

Joint Forces Headquarters

2722 SW Topeka
Blvd. Room 136
Topeka, KS 66611



Human Resource Office Bulletin

May - June 2012 Issue

Technician Retirements

The following Technicians have recently retired-we appreciate their many years of service and wish them the best in their retirement.

ARMY

Robert Quintanilla, 6 April
Robert Schlink, 20 April
Tana Patton, 30 April

AIR

Danny Roush, 14 March

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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](#) .”

EAP Healthy Exchange (Spring 2012)

How to Break the Grip of Unbearable Stress

Somehow your life has gotten out of control. Stress has its grip on you. You lie down to sleep at night and it feels like your heart is going to pound right out of your chest. You just can't relax. You get through the night but awake in the morning still feeling terrible, “overwhelmed” by life, anxious and exhausted. What can you do to break the grip of stress? To read more please go to our web site link below and click on “EAP Healthy Exchange (Spring 2012)” Link.

<http://www.kansastag.gov/FEDHRO.asp?PageID=240>

EAP Balanced Living (Relationships)

Counseling Can Help Very Distressed Married Couples

The largest, most comprehensive study of couple therapy ever conducted reports that therapy can help even very distressed married couples if both partners want to improve their marriage. The UCLA study included 134 married couples who were “chronically, seriously distressed” and fought frequently, but were hoping to improve their marriage. Treatment included up to 26 therapy sessions within a year. Five years after treatment ended, about a third of the couples described themselves as normal, happy couples, while another 16 percent said their marriage was significantly improved and was tolerable, if not very happy. The key to improvement, for therapy to work is both partners have to be strongly committed to saving the marriage, and both need to be willing to do their share to work at the relationship and not just blame the other, the study authors said.

How Can Marriage Counseling Help?

Marriage counseling is generally provided by licensed therapists known as marriage and family therapists. These therapists provide the same mental health services as other therapists, but with a specific focus – a couple's relationship.

To read more please go to our web site link below and click on “EAP Newsletter (Relationships)” link. <http://www.kansastag.gov/FEDHRO.asp?PageID=240>

EAP Balanced Living (Skin, Eyes & The Sun)

Along with warmth and light, the sun also produces ultraviolet (UV) radiation, which can cause sunburn, wrinkles, sunspots, cataracts and skin cancer. There are many ways to protect yourself from sun damage. To read more please go to our web site link below and click on “EAP Balanced Living (Skin, Eyes & The Sun)” Link.

<http://www.kansastag.gov/FEDHRO.asp?PageID=240>

Performance Management Reports At Your Fingertips!

Within the Federal HRO PAA- Performance Appraisal Application Main Page located at <http://www.kansastag.gov/FEDHRO.asp?PageID=292> there is a Hyperlink to a quick reference guide on how to run PAA reports thru MyWorkplace. Supervisors and Managers can build and run reports to identify records that where the plan, interim review or appraisal rating are either not started, in progress or not initiated. Please take time to run reports to your area of supervision at least monthly to track PAA progress within your offices. To read more please go to our web site link below and click on “Performance Management Reports at Your Fingertips!” Link.

<http://www.kansastag.gov/FEDHRO.asp?PageID=240>

AGR Retirement Briefing

The AGR Retirement Briefing will take place on September 27th, 2012 from 1200-1600 hours at the 190 ARW Forbes Auditorium bldg. 2005. Army and Air National Guard are both welcome to attend the AGR Retirement Briefing. Topics to be covered will include: AGR Retirement Process, Department of Labor, Veteran's Affairs Representative, Employment Resume, Tricare Benefits, and additional items to be determined. Guest speakers and subject matter experts will be available to answer individual questions. AGR members having more than 15 years of service are highly encouraged to attend. Please feel free to contact CW2 Morgan Davis @ 785-274-1182, morgan.davis1@us.army.mil or LTC Shy Warner @ 785-274-1170 or shy.warner@us.army.mil.

TECHNICIANS

MARCH-APRIL 2012

Technicians:

Awards, Accessions, Promotions, Reassignments.

Accessions: Aragon, Joe L., FMS 1; Claspill, Casey J., 190th ARW; Gilfillan, Adam D., 190th ARW; Gonzales, Stacy S., MATES; Gray, Christopher D., FMS 13; Henry, Jonathon W., 190th ARW; Horter, Blake E., 184th IW; Kendrick, Laura M., 190th ARW; Littrel, Shawn E., FMS 13; Marsh, Sarah A., 190th ARW; Peplow, Richard W., JFHQ; Russell, Cory R., Recruiting & Retention; Sigg, Austin D., FMS 2; Smith, John P., ATEAM; Sparkes, James D., USPFO; Stoesz, Aaron F., HHC 287th STB; Stratman, Andrew J., 190th ARW; Swann, Joseph A., ATEAM; Taylor, Nathaniel W., AASF 1; Wagner, Lisa M., 190th ARW; Wendell, Angel M., 184th IW; Winingham, Tyson C., JFHQ.

Promotions: Bullock, Krisana Tom, USPFO; Bryant, William P., 190th ARW; Christie, Rickie D., MATES; Clark, Michael S., 184th IW; Jarvis, Jimmy L., ATEAM; Montgomery, Eric L., 190th ARW; Philip, Daniel D., MATES; Rocha, Edward L., UTES; Taitano-McFaddin, Melkiann R., ATEAM.

Reassignments: Kitchen, Dashiell E., 184th IW; Long, Brenton J., ATEAM; Martin, Marion M., ATEAM; Randall, Anthony S., Environmental Office.

To see the Awards Graph and view awards by the month, please go to our web site link below and click on the "Technician Awards" Link.

<http://www.kansastag.gov/FEDHRO.asp?PageID=240>

TSP Highlights (April Issue)

By now you have probably heard that the TSP is adding a Roth TSP feature in the coming months. When you make Roth contributions, you will pay taxes on them as they go into your TSP account. This is very different from traditional pre-tax TSP contributions, which come out of your pay before your income taxes, but which are taxed (along with earnings) at withdrawal. Roth contributions, when withdrawn, will be tax free. The earnings on Roth contributions will also be tax-free, as long as you meet IRS requirements.

On the TSP website, we've created a special Roth section. You'll find it linked from the banner at the top of the home page and from the "What's New" page, accessed by choosing any link on the home page Bulletin Board. All the information published to date can be found at this location. More information is on the way to the website to help you decide whether Roth TSP will be to your advantage. The new Roth TSP feature is also being discussed in the press, and participants are starting to ask for clarification. To read more please go to our web site link below and click on the "TSP Highlights (April Issue)" Link.

<http://www.kansastag.gov/FEDHRO.asp?PageID=240>

Classification Update (Position Description Hardcopies)

You may notice Supervisors will no longer receive hard copies of the PD in the new hire packets. In order to reduce printing costs and duplication of efforts Classification will be meeting with each unit to provide a PD library. Upon the processing of a new employee the supervisor will be able to obtain the appropriate PD from the Unit's library. In the event an employee is hired under a Statement of Difference those documents will be provided by HRO, Classification Section.

As mentioned above in regards to the PD library, Classification will be notifying each unit over the next several months to make arrangements to meet with supervisors to certify PD's for each section. This process will help maintain what PD's are being used and can be modified as needed.

If you have questions please contact SMSgt Tammy Wells-Switzer, Classification Specialist at 785-274-1161.

HRO 2012 CALENDAR OF EVENTS

JANUARY

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FEBRUARY

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JUNE

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JULY

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AUGUST

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SEPTEMBER

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OCTOBER

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NOVEMBER

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DECEMBER

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Pre-Retirement Seminar

Career Planning Seminar

Technician/State AGR Supervisor Courses

AGR Retirement Briefing

Technician/State AGR Supervisor Courses

Human Resource Office Staff

DSN 720-8xxx

Fax 785-274-1604

LTC Roger Krull	Human Resource Officer	274-1167	RM 141
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MANPOWER

Lt Col Shelly Bausch	Deputy HRO/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
SMSgt 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

LTC Shy Warner	AGR Manager	274-1170	RM 135
SFC Katie Carnahan	Staffing Specialist	274-1186	RM 136
MSG Paul Swanson	Sr HR NCO	274-1636	RM 136
MSgt Doug Roudybush	Tricare Specialist	274-1164	RM 136
SGT Daniel Forrest	Human Resource NCO	274-1330	RM 136

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 105
Michelle Whitman	Family Readiness Assistant	274-1173	RM 102
TSgt Deanna Davis	Family Programs Specialist	274-1553	RM 104
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 112
SFC Clayton Lavine	Yellow Ribbon Specialist	274-1491	RM 112
Darcy Seitz	State Youth Coordinator	274-1967	RM 102
Bonnie Murdock	Military OneSource JFSAP	274-1557	RM 104
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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S.O.S.

Lacey Kohlman	S.O.S. Coordinator	274-1069	RM 112
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IMPOTRANT NOTICE

May 14, 2012

Retirees,

In an effort to better manage resources, the HRO office will discontinue automatically mailing out a hard copy of their News Letter as of October 1, 2012 to all retirees who don't respond to this notice. If you would like to continue to receive the Federal Human Resource Bulletin as a hard copy or email, we ask that you contact us before October 1, 2012. If you choose neither option and still want to view the bulletin then it will also be placed on the HRO web site for your convenience.

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

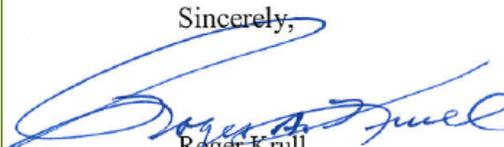
The POC is Mrs. Michele Mowder at email: michele.m.mowder@us.army.mil

Or if you prefer by phone: (785) 274-1180 Monday-Friday between the hours of 7:00 a.m. and 4:00 p.m.

If you leave a voice message/email, please include your first and last name, and your email address and/or your current mailing address as applicable. We will return your call/email to verify we have your information correct for the distribution list.

Thank you for your understanding.

Sincerely,



Roger Krull
LTC, LG KSARNG
HRO