



WINGSPREAD

JOINT BASE SAN ANTONIO-RANDOLPH

No. 1 • JANUARY 11, 2013

A photograph of two airmen in a gym. They are wearing white t-shirts and dark shorts, and are using a piece of exercise equipment. The gym has large windows and a red digital display showing "756".

**JBSA-Randolph
Airmen shape up
for new year**

INSIDE ... JAG CORPS ANNOUNCES PROGRAMS, P3 ... CYBER SECURITY, P4 ... STRENGTH TRAINING, P7

COMMENTARY

THANK YOU FOR ALL YOU DO

Happy New Year Airmen!

By Gen. Mark A. Welsh III
Air Force Chief of Staff



Gen. Mark A. Welsh III

To those of you who spent the holidays deployed, thank you – and I'm sorry you weren't home with your families. I know you understand that what you're doing is important, but I also know that doesn't make the separation any easier. In these days where self-serving agendas seem to be on display everywhere we turn, your willingness to sacrifice for the good of our nation and its citizens still inspires me.

Despite budgetary uncertainty, the fiscal cliff, or whatever else time and circumstances throw at us, I believe 2013 will be a great year for our Air Force! We'll still be doing great work for the nation, we'll still be coming to work with the greatest men and women on earth, and we'll still be taking care of each other. I know each of you will continue to look for new, innovative ways to make us an even better fighting force.

One of the best things about our Air Force is the remarkable heritage we share. As 2012 closed, one of our greatest heroes "flew west" and became a treasured memory. Retired Col. Ralph Parr, a double ace and combat veteran of three wars, passed away peacefully Dec. 7, at age 88.

During the Korean War, in one remarkable 11 day/30 mission stretch, he scored ten confirmed kills and received the Distinguished Service Cross for actions during a particularly harrowing dogfight with 10 enemy MiGs. In Vietnam, he earned the Air Force Cross for extraordinary valor during the Battle of Khe Sanh. In all, he flew 641 combat missions and is the only American aviator to receive both the Distinguished Service Cross and the Air Force Cross. He also wore the Silver Star, 10 Distin-

guished Flying Crosses, the Bronze Star and 41 Air Medals. We should all stand a little prouder because we follow in his footsteps.

I think we all share the responsibility to protect the legacy that Parr and so many others built. But the demographics of our Air Force have changed. Images, songs, stories, or "traditions" that are obscene, vulgar, or that denigrate some percentage of Airmen are not the things we value in that proud heritage. I'm a bit surprised by comments I've heard about the recent health and welfare inspection, suggesting it was an attack on fighter pilot culture, a 'witch hunt' to target specific organizations or individuals, or a response to a specific event. None of those comments are true. My intent was two-fold. First, if we're going to get serious about preventing sexual assault, we need to get serious about eliminating environments conducive to sexual harassment or unprofessional relationships.

Both are leading indicators of sexual assault and other behavior and performance issues.

Second, the Air Force succeeds because of the professionalism and discipline of our Airmen. We have a significant number of Airmen who feel they have to "go along to get along" by ignoring pornographic images, work-

“Every Airman is critically important and every one of you deserves to be treated with respect. Anything less reflects a lack of discipline and a failure to honor our values.”

place comments, or other material that makes them uncomfortable. That's simply not the Air Force we want to be. Every Airman is critically important and every one of you deserves to be treated with respect. Anything less reflects a lack of discipline and a failure to honor our values. It also marginalizes great Airmen, degrades mission effectiveness and hurts unit morale. We simply can't, and won't, tolerate it. Of course, that's easy for me to say – only you can make it reality. As always, I need your help.

In a couple of weeks, I'll send you a CSAF Vector for 2013. In it, I'll let you know where I think we're headed in some key areas and also lay out a few things I think I owe you over the next year – like what the Air Force values for promotion (hint: the list starts with job performance), my thoughts on performance reports and any required adjustments, etc.

Thank you again for all you do, and for choosing to serve in our great Air Force. Don't let the talk of sequestration distract you from the importance of what you do every day. We'll still need to come to work in 2013 and we'll continue to provide America with one of its greatest asymmetric advantages. It's an honor to serve beside you.

Got airpower?!

ON THE COVER

Staff Sgt. Eric Simmons and Senior Airman Jesse Angulo, 902nd Security Forces Squadron Police Services, complete their morning workout routine Jan. 9 at the Joint Base San Antonio-Randolph Rambler Fitness Center.

