-5760.

Best foot

Continued from Page 2

Airmen in another country, we are informal U.S. ambassadors. I think we need to take this calling to heart.

What do our host nation friends and neighbors think of Americans when they see someone starting a fight at a nightclub? What does my civilian friend think of Airmen when she can't even walk down a beach without being subjected to cruelty?

Whether in or out of uniform, people look to us and form judgments about the military and Americans through the example each one of us presents.

There are, of course, countless Airmen who are exemplary models to the community. They volunteer in orphanages and chapels, and take time out of busy schedules and weekends to help others. These Airmen are an example to our host nation friends and to the Air Force.

Hopefully, a few "bad apples" won't detract from the many selfless accomplishments and sway people to think that crude behavior is typical of all military people.

I know every service member is under an inordinate amount of stress. It is important to blow off steam. But, as we do so, let's not embarrass ourselves and each other.

Think twice before you indulge in that final cocktail that puts you over the edge of reason. If you are the one watching someone else about to make a fatal error, help him or her put on the brakes or find someone, such as a senior NCO, who can.

When we take off the uniform at the end of each duty day, let's not also remove what it represents – a symbol of pride and freedom.

Whether people recognize we are in the military or not, let's put our best foot forward and show them what we are all about.

(AFPN)

Establishing life's opportunities

By Maj. Chad Conerly
5th Comptroller Squadron commander

MINOT AIR FORCE BASE, N.D. – My addiction started in 1997 when I discovered my first Starbucks coffee shop. A friend took me there and he got a "froufrou" coffee with caramel, nutmeg, lavender, rose petals and a hug.

I just wanted a plain cup of joe.

He quickly informed me that ordering a plain coffee in Starbucks was like going into a Harley shop and driving off on a Schwinn. I didn't want to be banished from Starbucks (or from a Harley dealership), so I reluctantly tried the café mocha. I convinced myself that it was just coffee with chocolate and was able to leave Starbucks with my "macho-ness" in tact.

I played off the taste to my friend, but I knew I was hooked. I found myself sneaking to Starbucks at all hours of the day for a café mocha fix. At the height of my addiction, I was spending more than \$100 a month on café mochas.

I realized then, I had a thinking problem. I kept thinking about how much I was spending on café mochas. I ran some numbers and realized that over a four-year period, I spent about \$4,800 on café mochas. Had I invested the \$4,800 at 8 percent interest, I would have more than \$82,000 at age 70.

After that point, I started looking more carefully at opportunity cost. Opportunity cost is the cost of a given purchase in terms of forgone opportunities. My café mocha addiction did not just cost me \$4,800, it cost me other opportunities. My wife and I could have gone on three cruises (we're bargain cruisers), or I could have had

\$82,000 more for my golden years.

Am I off café mochas completely? No. Opportunity cost is not about deprivation. It is understanding that financial decisions have consequences beyond the actual dollars spent. To some people, the cost of a café mocha each day is well worth sacrificing a cruise every few years. Comparing planned expenditures to other opportunities ensures you get maximum bang for your hard-earned buck.

Here is an example to mull over. A couple spends \$3.50 a day each on cigarettes. If they smoke from age 18 to age 70, they will spend more than \$135,000 on cigarettes.

However, if the cigarette money was invested at 8 percent interest, the couple would have more than \$2 million at age 70, just from their cigarette savings. In this example, the opportunity cost of smoking equates to a beachfront retirement home in Florida. I'm not picking on smokers. Had I maintained my café mocha habit for the same duration, it would have cost me more than \$1 million in potential savings.

Another example: buying used cars versus new cars and keeping them seven years versus four years can save you more than \$500,000 in your life time, even after adding in the higher maintenance cost. I'm not saying to live poor so you can die rich. I'm recommending you analyze decisions with a whole life perspective.

Living far from family, we go "home" as often as possible. The trips home costs us some missed opportunities, but it's worth every penny. We sacrifice some niceties to ensure our kids know their extended family. It's a personal choice. With each major decision we make, we ensure that we're willing to pass up a

future opportunity for the one at hand. Opportunity cost is not just about money. It's about life. If you golf twice a week, the opportunity cost of golfing is about eight hours of lost family time. The opportunity cost of living in a quiet country setting may be longer commutes, equating to less family time and higher fuel bills. The opportunity cost of eating in front of the TV is lost dinnertime conversation. There's nothing wrong with any of these. It's a personal choice. Just realize that every choice (opportunity) has a cost (lost opportunity).

Years ago, I set "life goals". Some were monetary but most were not. Occasionally, I review them to see how I'm doing and to make adjustments as priorities change. This "vector check" has been one of the most beneficial efforts in my life.

Like most people, when shopping for a car I want the pricey sports car. However, looking at opportunity cost and my life goals, I realize that the sports car is not a life-long desire of mine. The pricey car will not satisfy a "life goal" but may hamper my ability to retire before age 55, which is a life goal.

If you do not have long-term goals established for your life, consider doing so. Life is a one-way journey. Striving to obtain goals makes the most of your journey. Analyzing opportunity cost (monetary and personal) is a solid method to stay the course. When you reach the end of your journey, you will be no less dead than the next guy. However, you can "rest" assured that your journey had fewer potholes and wrong turns than the guy lying next to you.

Now, put down that mocha and get back to work.

News

Airmen receive top honors at ALS graduation

By Tech. Sgt. Angelique McDonald
12th Flying Training Wing Public Affairs

Three senior airmen received special recognition during the Randolph Airmen Leadership School

graduation ceremony held July 15 at the enlisted club.

Senior Airman Brandin Coy, 47th Operations Support Squadron at Laughlin AFB, Texas, received the John L. Levitow award, which is presented to the student finishing at the top of the class.

Staff Sgt. Lindsey Maurice, 12th Flying Training Wing, received the academic award, which is presented to the student who excels academically on both performance evaluations and objective phase tests.

