

**Joint Forces  
Headquarters**

2722 SW Topeka  
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Topeka, KS 66611

**HRO on the Web:**

[http://www.kansastag.gov/FE  
DHRO\\_DEFAULT.asp?PageID  
=124](http://www.kansastag.gov/FE_DHRO_DEFAULT.asp?PageID=124)

**INSIDE THIS ISSUE:**

**Page 2:**

**Three Danger Signals that  
Your Integrity is at Risk**

**Page 3:**

**EAP; Job Strain, Heart  
Disease, and Managing  
Stress**

**Page 4:**

**EAP; Suicide Prevention**

**Page 5:**

**AGR Soldiers (Only):  
Convalescent Leave  
Guidelines**

**Technicians: Awards Graph**

**Pages 6-7: Technician:**

**Accessions  
Promotions,  
Reassignments  
Separations**

**Workplace Bullying TAG  
Policy Letter #32**

**Page 8:**

**Kansas First's: Women's  
Equality Day (August 26,  
2011)**

**Page 9: How to Turn Off  
Hard Copy LES**

**Pages 10-11:**

**HRO Staff & J1 Staff  
Directory**

# FEDERAL HUMAN RESOURCE OFFICE BULLETIN

**September-October 2011 Issue**



## **Federal Employee Benefits Open Season**

Submitted by Bobbi Harvey  
HRO Specialist/Employee Benefits

The Federal Employee Open Season will be held 14 November -12 December 2011. During the Open Season you will be able to enroll, change options and change plans in your Federal Employees Health Benefits, Flexible Spending Account and Federal Employees Dental & Vision. Mark your calendar. Additional information will be sent out once we receive it. If you have questions, you may contact Bobbi Harvey at (785) 274-1172.

## **Technician Retirements**

Submitted by MSgt Robin Lewis  
HRO Specialist

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

### **Army**

Steve Geiss, 31 July 2011

Ricardo Sepulveda, 31 August 2011

### **Air**

Christiana Wickline, 16 July 2011

Earl Flower, 18 August 2011

MSG Francis LeRoy "Yogi" Pongratz, spent 10 years with the Kansas Air National Guard then transferred to the Kansas National Guard and spent 16 years as a Technician at MATES. He passed away on 17 June 2011.

Pat Oliver, worked at USPFO as a civilian employee. She retired from Federal service in 2010 with 26 years and passed away on 26 June 2011.

## **MyMoney.gov**

Submitted by Bobbi Harvey  
HRO Specialist/Employee Benefits

MyMoney.gov is the U.S. government's website dedicated to teaching all Americans the basics about financial education. Whether you are buying a home, balancing your checkbook, or investing in your 401(k), the resources on MyMoney.gov can help you maximize your financial decisions. Throughout the site, you will find important information from 20 Federal agencies and Bureaus designed to help you make smart financial choices.

<http://www.mymoney.gov>

## Three Danger Signals That Your Integrity is at Risk

Submitted by SMSgt Keith Guffy  
LRS/ Chief, Employee Services

Some recent news stories, one in particular, have caused me to pull out my dictionary to look up the word, integrity. (I like to use the *American Heritage Dictionary of the English Language* because it offers the roots of the words all the way back to the Indo-European roots.) The primary definition of integrity is steadfast adherence to a moral or ethical code. The Latin root is integer which, in this context, means whole and complete.

So, if you have integrity, it means your approach to life is integrated. Everything is whole. By that definition, the recently resigned coach of the Ohio State University football team, Jim Tressel, doesn't have it. [As a thoroughly reported and sourced article in the current issue of \*Sports Illustrated\* points out](#), Tressel has at least an eight year record of willfully ignoring violations of rules in which Ohio State boosters gave his players sweet deals on cars, free tattoos, marijuana and other favors in exchange for football memorabilia and the opportunity to hang out with them. When the story came to a head a few months ago, Tressel let his players take the fall and denied any prior knowledge but documents now show that he knew and tried to cover it up.

None of this is what anyone expected from a coach known for his button down, sweater vest demeanor. In addition to his winning record and national championship title, Tressel was admired by many for conducting pre-game quiet times with his team to study humility and other virtues. He kept a prayer request box on his desk and was praised by retired NFL coach Tony Dungy for his integrity.

It's not my intent to pick on an easy target. My point is that the cumulative pressure to win whether it's coming from your fans, your shareholders or yourself can make it is easy to compromise your integrity. The person you thought you were or want to be can get buried by the decisions you make that don't square with that ideal. Using the Tressel story as a case study, here are three danger signals that should tell you you're putting your integrity as a leader at risk:

**You start looking the other way:** The idea that ignorance is bliss doesn't square with being a person of integrity. You need to look for the truth and act on it.