Photo by Joshua Rodriguez

WINGSPREAD

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NEWS

JAG corps announces law school programs

By Capt. Anna Rehder

902nd Mission Support Group Judge Advocate

Applications for two programs that allow active-duty Air Force commissioned officers in pay grade O-3 or below to attend law school are being accepted through March 1.

The Funded Legal Education Program is a paid legal studies program and assignment action; participants receive full pay, allowances and tuition. The Excess Leave Program is an unpaid legal studies program; participants do not receive pay and allowances, but remain on active duty for retirement eligibility and benefits purposes.

"Our Air Force missions are constantly changing, and commanders deserve to have access to legal advisers with a broad background of military experiences," Lt. Col. Kate Oler, 902nd Mission Support Group Staff Judge Advocate, said. "The FLEP and ELP will ensure that we can continue to maintain a corps of officers whose military experience complements their legal training, providing commanders with the highest caliber of legal support."

Air Force judge advocates do more than just provide legal assistance. In addition to prosecuting and defending clients brought before courts-martial, JAG officers participate in nearly every facet of the Air Force mission, including developing and acquiring weapons systems, ensuring availability of airspace and ranges where those systems are tested and operated, consulting with commanders about how those systems are employed in armed conflict, and assisting commanders in the day-to-day running of

military installations around the world, Oler said.

"Every facet of every Air Force mission is bound by elements of the law," she said.

FLEP applicants must have between two and six years active-duty service, enlisted or commissioned, and must be in pay grade O-3 or below as of the day they begin law school. ELP applicants must have between two and 10 years active-duty service and must be in pay grade O-3 or below as of the first day of law school.

The FLEP is subject to tuition limitation, which is set by the Air Force Institute of Technology. Positions may be limited due to overall funding availability.

The limit for academic year 2012 was set at approximately \$16,000 per year, but this amount may change year-to-year.

"In 2012, due to unfortunate budgetary constraints, we were unable to offer any FLEP seats," Oler said. "In 2013, we secured a handful of seats and encourage all eligible officers interested in becoming a member of the Air Force JAG Corps to apply."

Both the FLEP and ELP programs require attendance

at an American Bar Association-accredited law school. Upon graduation and admission to practice law in the highest court of any state, commonwealth or territory of the United States, candidates are eligible for designation as judge advocates.

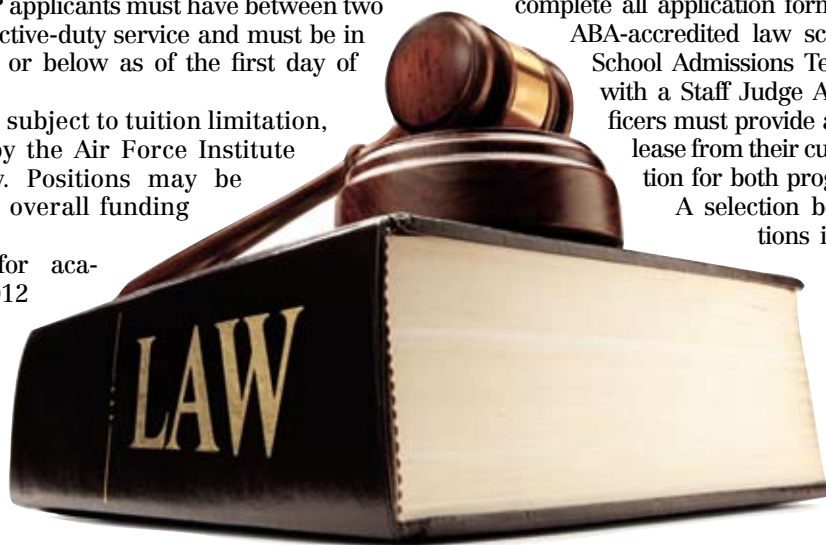
To be considered for FLEP or ELP, applicants must complete all application forms, apply to at least one ABA-accredited law school, receive their Law School Admissions Test results and interview with a Staff Judge Advocate by Feb. 15. Officers must provide a letter of conditional release from their current career field. Selection for both programs is competitive.

A selection board considers applications in early March, and selections are made based on a review of the application package using a "whole person" concept. The total number of applicants selected for any academic year is based on the needs of the Air Force.

Air Force Instruction 51-101, Judge Advocate

Accession Program, Chapters 2 and 3,

discuss the FLEP and ELP. For more information and application materials, visit <http://www.airforce.com/jag>, contact the Joint Base San Antonio-Randolph Legal Office at 652-6781 or contact Maj. Sean Elameto, HQ USAF/JAX at sean.elameto@pentagon.af.mil or 1-800-JAG-USAF.



National association recognizes JBASA-Randolph's 'Night Out'

By Alex Salinas

Joint Base San Antonio-Randolph Public Affairs

Texas won first place among all states for outstanding participation in the 2012 National Night Out campaign against crime, drugs and violence.

In the category for populations of 300,000 people and more, San Antonio took second place, and in a district with 12 entries including churches, community centers and schools, Joint Base San Antonio-Randolph received an award for third place.

JBASA-Randolph celebrated NNO Oct. 2 in the housing area on North Park Street, where 400 people attended the family-oriented event and joined members from the 902nd Security Forces Squadron, 902nd Civil

Engineer Squadron Fire Emergency Services and JBASA-Randolph energy conservation team.

McGruff the Crime Dog and Sparky the Fire Dog were on board to attract and encourage children to lead responsible lives.

Features like three-legged races, an obstacle course, fire truck display and patrol car display kept them engaged.

JBASA-Randolph was judged on four criteria from the National Association of Town Watch: the degree to which citizens are made aware of the NNO program; the degree to which citizens and external groups participate in the program; the reach of the program in terms of recognition from the community, dignitaries, private and public agencies; and the extent to which

the program has impacted crime in the targeted area.

However, the bigger picture is JBASA-Randolph's contribution to drug, crime and violence prevention in conjunction with the surrounding area.

"Many communities, organizations and visitors came together in and around San Antonio in a common cause to send a message that we will not tolerate drugs and crime," Juan Ayala, San Antonio Police Department community services supervisor and NNO liaison to JBASA-Randolph, said.

This year's NNO campaigns involved 37.5 million people in 15,700 communities from all 50 states, U.S. territories and military bases worldwide, according to the National Association of Town Watch.

"We (as security forces and firefighters) are getting out there and interacting with the public," Staff Sgt. Eric Simmons, 902nd SFS NCO in charge of police services, said.

"The awareness is there and so are the resources."

To make sure future NNO events are successful, JBASA-Randolph will "continue to incorporate our entire team working hard every day to protect our community: Hunt Housing, the fire department, Wing Safety, Family Advocacy, security forces and off-base police departments," Maj. Gregory Bodenstien, 902nd SFS commander, said.

All NNO 2012 award winners can be viewed by visiting the online website at www.nationalnightout.org/nno.

Inspectors to visit JBSA-Randolph for cyber security assessment

By Robert Goetz
Joint Base San Antonio-Randolph Public Affairs

Cyber security efforts at Joint Base San Antonio-Randolph will be scrutinized next week when a Defense Information Systems Agency inspection team visits the installation for a week-long assessment.

“U.S. Cyber Command and DISA have determined that any base hosting a network operations squadron or subordinate detachment will be included in the NOS’ or detachment’s Command Cyber Readiness Inspection,” Joseph Harris, 902nd Communications Squadron wing information assurance chief, said. “As such, JBSA-Randolph networks will be inspected alongside the 561st NOS Detachment 2 Monday through Friday.”

The team will assess the security of JBSA-Randolph’s classified and unclassified computer networks to ensure they comply with all cyber directives, technical time compliance orders, and vulnerability and management processes that meet the U.S. Cyber Command’s security postures for computing assets, he said.

“The inspection ensures that technical guidance is implemented and physical security procedures are complied with,” Harris said.

John Hipp, 902nd CS wing information protection officer, called the inspection “a thorough, fine-tooth-comb Unit Compliance Inspection-type assessment.”

“We’ll have to be ready on all fronts,” he said.

The inspection comes about a year after a DISA team last visited JBSA-Randolph.

“They’re coming back to look at all JBSA-Randolph network assets, including those managed by the 561st

NOS Detachment 2,” Harris said. “It will be just as intensive as it was in the early part of this year.”

He said JBSA-Randolph fared well in the last inspection, earning an “excellent” commendation for NIPRNET security and an “outstanding” for SIPRNET security. NIPRNET is referred to as the Unclassified but Sensitive Internet Protocol Router Network; SIPRNET is the Secret Internet Protocol Router Network.

Hipp said time compliance network orders are another one of JBSA-Randolph’s strengths.

“That’s when we provide patching for our systems and keep them in compliance,” he said.

“We aggressively worked at remediating all vulnerabilities in the last CCRI, as well as tried to be proactive in preventing additional vulnerabilities. Vulnerabilities are potential holes that can be exploited by unauthorized users.”

Harris said inspectors will “look at everything on JBSA-Randolph’s networks, as well as its physical security.” The inspection effort will include thousands of devices, from computers, external hard drives and wireless technology to phones, switches and tablets.

“It’s really important that people have CDs, DVDs, computers and other media properly labeled,” he said. “They should also make sure they don’t leave their common access cards unattended in their computers.”

Harris said communications closets should be clean, orderly, well-maintained and locked.

Other ways people can contribute to cyber security are protecting passwords and personal identification numbers, not downloading email attachments from unknown senders, never plugging



unauthorized Universal Serial Bus devices, iPods or cellphones into their computers, and being vigilant about unfamiliar individuals in their work area. DISA inspectors may test workers by using social engineering techniques.

Harris said it’s important that workers know their client support technician and security manager.

“Know what your response would be if you are put through a scenario by the inspectors,” he said. “Employing all proper network, physical and operational security procedures is everyone’s responsibility.”

For more information, contact Harris at 652-2416 or Hipp at 652-4999.

Check this out

Spouses from the Joint Base San Antonio-Randolph Community Spouses present proceeds earned from the 2012 Holiday Tour of Homes to Criselda Smith, Warrior Family Fund treasurer at the Airman and Family Readiness Center, Jan. 7 at JBSA-Randolph. Pictured from left are Teresa Rice, Kristine Goodfellow, Smith, Cindy Gifford and Teresa Owens.

Photo by Joshua Rodriguez



JBSA-Randolph Library opens new community room

By Alex Salinas
Joint Base San Antonio-Randolph Public Affairs

The Joint Base San Antonio-Randolph Library converted its computer lab into a community room, allowing library staff to host in-house programs there and the JBSA-Randolph community to reserve it for multi-functional use.

“Our customers will be able to reserve the space for gatherings, meetings, training sessions and other activities,” Rudy Rodela, 902nd Force Support Squadron supervising librarian, said. “We are also providing the space to the base Education Center to increase their available classroom capacity.”

To make space for the room, computers were moved to the previous periodical area and periodicals were relocated near the study tables. The study carrels were also rearranged as part of the new computer lab, allowing the library to gain two additional carrels.

The community room was on the library’s wish list for more than a year and the project was completed for two primary reasons, Gail Trevino, 902nd

FSS programming librarian, said. “First, the Department of Defense Library Standards call for such space in order to achieve the ‘premier’ level standard,” she said. “We allocated space in the study area for this purpose. However, our programs have become more popular and we’ve just outgrown the study area.

“Second, this community room helps the JBSA-Randolph Library better fulfill a traditional function of libraries as a forum.”

As institutions, libraries have “never really been just about books,” Rodela said.

“We were among the first businesses to make our inventory available online when we migrated the old card catalogs to the Internet,” he added. “Libraries pioneered self-checkout technologies that are commonplace today.”

More importantly, libraries “are a repository of ideas and a gateway to a world of information,” Rodela said.

By incorporating a community room as an additional academic or business resource for patrons, the



“Our customers will be able to reserve the space for gatherings, meetings, training sessions and other activities. We are also providing the space to the base Education Center to increase their available classroom capacity.”

Rudy Rodela
902nd Force Support Squadron supervising librarian

Photo by Joshua Rodriguez

JBSA-Randolph Library is becoming more dynamic by “adopting and adapting innovative services and technologies,” Trevino said.

The room holds 24 people and a table

can be provided for light snacks and covered beverages for attendees.

To book the community room for events, call the library, Bldg. 598, at 652-2617/5578.

Joint Base San Antonio-Randolph NEWS BRIEFS

Bargain warehouse offers great deals

The next JBSA-Randolph Bargain Warehouse takes place 8-9 a.m. Wednesday in Bldg. 1139 for ranks E1-E6 and 10 a.m.-2 p.m. for all other DoD ID cardholders. Only checks and cash are accepted as payment. A limited number of people will be allowed in the building at one time, so patrons should come prepared to stand in line. For more information, call 652-5142 and select option two.

Couples learn keys to financial bliss

The JBSA-Randolph Airman and Family Readiness Center will host a Matrimony Class 3-4 p.m. Jan. 31. The class addresses the financial issues common between spouses and offers participants tips on how to successfully communicate with their partner about money. For more information, call 652-5321.

JBSA Mobile App goes live

The JBSA mobile application, called “JBSA,” is now available for download through the Apple App Store and the Google Play Store. The app

includes information about services and support facilities at each JBSA location with phone numbers and hours of operation. For more information, contact public affairs at JBSA-Randolphpublicaffairs@us.af.mil.

Sexual assault, harassment hotline

Airmen, separated and still serving, who graduated from basic military training and technical training during the past 10 years, and who have any information about military training instructor sexual misconduct incidents, are urged to call the Air Education and Training Command’s anonymous 24/7 sexual assault commercial phone line at 652-0008.

Commissary rewards card

The Defense Commissary Agency’s new commissary rewards card allows shoppers to download coupons directly onto the card and redeem them at checkout. For more information, visit your local commissary.

JBSA-Randolph Chapel

• CATHOLIC

Monday-Friday

11:30 a.m. - Chapel 1

Saturday

5:30 p.m. - Chapel 1

Sunday

8:30 a.m. - Bldg. 975

11:30 a.m. - Chapel 1

Confession

Saturday

4:30-5 p.m. - Chapel 1



• PROTESTANT

Traditional

Sunday Service

8:15 a.m. - Chapel 1

Contemporary

Sunday Service

11 a.m. - Bldg. 975

JBSA-Randolph Technology Expo

The semi-annual JBSA-Randolph Technology Exposition will be hosted 10 a.m.-2 p.m. Tuesday at the Parr Club. More than 20 exhibitors will be demonstrating the latest in cyber security, network performance solutions, interactive video conferencing, information technology training, cloud computing, transportation solutions, data management and storage, secure wireless networks and data back-up at the event. The event is being hosted by the 902nd Communications Squadron. All military, civilian and contractor personnel are invited to attend for free. For more information, contact Julia Banks at (443) 561-2458 or Banks@ncsi.com.

JBSA-Randolph Skeet Range set to close Jan. 21

From Joint Base San Antonio-Randolph Public Affairs

The Joint Base San Antonio-Randolph Skeet Range is scheduled to close Jan. 21 as a result of the findings of the Air Force Services Transformation team.

In response to recent Air Force-wide funding reductions for personnel and programs, the team visited several installations to evaluate their services and morale, welfare and recreation capabilities, customer base and complete a business case analysis for each activity offered at the installation.

The team visited JBSA in June 2012 and recently issued a report outlining its findings and recommendations. Using Air Force standards, goals and planning factors, they evaluated every activity for financial competency,



self-sufficiency and customer usage. Activities, like the JBSA-Randolph Skeet Range, that were not self-sustaining were recommended for closure or consolidation.

While many installations visited by the team had multiple activities recommended for closure or reduction, JBSA fared very well in comparison with only two activities recommended for closure and six recommended for modification or change in function. Based on all these factors, closure of the JBSA-Randolph Skeet Range will take effect Jan. 21.

“As many of our customers are aware, the Air Force has been looking at all recreation and leisure services to determine how we can make better use of the limited resources we have now, and in the future,” Terrye Heagerty, 902nd Force Support Squadron director, said. “The guiding principle is that if a community activity or service cannot be self-sufficient and there are other options in the local area, then the activity should be considered for closure.”

“Although the staff and volunteers have worked hard over the years to maintain the facility and equipment, we have now reached a point where the rate of return on investment is no longer viable,” Heagerty said.

There are a variety of shooting ranges in the local area that offer discounts to military and DoD employees. Local shooting ranges include the San Antonio Gun Club, Bexar Community Shooting Range and the National Shooting Complex.

“Closing an activity is not something we take lightly and we hope our customers understand this tough decision,” Heagerty said.

Judo Fitness Instructor Course

Sensei Roy Eby will be putting on a Judo fitness instructor course for Judo practitioners and unit physical training leaders looking to improve their unit's fitness and resiliency skills. The 40-hour course takes place at 7 a.m. from Jan. 28 through Feb. 1 at the Medina Fitness Center, Joint Base San Antonio-Lackland Annex. No fitness or martial arts experience is needed. Judo builds resiliency by training the student to be mentally tough, as well as socially and spiritually connected through the practice of mutual welfare among Judo practitioners. Sign up is open until Jan. 23. For more information, call 671-0566.

Weingarten Notice

In accordance with the requirements of 5 USC 7114(a)(3), this is to advise bargaining unit employees that:

An exclusive representative of an appropriate unit in an agency shall be given the opportunity to be represented at any examination of an employee in the unit by a representative of the agency in connection with an investigation if:

- (a) the employee reasonably believes that the examination may result in disciplinary action against the employee; and
- (b) the employee requests representation.



The Joint Base San Antonio mobile app provides basic information about the primary JBSA locations. The mobile app, called “JBSA,” is now available for download through the Apple App Store and the Google Play Store.

HAWC offers initial strength, conditioning phase

By Alex Salinas

Joint Base San Antonio-Randolph Public Affairs

(Editor's note: This is the third in a series of articles about circuit training workouts published once a month in the Wingspread.)

As Joint Base San Antonio-Randolph members pursue their fitness goals of the new year, they must create a workout regimen to condition their entire body. Strength and conditioning training follows five to 10 minutes of both dynamic warm-ups and joint integrity as recommended by the JBSA-Randolph Health and Wellness Center staff.

Strength and conditioning routines can improve one's athletic performance, physique and overall health to keep up with the physical demands of life, Keith Prince, HAWC Health Promotions Flight commander, said.

The suggested movements for this month are hover planks, dumbbell walking lunges, alternating bench presses, single arm rows and kettlebell swings.

"These are simple exercises to start out with and incorporate," Prince said.

The movements require dumbbells, a kettlebell and a bench except for hover planks, which can be done in most spaces to engage abdominal and back muscles.

Alternating bench presses target the chest, triceps and shoulder muscles, and single arm rows work the mid-back, shoulders and biceps for upper body emphasis.

Dumbbell walking lunges exercise the lower body, while kettlebell swings provide total body movement.

Prince said proper technique and form should be used with these maneuvers to protect joints, such as keeping the knee and ankle aligned when lunging.

Two sets of 12 repetitions are ideal for each routine, with minimal dumbbell weight starting out.

"When engaging with strength training and you don't know where you stand, start with lower weight and work your way up," Prince said.






Strength training is recommended three times per week with one day of rest in between days.

"Recovery is extremely important," Prince added. "Recovery allows your body to reset. Over time, recovery assists in significant strength gains."

After strength conditioning, an "all-out" cardiovascular effort is next.

Three sets of 30-second high-intensity spurts on a bike, treadmill, rowing machine or with a jump rope will finish the workout. People are encouraged to add more sets if they can handle it.

For more strength and conditioning drills, contact the HAWC, Bldg. 999, at 652-2300.

Hover plank	Dumbbell walking lunge	Dumbbell bench press	Dumbbell single-arm row	Kettlebell swing
				
<p>Get into a pushup position, but bend elbows to rest weight on forearms instead of hands. The body should form a straight line from shoulders to ankles. Brace core by contracting abs. Hold position for the desired time.</p> <p>Photo subject: Staff Sgt. Jarvis Sheppard Photos by Don Lindsey</p>	<p>Hold a pair of dumbbells at arm's length next to sides, palms facing each other. Step forward with left leg and slowly lower body until knee is bent at least 90 degrees. Pause and then push up to starting position quickly. Complete desired number of reps with left leg and then repeat with right leg.</p>	<p>Grab a pair of dumbbells, lie on back on a flat bench and hold the dumbbells above chest. Palms should be facing inward. Lower one dumbbell to the side of chest, while simultaneously rotating wrists so palm faces forward. Pause, then press weight back up to starting position quickly, while rotating wrists so palms are once again facing inward. Repeat with other arm.</p>	<p>Grab a dumbbell with left hand and place right hand and right knee on a flat bench. Lower back should be naturally arched and torso roughly parallel to the floor. Keep upper arm perpendicular to body and row the weight toward side of chest. Pause, then return to starting position. Complete all reps, then switch sides and repeat.</p>	<p>Grab a kettlebell with an over-hand grip and hold it at arm's length. Bend hips and knees, then lower torso until it forms a 45-degree angle to the floor. Swing the kettlebell between legs, keeping arms straight, while thrusting hips forward. Straighten knees and swing the kettlebell up to chest level while rising to standing position. Repeat pattern for all reps.</p>