Staff Sgt. Bradley Reeves, 12th Security Forces Squadron, received the leadership award, which is presented to the student who best exemplifies the characteristics of a leader while attending ALS.



Senior Airman
Brandin Coy
John L. Levitow Award



Staff Sgt.
Lindsey Maurice
Academic Award



Staff Sgt.
Bradley Reeves
Leadership Award

Team Randolph hosts SNCO seminar

By Master Sgt. Eyvonne James
Air Education and Training Command Directorate of Operations

The 5th annual Senior NCO Enhancement Seminar is scheduled to take place Aug. 3 through 6 at the Randolph Enlisted Club.

The four-day, 25-hour course is managed, taught and supported by senior noncommissioned officers across the base to bring new knowledge, tools and comradeship needed for success of new senior NCOs.

"Through a process of mentorship and education, we can help grow effective leaders, especially senior noncommissioned officers," said Senior Master Sgt. Frank Joy, SNCO Induction committee member.

The seminar is geared toward master sergeant selects from across Randolph AFB, including the 12th Flying Training Wing, Air Force Personnel Center, Air Education and Training Command and other tenant units.

During the seminar, individual sessions will cover many

topics such as enlisted heritage, core values and ethics, team building, discipline, legal, assignments, career development, senior NCO responsibilities and family support issues.

"This knowledge can then be utilized in their work centers, supporting peers, subordinates, as well as at home for individuals and families," said Sergeant Joy.

Expert guests, many of whom are senior NCOs and senior officers, will guide and mentor these sessions followed by question and answer periods to ensure complete understanding of the material.

In addition to this information, the seminar will host a Commanders', Chiefs', and First Sergeants' panels. Each panel, consisting of leaders from Randolph, provides an interactive opportunity for the master sergeant selects to gain a new perspective on what it takes to succeed and thrive in today's demanding Air Force, especially in their new role as senior NCOs, said Sergeant Joy.

"The Senior NCO Enhancement Seminar provides master selects with a new perspective on the roles and

responsibilities that they will assume with their new stripe. This is how senior NCOs working together, mentoring and educating, bring new members into the fold, thus ensuring mission success," said Sergeant Joy.

To cap off the seminar, each master sergeant select will assume their new roles as senior NCOs at a formal dinner and induction ceremony where they will be inducted into the Senior NCO Corps of the United States Air Force amongst their subordinates, peers, commanders and family. Chief Master Sgt. Orlando Justice, the current Commandant of the Robins Noncommissioned Officer Academy at Robins Air Force Base, Ga., will provide the highlight speech.

"The knowledge, skills and comradeship developed during this enhancement seminar and subsequent induction ceremony are our way of 'passing the baton', thus ensuring our Air Force's future and America's legacy of freedom," said Sergeant Joy.

For more information, call Master Sgt. Ronald Pierson at 652-4590.

HAZMAT

Community coordination vital in exercise success

By Bob Hieronymus
Wingspread staff writer

Twenty Randolph emergency services people received special training recently in preparation for the hazardous materials handling exercise conducted here on July 15.

The training was sponsored by the 12th Flying Training Wing's Exercise Evaluation Team with the assistance of San Antonio Water System, University of Texas Health Science Center, local supermarket giant, HEB Foods, and by Shell Chemicals, Union Pacific Railroad and Bexar County Local Emergency Planning Committee. Emergency responders from nearby cities and public utilities also sent people to the training classes.

The classes included hands-on examination of a special Union Pacific tank car that incorporates the safety devices of

several different types of tank cars. The students were encouraged to climb onto the training car to see the actual valves and safety devices they might encounter in the unlikely event of a train disaster.

"This kind of training is important for us because looking at training slides is one thing," said Master Sgt. Patrick Emery, 12th Civil Engineer Division firefighter, "but getting to see the real thing is so much better. We can see how these things work so we can have confidence that we really understand the safety features we may have to depend on."

"This is important for us because Randolph is located immediately adjacent to a very active rail line that carries many different kinds of hazardous chemicals, as well as passengers," Sergeant Emery added.

Henry King, 12th FTW inspector general office, said that this training is very important for Randolph's emergency responders.

"Our people must be able to respond to any emergency on base and also assist local civilian emergency response teams whenever military resources are involved off base," Mr. King said. "We especially appreciate the cooperation of HEB in helping us coordinate this training."

The students also examined four different kinds of tank trucks, examples of which are seen every day on local highways and possibly even on the base.

"This phase of the training," Mr. King said, "is to acquaint the emergency responders with safety features on the vehicles and to recognize when hazardous situations require action by professional hazard control people with training and equipment beyond that available to the local first responders."

Rick Ferguson, from Shell Chemicals, presented a series of slides showing incidents in which hazardous chemicals being transported on public carriers ended up creating HAZMAT situations. He emphasized that hazardous conditions can be controlled and pointed out how in those cases the on-board safety equipment either failed or successfully prevented further problems.

The training sessions concluded with a special presentation by the University of Texas Health Science Center of San Antonio on how certain supplies and antidotes already found in normal emergency medical technicians' kits can be used to treat some effects of weapons of mass destruction.

Terry Eaton, the EMT from UTHSC who conducted this training, pointed out that many potential weapons of mass destruction use the same or similar hazardous chemicals that can be involved in HAZMAT incidents. The difference is that they are intentionally used to cause harm or terror. Treatment of the effects, therefore, can be similar to those for which the EMTs are already trained. The key is recognizing which hazardous products are present, he said.



Students from emergency responding units examine the safety features on chemical tank trucks at a recent training class on how to handle hazardous materials incidents.



The view from the top of a railroad tank car during HAZMAT incident training included an array of unique safety features and specialized valves.



Emergency responders from Randolph and surrounding communities gather around a special Union Pacific tank car "classroom" to learn about railroad safety features. (Photos by Bob Hieronymus)

Navigators earn special honors

By Tech. Sgt.
Angelique McDonald
12th Flying Training Wing Public Affairs

Two Air Force officers and one Navy lieutenant received special recognition during the Joint Specialized Undergraduate Training graduation ceremony July 16.

Second Lt. Clinton Warner received the Air Education and Training Command Commander's

Cup, the top award. The lieutenant also received the Ira J. Husik Award and Academic Excellence Award.

Lieutenant j.g. Heidi Davis earned the Alden C. Markey Award and Capt. John Staudt III took home the Jack Donovan Award.

Members of the graduating class received navigator, naval flight officer and Electronic Warfare Officer training with the 562nd and 563rd Flying Training Squadrons.



2nd Lt. Clinton Warner
AETC Commander's Cup
Ira J. Husik Award
Academic Excellence Award



Lt. j.g. Heidi Davis
Alden C. Markey Award



Capt. John Staudt III
Jack Donovan Award

NEWS BRIEFS

Per Diem Rates for temporary duty

Officials approving TDY orders must select one of three options for per diem rates:

- all government meals are available and directed.
- partial government meals are available and directed.
- government meals are not available or directed.

Approving officials are reminded that rank or position are not determining factors in selecting the per diem rate. Mission requirements are the only legitimate determining factors. The finance office will return TDY orders to the approving official if the selection is not made correctly.

For more information, call the 12th Comptroller Squadron at 652-3790. Air Force Instruction 65-103,

Attachment 2, also contains additional background information.

Changes to pharmacy medications

Brooke Army Medical Center deleted several medications stocked at their pharmacy. BAMC deleted all strengths of Allegra®, Celebrex®, Vioxx® and Zyrtec®. In response to these changes, the Air Staff directed all Air Force pharmacies to delete Celebrex® and Allegra® from their pharmacies as well.

Effective Aug. 1, the Randolph Pharmacy will also delete Zyrtec® (except for kids 6-24 months of age) and Vioxx®. Also effective Aug. 1, the Randolph Pharmacy will no

longer accept or fill any new prescriptions for Allegra®, Celebrex®, Vioxx® or Zyrtec®. As a courtesy to patients seeing civilian providers, patients will be given the option of receiving a 30-day supply of these medications, with no refill, to allow time to get back with providers. For patients with refills left on existing prescriptions, they will be allowed one last refill effective through Oct. 31.

The pharmacy has information on Tricare Mail Order Pharmacy (for beneficiaries without other health insurance that covers prescriptions), or patients can call 1-866-363-8667 for more information on this option. See the pharmacy for a new list of available medications before visiting a non-Randolph provider.

Gas Leak Detection Survey

The 12th Civil Engineer Division will be conducting a gas leak survey in the housing area, from Aug. 23 through Sept. 7.

Please note that these dates have changed from the flyers recently provided to housing occupants.

A new flyer will be distributed the week prior to work being accomplished in a specific area. During the time of testing in a specific

area, occupants are requested to secure pets. Entry into homes will not be required and occupants will not need to be at home during the survey. This is an annual effort that ensures the safety of Randolph's military members and their families. Housing occupant cooperation will be appreciated.

For more information, call the housing office at 652-3334.

Privacy

New rules intended to reduce suicide risks

By G.W. Pomeroy

Air Force Surgeon General Public Affairs

WASHINGTON – The Air Force has revised Air Force Instruction 41-210, "Patient Administration Functions," to better protect privacy rights and ensure an appropriate flow of information between commanders and support agencies.

Air Force officials believe this will reduce suicide risks among its Airmen.

"Confidentiality continues to be seen as a double-edged sword," said Lt. Col. Rick Campise, the Air Force Suicide Prevention Program director. "We have to maintain a balance between a patient's privacy and a commander's need for information that allows (him or her to) make decisions that ensure the safety of the Airman and the success of the mission."

An assessment of all Air Force active-duty suicides in 2003 revealed that some commanders viewed confidentiality as preventing adequate communication with life skills support centers, Colonel Campise said.

In other cases, the absence of confidentiality was perceived as a factor in discouraging Airmen from seeking help.

Mental-health staff members are now required to review all open and closed mental-health records before active-duty Airmen transfer to new bases.

Based upon the record review, mental-health providers can determine whether the new destination requires arranging for additional resources to support Airmen before and after they move, Colonel Campise said.

Part of this process may involve asking the commander to assist with decisions regarding the Airman's welfare, Colonel Campise said.

Air Force Medical Service officials recently provided two key tools that assist in helping to ensure this is done

successfully.

The "Air Force Guide for Managing Suicidal Behavior" and the "Leader's Guide for Managing Personnel in Distress" both discuss the need for collaboration between mental-health staffs and commanders. Both tools also emphasize balancing privacy and sharing essential mission information. Additionally, a video titled, "Communicating with Commanders," was released to mental-health clinicians in November.

Through July 15, 26 active-duty Airmen committed suicide in 2004, for a rate 13.0 per 100,000. The Air Force has experienced no suicides among Airmen deployed in operations Enduring Freedom or Iraqi Freedom.

The service's suicide prevention program is commonly hailed as the best program of its type in the world, officials said. In December, a landmark University of Rochester study of suicide in the U.S. Air Force found the service's suicide-prevention program reduced the risk of suicide by 33 percent during the past six years.

In 2003, the Air Force's Suicide Prevention Program was hailed as a "model program" in a report released by the President's New Freedom Commission on Mental Health. In 2001, then-U.S. Surgeon General Dr. David Satcher made the program a model for the nation and incorporated it into the National Suicide Prevention Strategy.

In the mid-1990s, amid rising suicide rates in the military, Air Force leaders recognized that suicide is a community problem, and the formal program was implemented in 1996. From 1991 to 1996, the active-duty suicide rate was 14.1 per 100,000.

During the seven years of the prevention program's existence, through the end of 2003, the suicide rate was 9.2 per 100,000 population.

(AFPN)

Revised Airman's Manual available

By Tech. Sgt. David A. Jablonski

Air Force Print News

WASHINGTON – An Airman's most important deployment tool just got better. The revised and updated Air Force Manual 10-100 hit the streets Monday.

"Within four weeks, we will distribute more than 675,000 copies to every active-duty member, reservist and guardsman," said David Epstein, the training and publications manager for the Air Force civil engineer readiness branch. An electronic version is already available on the Air Force portal.

A working group of contract writers and active-duty subject-matter experts from a cross-section of Air Force specialties began the revision in October 2003. The manual was completed in January and went to press June 9.

One major improvement combines the manual with Air Force Handbook 32-4014, Volume 4, "USAF Ability to Survive and Operate Procedures in a Nuclear, Biological, and Chemical Environment." This consolidated the two publications from 400 pages to about 250 and put them both into one easy-to-carry booklet that fits into the battle dress uniform pants cargo pocket.

Another important feature is the addition of about 20 pages of potential life-saving information, Steve Prier said. He is the Full Spectrum Threat Response publication manager and program manager for the Airman's Manual at the Air Force Civil Engineer Support Agency at Tyndall Air Force Base, Fla. The section is tabbed, in easy-to-read simple text, and states specific "need-to-know-now" actions such as post-attack and shelter-in-place actions, weapons jam procedures, self-aid and buddy care and how to identify unexploded ordnance. It can even be read using night-vision goggles.

"The experts reviewed each section to ensure accuracy, then added essential information from lessons learned from operations Iraqi Freedom and Enduring Freedom, or any other items they found to be important over past five years," Mr. Prier said.

The team visited Lackland AFB, Texas, to test the draft manual on basic training graduates who recently completed Warrior Week.

Every bluesuiter will get a copy of the manual, with deployed and deploying Airmen getting their copies first through their unit deployment managers. Certain emergency-essential civilians and contractors will also get them.

"It's weather-proof, tear-resistant and just about indestructible," Mr. Epstein said. "It's a great medium for this compilation of existing war skills tactics, techniques and procedures."

COMMANDER CONNECTION

This column is intended to unofficially introduce new unit commanders to the base community.



Maj. Sam Grable

12th Comptroller Squadron commander

Key to success in the Air Force:

"Integrity always."

Hometown:

Belfair, Wash.

Vision for the unit:

To be the finest squadron in the Air Force ...bar none. And we have the personnel to do just that.

Previous assignments:

Maxwell AFB, Ala.

Air Staff, Pentagon

Defense Logistics Agency, Seattle, Wash.

Most memorable Air Force experience:

"Taking command of the 12th Comptroller Squadron. What else compares to the honor of command?"

Force development includes civilians

Career civilian employees will soon have more focused career guidance and expanded opportunities because of a new initiative taking place at the Air Force Personnel Center here this summer.

Civilian career field management is a part of force development that will align civilian and military career fields to develop future leaders.

"This is a big change in Air Force civilian career management," said Gregory Den Herder, the center's executive director. "We've realigned civilian management to provide a systematic approach to developing and sustaining the civilian workforce."

"The foundations of (the new program) were already in place within our civilian career program directorate," he said. "Now we've tied development, analysis and employment together."

Under the new program, all civilian positions have been assigned to a specific career field similar to

military specialties. Each career field will have a career path that helps employees determine where to go or what to do to advance in their careers.

Similar to the officer corps, civilian career fields have development teams located at the personnel center. Twenty-four teams will fill positions and manage specific career fields.

The new program will enhance current opportunities for civilian professional education, advanced academic degrees, broader assignment experiences and upward mobility, personnel officials said. It will also identify cross-functional paths to expose civilians to a broader scope of operational activities to prepare them for senior-leadership positions.

"The main goal is to ensure that the right employee gets to the right job with the right skills," Mr. Den Herder said.

(Courtesy of AFPC News Service)