**You think about covering up mistakes:** You've no doubt heard the phrase, "The cover up is worse than the crime." The instinct to cover something up is a sure sign that your integrity is at risk.

**You blame others:** Leaders are accountable for the systems that encourage their team members to behave either positively or negatively. Those systems create the culture of the organization. If the culture is one of corruption, that's on the leader. If you start blaming others for repeated bad behavior in your organization, you're probably not being honest with yourself about your role in creating the culture.

If you're a sports fan (even if you're not), what leadership lessons do you see in the Tressel story? What ideas do you have about how leaders can guard their integrity?

Posted by Scott Eblin on June 01, 2011 in [Leadership](#), [Personal Presence](#), [Work-Life Balance](#) [Permalink](#)



Submitted by SMSgt Keith Guffy  
LRS/Chief, Employee Services

## News you can use...from your EAP

### Women With High Job Strain Have 40 Percent Increased Risk of Heart Disease, Study Finds

Women who report having high job strain have a 40 percent increased risk of cardiovascular disease, including heart attacks and the need for procedures to open blocked arteries, compared to those with low job strain, according to the American Heart Association. Job strain, a form of psychological stress, is defined as has having a demanding job, but little to no decision-making authority or opportunities to use one's creative or individual skills. In addition, job insecurity - fearing losing one's job - was associated with risk factors for cardiovascular disease such as high blood pressure, increased cholesterol and excess body weight.

### Tips for managing job stress

If you experience high levels of job stress, how can you keep stress at work from negatively impacting your health or quality of life? The following suggestions can help you increase your ability to healthfully manage stress.

- When circumstances at work make you angry or tense, take some steps toward resolving the problem. This gets you away from a sense of feeling "trapped," which is very stress producing.
- Talk out your problems with a sympathetic and trustworthy friend. Often another person can help you see your problem in a new light, so you can work on a constructive solution.
- Build an effective and supportive relationship with your supervisor.
- Take your breaks and enjoy them. Walk outside, read something non-work related, or rest and put your feet up.
- Start your day with a nutritional breakfast. Avoid coffee or tea with caffeine. Caffeine increases the stress response of your body.
- Try deep breathing. Find a quiet place and seat yourself comfortably. Close your eyes and breathe in slowly. Let the breath out for a count of 5-10 seconds. Practice this routine any time you feel tense.

### Your EAP Is Here To Help

To obtain no cost counseling or other EAP services, please call **800-869-0276** or securely request services from the Member Access section of the EAP website: [www.eapconsultants.com](http://www.eapconsultants.com)

Remember, your EAP is always available to help you or your immediate family members with any type of personal, family or work-related concern. Why not call an EAP counselor today? We're here to help you.



Submitted by SMSgt Keith Guffy  
LRS/Chief, Employee Services

## **News you can use...from your EAP**

### **Suicide Prevention**

According to the latest available data released by the Centers for Disease Control and Prevention, in 2007, suicide was the tenth-leading cause of death in the U.S., accounting for 34,598 deaths. It's alarming that suicide was the third-leading cause of death for young people ages 15-24.

The American Foundation for Suicide Prevention reports that 75 percent of those who commit suicide give some warning of their intentions to a friend or family member. Are you aware of the warning signs of suicide?

### **Warning signs of suicide may include:**

- Threatening to hurt or kill oneself or talking or writing about wanting to do so
- Looking for ways to kill oneself by seeking access to firearms, available pills or other means
- Giving away prized possessions
- Feeling hopeless, seeing no reason for living
- Feeling rage or uncontrolled anger
- Acting reckless or engaging in risky activities
- Feeling trapped or desperate-like there's no way out
- Increasing alcohol or drug use
- Withdrawing from friends, family and society
- Feeling anxious, agitated, or unable to sleep or sleeping all the time
- Experiencing dramatic mood changes

\*\*Source: National Suicide Prevention Lifeline

Note: The warning signs above are some typical behaviors which may be cause for concern. This list is not intended to be all inclusive and you should never attempt to diagnose a behavioral health issue.

### **What to do if you think a friend or loved one is suicidal**

Professional help should be sought immediately if a person is experiencing suicidal thoughts. Get help from persons or agencies specializing in crisis intervention and suicide prevention. In an acute crisis, contact your Employee Assistance Program (EAP) for a referral to the closest possible crisis center in your area. In addition, a professional EAP counselor can provide you with information and support regarding how to most-effectively help the person you're concerned about, or provide you with other information about suicide prevention or mental health services.

All EAP services are FREE and strictly CONFIDENTIAL. