

## Joint Forces Headquarters

2722 SW Topeka  
Blvd. Room 136  
Topeka, KS 66611



# Human Resource Office Bulletin

## March – April 2012 Spring Issue

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### **HRO on the Web:**

<http://www.kansastag.gov/FEDHRO.asp?PageID=124>

-Click on the "Human Resources" tab at the top.

-Click on the "Federal HRO" Link about half way down the page.

-Click on "On-board personnel can find additional information concerning personnel programs [here](#)."

**\*\*Any questions/comments regarding the bulletin? Or if you want to receive the bulletin via email, please contact:**

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Human Resources Administrator  
785-274-1180 (please leave a message if no answer) or email at: [michele.m.mowder@us.army.mil](mailto:michele.m.mowder@us.army.mil)

### Retired National Guard Luncheon coming soon...

The 26<sup>th</sup> annual Retired National Guard Luncheon will be held on Wednesday, April 4, 2012 at the Kansas National Guard Museum. Doors open at 10:00 a.m. and lunch will be served at 11:30 a.m. The luncheon is for anyone retired from the full-time program (Air or Army, Technician or AGR). The original luncheon was planned by six retired technicians as a friendly get-together to talk over old times and renew acquaintances. A special mailing will be sent out to those already on our list. We are trying to build an e-mail database plus send an invitation via U.S. Mail for those who don't have e-mail.

The cost for the luncheon will be \$10.00 which includes the price of lunch and tax. If you are a Kansas National Guard Retiree and would like to attend the luncheon (or be added to the contact list), please contact Karen Morrow at 785-267-3950 or e-mail [mrandmsduh@cox.net](mailto:mrandmsduh@cox.net). We will need to know by 26 March if you plan on attending.

### **Technicians:**

### **Awards, Accessions, Promotions, Reassignments, Separations**

**Accessions:** Bolden, Heather M., 184IW; Fouliard, Suzanne J., ATEAM; Gonzales, Stacy S., MATES; Hollar, Robert E., 184IW; Jones, Teresa H., 184IW; Joseph, Keron A., 190ARW; Kellogg, Melinda K., 184IW; Kelly, Tracy J., 190ARW; Leonard, Scot M., FMS 2; List, Daniel J., ATEAM; Macdougall, Jacob L., FMS 7; Martin, Michael R., 190ARW; Moulden, Graham L., 190ARW; Sladky, Andrea L., 35 AG Army Band; Smith, Justin D., 184IW; Snodgrass, Sheldon L., AASF 1; Thompson, Paul D., FMS 3; Williams, Jason E., 190ARW; Zavala, Christopher N., CO A, 2-137 Inf RGMT.

**Promotions:** Bellows, Edward L., ATEAM; Davis, Tommy L., SMO; Fox, Brett A., USPFO; Jenkins, Jason V., UTES; Justice, Darrell L., USPFO; Miller, John S., AASF 1; Patterson, Andrew P., 190ARW; Rocha, Edward L., UTES; Rubio, Kristy A., USPFO; Sutton, Samuel W., AASF 1; Urban, Jacob L., 190ARW; Weber, Scott J., MATES.

**Reassignments:** Allen, Beau Gene M., ATEAM; Bausch, Shelly L., HRO; Blubaugh, Joseph L., 190ARW; Cole, Rodney D., MATES; Crabb, Shawn D., ATEAM; Fuentes, Primitivo, ATEAM; Gillam, Charity E., ATEAM; Robertson, Paul M., ATEAM; Sabes, Mark A., 190ARW; Tapley, Andrew S., SMO.

## Technicians: Awards, Accessions, Promotions, Reassignments & Separations Continued...

**Separations:** Acosta, David L., MATES; Avila, Jessica L., 184IW; Cheney, Nathan D., ATEAM; Connelly, Stephen J., AASF 1; Crandon, Frank C., 184IW; Cybulski, Joseph P., 184IW; Dark, Kevin R., 184IW; Dewitt, Jason K., UTES; Diven, Noble J., 184IW; Fellows, Stephanie N., 184IW; Fox, Thomas C., 184IW; Glendening, Robert E., 184IW; Guffy, Keith A., HRO; Hastings, Alison E., 190ARW; Ismert, Michael P., FMS 7; Jabara, Joseph M., 184IW; Joseph, Keron A., 190ARW; Kennedy, Olivia L., 190ARW; Lies, Lawrence L., 184IW; Manisap, Dennis P., 184IW; Mercer, Timothy J., 184IW; Pollard, Elizabeth J., 190ARW; Russell, Cory R., USPFO; Sparkes, James D., USPFO; Spry, Wayne E., 190ARW; Steuterman, Andrew J., CSMS 1; Wagner, Lindsey M., 184IW; Wheeler, Jennifer M., 184IW.

\*To view more Technician Awards and Monthly Graph statistics, please go to our website at:  
<http://www.kansastag.gov/FEDHRO.asp?PageID=119>

### EAP Spring Newsletter

#### Fifty-five percent of caregivers feel overwhelmed

Millions of Americans provide care for aging or chronically ill family members at home, but according to the American Psychological Association's newly released Stress in America survey; caregivers are among the most-likely stressed Americans. Fifty-five percent of caregivers say they feel overwhelmed by the amount of care their aging or chronically ill family member requires. Additionally, caregivers are more likely than those in the general population to say they're doing a poor/fair job practicing healthy behaviors, including managing stress and getting enough sleep. How can you give your best efforts to your loved one, while also avoiding the dangers of over-stress and burnout?

To read more please go to our website at:

<http://kansastag.gov/FEDHRO.asp?PageID=180>

### TSP Highlights (Is the Roth for You?)

The TSP will introduce a feature later this year that will allow active participants to make Roth contributions to their TSP accounts. This new feature will allow you to contribute some or all of your contributions to the Roth TSP. With Roth contributions, you pay taxes now. However when you withdraw these contributions and their earnings, you will not have to pay taxes on them as long as you are 59  $\frac{1}{2}$  years or older and you have had a Roth contribution for five years or more when you receive your distribution.

As we get closer to the date when you can start making Roth contributions, you'll learn more about whether Roth contributions could be to your advantage.

To read more please go to our website at: <http://www.kansastag.gov/FEDHRO.asp?PageID=119>

## EAP Balanced Living

### How to Feel Good When Your Life Isn't Perfect

Most people have thoughts and dreams about how their lives ought to be. When things don't work out the way they had pictured, they tend to blame other people or situations.

They don't realize that the bad feelings come from their own thinking.

"When things are bad, people say to themselves, Things aren't the way I like them, and then say, That's terrible, that's awful—meaning they think things are so bad that they shouldn't or mustn't be that way." Says Albert Ellis, Ph. D., the creator of Rational Emotive Behavior Therapy and author of "Feeling Better."

It's normal, however, to have to deal with difficult situations and difficult people as you go through life.

Here's how to change your thinking, so you can feel good when your life isn't perfect.

To read more please go to our website at: <http://kansastag.gov/FEDHRO.asp?PageID=180>

### Human Resource Office Staff

LTC Roger Krull	Human Resource Officer	274-1167	Rm 141
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#### MANPOWER

Lt Col Shelly Bausch	Chief, Manpower	274-1982	Rm 138
CMSgt Lynn McConnell	Personnel Systems Manager	274-1165	Rm 136
TSgt Orlando Saucedo	Personnel Systems Specialist	274-1163	Rm 136
MSgt Tammy Wells	Classification Specialist	274-1161	Rm 136
MSgt Terry Spangler	Staffing Specialist	274-1160	Rm 136
MSgt Kathy Thornton	Staffing Specialist	274-1053	Rm 136
SrA Diane Collins	Staffing Specialist	274-1184	Rm 136

#### EMPLOYEE SERVICES

MAJ Robert Stinson	Chief, Employee Services/LRS	274-1162	Rm 140
Bobbi Harvey	Employee Benefits Specialist	274-1172	Rm 136
MSgt Robin Lewis	Human Resources Specialist	274-1206	Rm 136
SPC Stephanie Hodges	Human Resources Specialist	274-1187	Rm 136
Dottie Clark	Employee Development Specialist	274-1185	Rm 136
Michele Mowder	Human Resource Administrator	274-1180	Rm 136
MSG Lyle Babcock	Management Analyst/DTS	274-1941	Rm 136

#### AGR

CW2 Morgan Davis	AGR Manager	274-1182	Rm 137
SFC Katie Carnahan	Staffing Specialist	274-1186	Rm 136
MSG Chris Kuti	AGR Pay Specialist	274-1636	Rm 136
MSgt Doug Roudybush	Tricare Specialist	274-1164	Rm 136
SGT Daniel Forrest	Human Resource NCO	274-1330	Rm 136

## Human Resource Office Staff

### J1 STAFF

COL Barry Adams	J1	274-1181	RM 142
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### EO/EEO

CW3 Sandra Lashley	EO/EEO Manager	274-1166	RM 143
SFC Francisca Jimenez	EO/EEO Specialist	274-1168	RM 143

### WORKFORCE SUPPORT/FAMILY PROGRAMS

Mary Nesbitt	Family Programs Director	274-1171	RM 101
Michelle Williams	Family Readiness Assistant	274-1173	RM 102
TSgt Deanna Davis	Family Programs Specialist	274-1553	RM 102
SGT Craig Douglas	Family Programs Specialist	274-1512	RM 102
SGT Jennifer Gold	Yellow Ribbon Event Acct. Mgr.	274-1512	RM 102
CSM John Conover	Yellow Ribbon Specialist	274-1211	RM 102
SFC Clayton Lavine	Yellow Ribbon Specialist	274-1491	RM 102
Darcy Seitz	State Youth Coordinator	274-1967	RM 102
Bonnie Murdock	Military OneSource JFSAP	274-1557	RM 102
John Merritt	Military & Family Life Consultant	(785) 217-6518	RM 104
2LT Tim Traynor	JFHQ Sexual Response	274-1578	RM 104

### TRANSITION BENEFITS

Beth Visocsky	Transition Assistance Specialist	274-1129	RM 112
Howard Steanson	Transition Assistance Advisor	274-1188	RM 112

### ESGR

Chuck Bredahl	ESGR Director	274-1559	RM 112
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### **Retiree Deaths:**

Ricky D. Budden, passed away on March 1<sup>st</sup>, 2012. He had 34 years of Technician Service as a Machinist with MATES at Ft. Riley, KS.