Dress right, dress

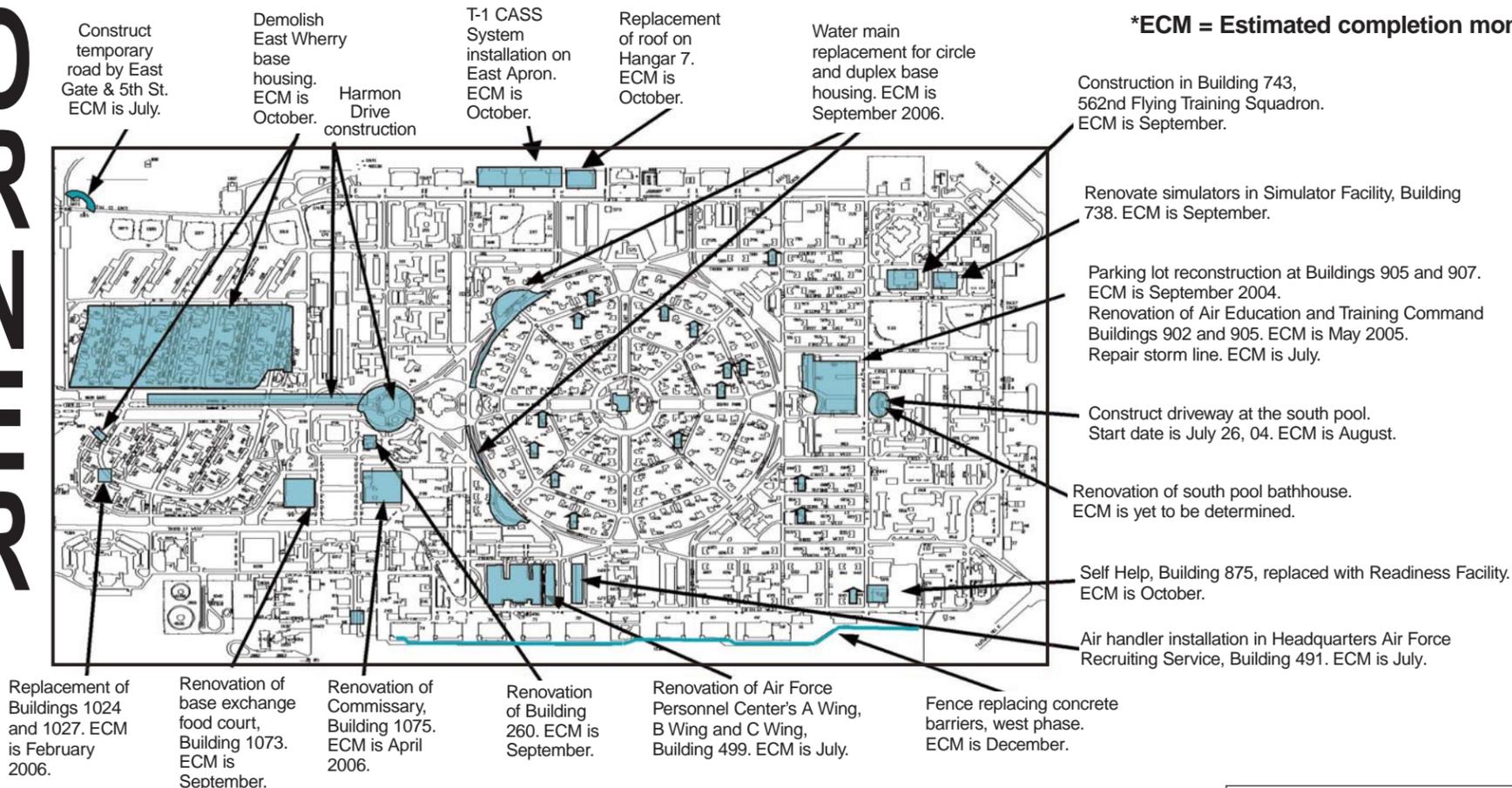


Members of the Team Randolph Honor Guard perform "open ranks" in preparation for inspection of their dress and appearance. Honor guard members are expected to maintain the highest standards of conduct, dress and appearance. Their primary mission is to provide funeral honors at services of active duty, retiree and veteran Air Force members. They perform these duties within a 47,000 square mile area, which includes two national cemeteries. The honor guard provided more than 700 funeral honors in 2003. This year they have already provided more than 350. (Photo by Caitlin Belue)

CONSTRUCTION

ORNER

*ECM = Estimated completion month



Special Note 1: Renovation of Harmon Drive to include Washington Circle is in progress. Inbound traffic from 6 a.m. to 1 p.m. and outbound traffic from 3 p.m. to 6 p.m. in the afternoons, Monday through Friday only.

Additional renovation: Phase 1 of 3 of the reconstruction of Lower Seguin Road is in progress. This phase includes the closing of Woman Hollering Creek Bridge. The South Gate remains accessible by way of Loop 1604. This project should be complete this fall.

Military Family Housing:
 Exterior Painting/Roof Repair/Interior Repair/Foundation Repair in progress; notices will be sent to tenants. (Circle & Duplex)
 Repairs will continue through July 2004.

From tools to lifts

Auto skills center offers all for do-it-yourself mechanics

By Jennifer Valentin
Wingspread staff writer

Need a place equipped with all of the right tools to fix a car? Don't want to leave the base? Then stop by the Randolph Auto Skills Center.

"The center is a place for the auto enthusiast to work on their own vehicle," said Tom Cook, auto skills center manager. "We provide the facility, tools and instruction if needed."

The auto skills center assists an average of 35-40 customers during the week and about 55 customers per day on the weekends.

"People would be surprised by the number of customers we see at the center," added Mr. Cook. "Like any other recreation Randolph provides, we strive to be a good and easily accessible place to fix a car."

The auto skills center provides services for various fees, such as alignments for two and four-wheel vehicles, air condition recharges for AC model R134a only, battery recharging and the turning of brake rotors and drums. In the future, said Mr. Cook, the center will offer fuel injection cleaning for

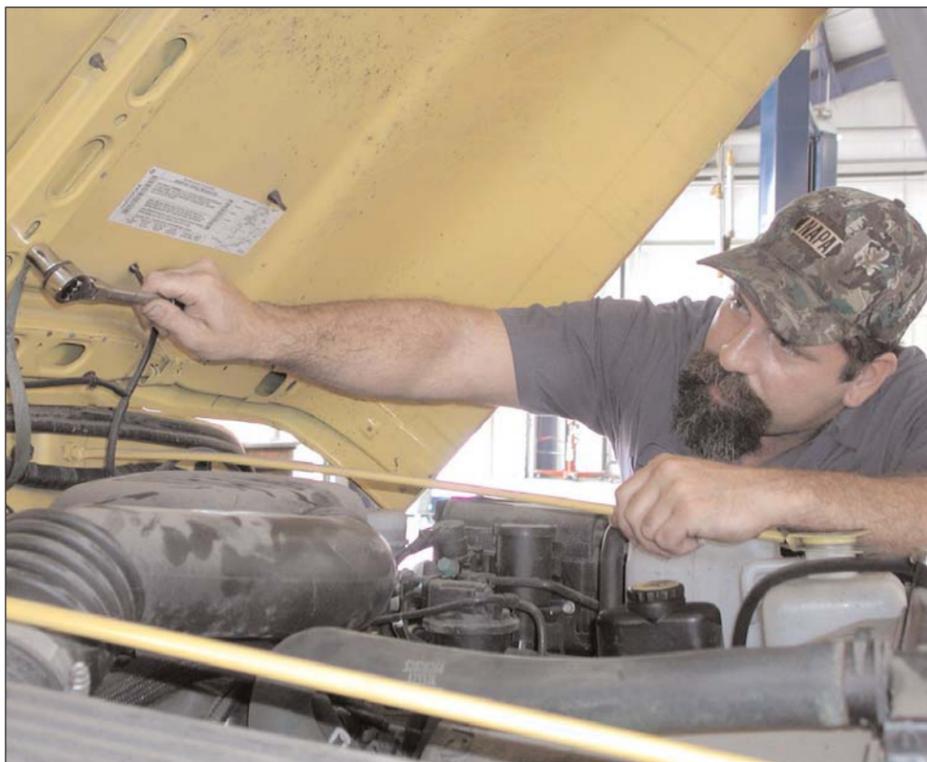
foreign and domestic cars.

The auto skills center offers "Mitchell on Demand," an automated program that shows certain car manuals, the basics on the repairs for that car and sometimes the costs of the repairs. They also offer a new parts program, giving customers approximately a 10 percent discount on ordered parts, usually delivered within the hour. All of the parts bought and picked up at the center are also tax-free.

"The auto skills center gives its customers a safe and professional setting to work on their car, as well as savings on costs," added Mr. Cook. "The center is also important because it does its part in the recycling efforts on base, recycling the customer's items they may bring in or use, such as filters, oil and antifreeze."

The auto skills center is located at Building 873, across from the skills development center. It is open Tuesday to Thursday from 11 a.m. to 7 p.m. and Friday and Saturday from 9 a.m. to 5 p.m. The center is open to active duty members, retirees, dependents, civil service members and authorized contract workers on Randolph.

For more information, call 652-2952.



Armando Hinojosa, auto skills center assistant manager, performs a tune-up on a customer's vehicle. (Photo by Jennifer Valentin)

Safety first!

Bike riders should be aware of rules

By Jennifer Valentin
Wingspread staff writer

With summer vacation upon us, the Randolph streets continue to be filled with bicyclists of all ages.

Safety officials ask everyone, regardless of age, to follow all safety rules when riding bicycles on base.

Everyone riding bicycles on base must wear an approved bicycle helmet, said Tech. Sgt. Richard Hayward, 12th Security Forces Squadron NCO in charge of police services. In addition, cyclists should ride as close to the side of the roadway as possible and with

the flow of traffic on the right side of the road. Bicyclists can also ride on the sidewalks where there is no construction present.

"Bicyclists must follow the same rules of the road as motorists," said Sergeant Hayward. "They should obey all traffic control devices, such as lights, crosswalks and signs."

Due to construction on Harmon Drive and Washington Circle, bicyclists are not allowed in the area.

Bicyclists are reminded that during peak traffic times, they should stay clear of Third Street West and Fifth Street East. Motor

vehicle traffic on these streets is too heavy for a cyclist to navigate safely.

Riders should not ride more than two bicycles side-by-side. And bicyclists should remember that bicycles should only carry the amount of people they are designed for.

"It is not safe for children, for example, to ride on the handlebars of their friend's bicycle," said the sergeant. "If there is only one seat, then only one rider should be on the bike."

If riding after dark on base, bicycles must be equipped with a headlight and either a taillight or a reflector. Reflectors must be visible and remain uncovered at all times.

The 12th SFS monitors bicyclists on base, to make sure they are complying with the rules. If they find otherwise, they can issue citations to violators.

On the first offense, they will issue a warning ticket. On the second offense, two points will be assessed against the violator or a letter of warning will be issued to the sponsor if the bike rider is a child. On the third and subsequent offenses, action will be taken as deemed appropriate by the 12th Mission Support Group deputy commander.

For more information on bike safety, call 652-5509.

Bicycle Safety Tips

- ★ Wear a helmet.
- ★ Wear reflective gear.
- ★ Avoid biking at night. Use headlights and taillights or reflectors.
- ★ Stay alert and always keep a lookout for obstacles in the path.
- ★ Go with the flow. The safe way is the right way.
- ★ Always be aware of traffic.
- ★ Learn the rules of the road and obey traffic laws.
- ★ Make sure the bicycle is adjusted properly.
- ★ Always check the brakes before riding.
- ★ Ensure wheels are securely fastened.

Parent Teacher Organization

PTO enhances educational experience

By Jennifer Valentin
Wingspread staff writer

The Randolph Parent Teacher Organization serves the elementary, middle and high schools, providing many activities and opportunities to both teachers and parents.

"Together with the other members of the board, our school principals and the active members, we strive to develop close relationships between the parents and the faculty, not only to promote the PTO, but to enhance the educational experience for our children," said April Torrey, PTO president.

The PTO contributes in many ways to each of the three schools, said Ms. Torrey.

The PTO sponsors and provides volunteers for the annual events such as the Scholastic Book Fairs, silent auction and dinner, 5th grade promotion party, open houses and parent education nights.

The organization provides two \$500 scholarships every year to two graduating

seniors whose parents are PTO members, reading trophies to elementary students who meet or exceed the goals of the Accelerated Reader Program, money and volunteers to help support school improvement projects, babysitting to parents during special events and it also offers pre-packaged school supplies to be purchased for the coming school year.

"We try to become involved in as many activities as we can to help the schools and parents," said Ms. Torrey.

To be eligible to join, individuals must be parents of students attending one of the Randolph schools, or they must be a faculty member. To become a member, they need to fill out a PTO application and turn it into the school. Annual membership dues are \$7 per family and \$5 for faculty members.

"We hold membership drives at the beginning of each school year, but we will accept a new member at anytime," said Ms. Torrey.

For more information, call Ms. Torrey at 566-7876.

Girl Scout activities build friendships

By Jennifer Valentin
Wingspread staff writer

Camping, parades, community service and making lifelong friends – that is what the Randolph Service Unit of Girl Scouts is all about, said Andie Peppin, Randolph Service Unit of Girl Scouts director.

The unit consists of nine troops of varying ages. The troops include a Senior troop, ages 14-17; two Cadette troops, ages 11-14; a Junior troop, ages 8-11; four Brownie troops, ages 6-8; and a Daisy troop, ages 5-6.

"The Randolph troops are involved in many different activities," said Ms. Peppin. "We like to support and be a part of base and local activities."

Besides the well-known cookie sales, the Girl Scouts participate in annual parades such as the base Fire Prevention Parade and the Universal City Veteran's Day parade. They also carol along the Riverwalk at Christmas time, go

camping, and collect and donate items for babies through the base's Operation Stork program.

To be a part of the Randolph Service Unit of Girl Scouts, girls must be between the ages of 5-17, and their parent or legal guardian must have some affiliation to Randolph, through either active duty service, retirement or civil service, according to Ms. Peppin.

The Randolph Service Unit of Girl Scouts meets different times throughout the year, when space becomes available to hold the troops, said Ms. Peppin.

"I have been involved in scouting for 20 years, and those years with the girls have been filled with love and lasting friendships," said Ms. Peppin. "Girl Scouts strive to inspire ideals such as character, patriotism and conduct. Did I also mention it's all about the fun!"

For more information or upcoming meeting times, call Ms. Peppin at 269-1101.

Heat Stress

Fitness training during summer raises concerns

By Bob Hieronymus
Wingspread staff writer

The old saying is that everybody talks about the weather but nobody does anything about it. But here on Randolph somebody does something about the way it affects people!

Scott Nunnally, fitness program manager at the base Health and Wellness Center, said that questions often come from unit physical training managers about the safety of people doing fitness training during the hot summer months. "Their concerns are real," he said, "and we have firm standards to address those concerns."

The Air Education and Training Command Instruction 48-101, together with the 12th Flying Training Wing supplement, defines the limits on outside ground activities to prevent the adverse effects of heat stress, Mr. Nunnally said. The danger to the human body, according to the AETC Instruction, is when the deep body temperature rises to a level where the natural cooling mechanisms of the body can't handle the heat load. That is when heat cramps can lead to heat exhaustion and finally to heat stroke, which, in extreme cases, can be fatal.

Measuring individual deep body temperatures is not practical for base-wide application, so a system has been devised to allow certain air temperature measurements to approximate the effects on an average human body. In technical jargon, this is the Wet Bulb Globe Temperature. When the WBGT rises above 85 degrees, the regulation requires that the 1.5 mile testing be canceled.

"To determine the WBGT on Randolph we use a small electronic device that incorporates three sensors and a tiny computer to do the formula calculations,"



Senior Airman LaShanta Wade, 12th Aero-Medical Dental Squadron, checks the Wet Bulb Globe Temperature instrument to determine the level of heat stress on base. This measurement is a critical tool for determining when outdoor activities need to be curtailed for the health of base personnel. (Photo by Bob Hieronymus)

said Senior Airman LaShanta Wade, technician in the 12th Bioenvironmental Engineering Flight. "Any time the air temperature reaches a daily high of 85 degrees, we start monitoring the situation," she explained.

First, the device has a dry bulb sensor, the Airman continued. It measures the air temperature the way any "normal" thermometer does and accounts for 10 percent of the formula. Next is a black globe sensor that measures the effects of direct solar heat absorption. It contributes 20 percent to the formula. Then the wet bulb sensor, which is positioned in a small bowl of water, measures the effects of evaporation on air temperature. This accounts for humidity in the air and represents 70 percent of the formula.

"The three factors added together give a reasonable picture of the effects of temperature on the human body," said

Airman Wade, "especially the effect of humidity on work performance."

"When the WBGT goes above 85, we notify the command post, from where the word gets passed to all the organizations on base through the Electronic Notification System," the Airman said. "We don't use a flag warning system like they do on Lackland Air Force Base where the basic trainees spend so much time outside, so we send out the word electronically."

"It's still up to the unit commanders to implement any restrictions on outside activities, but the guidelines are clear," she continued. "For example, when the WBGT is 85 degrees, people doing what is called moderate work outside are supposed to have a 20 minutes rest period after 40 minutes of work. People doing heavy work outside are to have a 30-minute work and 30-minute rest cycle."

According to the AETC Instruction,

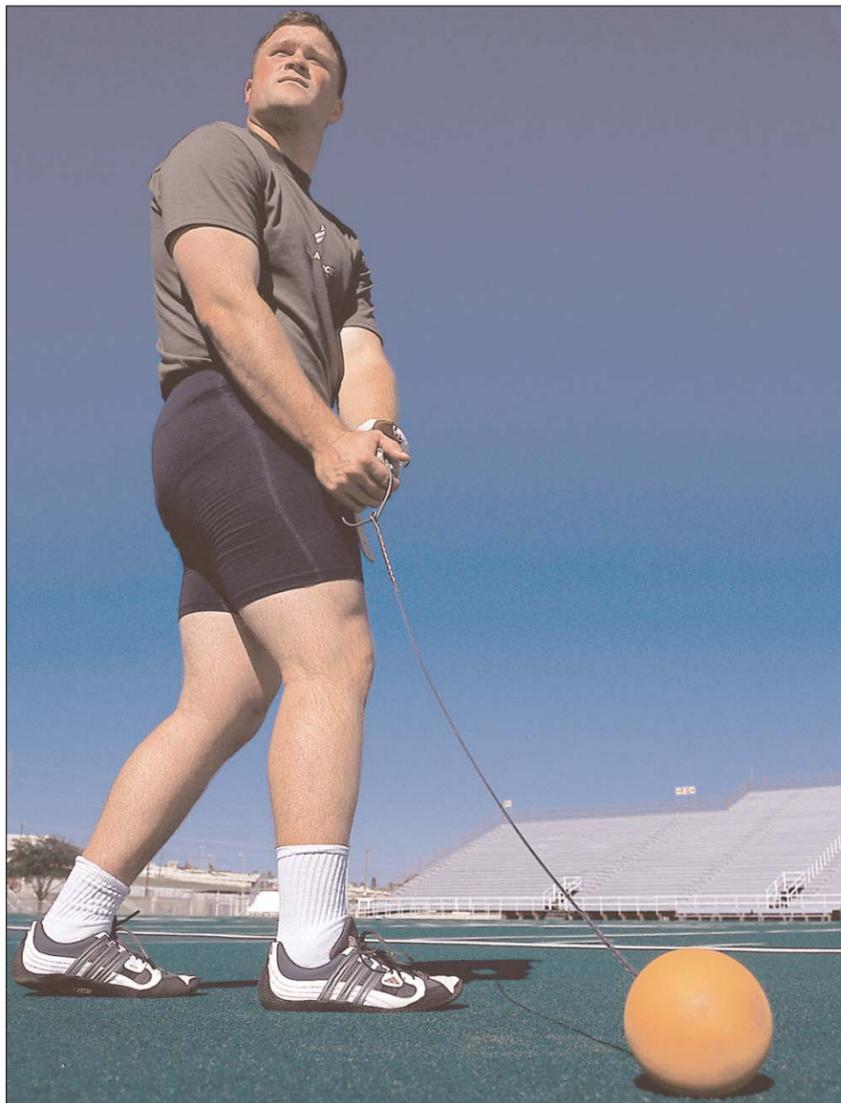
water consumption needs vary from one individual to the next, but people in the moderate and heavy work categories need 3/4 to a full quart of water every hour when WBGT readings are in the 85 degree range."

People involved in physical training and wearing PT uniforms, the AETC Instruction continues, may perform physical conditioning exercises for up to one hour so long as the WBGT stays below 90 degrees. When WBGT temperatures go above 90, the exercises should be limited to no more than 40 minutes with a 20 minutes rest period.

Tech. Sgt. James Coker, 12th Flying Training Wing weather flight forecaster, pointed out that the WBGT system is designed for use by people involved in ground-based outdoor activities. There is a different system for aviation-related activities that uses what is called the Index of Thermal Stress. It is measured by base weather flight personnel and administered by the supervisors of flying in the control towers. Notification of affected units is also done through the Electronic Notification System and confirmed by phone calls.

The ITS uses measurements of dry bulb air temperatures and dew points to determine cautionary and danger thermal stress "zones." These zones are related to the length of time aircrews conduct certain pre-flight and post-flight outdoor activities.

Both heat stress systems are designed to help maintain the health and wellbeing of people who work outdoors on the base. "At the other end of the temperature spectrum, there is a system for measuring wind chill factors in cold weather, but that's not what we worry about at Randolph in July," laughed Sergeant Coker.



First Lt. James Parker, an Air Force world-class athlete from Malmstrom Air Force Base, Mont., earned a spot on the U.S. Olympic track and field team July 12 with a hammer throw of 254 feet, 6 inches. (Courtesy photo)

Airman earns spot on Olympic track, field team

By Tech. Sgt. J.C. Woodring
Air Force Print News

First Lt. James Parker, an Air Force world-class athlete from Malmstrom Air Force Base, Mont., earned a spot on the U.S. Olympic track and field team July 12 with a hammer throw of 254 feet, 6 inches.

"I came into the Air Force to serve my country," said Lieutenant Parker, who has been throwing the hammer for 10 years. "To represent the Air Force and the country on the athletic side is ... the biggest honor of my life."

In the preliminaries of the U.S. Olympic track and field trials in Sacramento, Calif., on July 10, each of the 24 competitors was allowed three throws to determine advancement to the finals. People who throw farther than 236-3 are automatically qualified for the finals.

Lieutenant Parker said he had a "mental edge" on the other athletes going into the competition because he had farther marks than the others and was favored to make the team.

He said he also felt a lot of pressure because he witnessed several other favored athletes not make the team.

"On the day, you never know what will happen," Lieutenant Parker said. "It really was a nerve-racking situation."

As the last competitor to throw in the first

"I came into the Air Force to serve my country. To represent the Air Force and the country on the athletic side is ... the biggest honor of my life."

1st Lt. James Parker
Air Force world-class athlete

round, Lieutenant Parker stepped into the circle and tossed a 240-3, the longest throw of the day. He then sat back and analyzed his competition for the finals.

In the first round of the finals, the lieutenant established the benchmark of 245-1 on his first throw and increased it to 251-4 on his final throw of the round.

During the final round, Lieutenant Parker tossed his best throw of the day, 254-6. Winning this event and his 259-10 throw during a meet at Brigham Young University on June 26 placed Lieutenant Parker on this year's Olympic team.

Fit to fight



In an effort to recognize those Team Randolph members who achieve an "excellent" rating on the Air Force Fitness Test, which is a 90 percent or above, the *Wingspread* has implemented this "Fit to Fight" column, in which the names of these individuals and their unit are featured. Scores are divided into two categories – those who score 100 percent and those who score between a 90 and 99.95 percent.

The following are members who recently earned this benchmark score:

100 percent:
12th Mission Support Squadron
1st Lt. Alejandra Czerniak

90s and above:
12th MSS
Tech. Sgt. Ernest Thompson
2nd Lt. Ellen Stimmel
1st Lt. Danielle Pucci
Capt. Jeremy Emmert
Lt. Col. William Muldoon

12th Operations Group
Col. Daniel Bryan

SPORTS SHORTS

Airlift Tanker Association golf tournament

The Airlift Tanker Association Alamo Chapter is hosting a golf tournament Thursday at 8 a.m. at the Gateway Hills Golf Course at Lackland. The cost is \$25 for course members and \$30 for non-course members which includes the green fees, cart fees and beverages. The proceeds will benefit the Airlift Tanker Association scholarship fund.

For more information or to sign up, call Master Sgt. William Griesemer at 652-8254 before noon Tuesday.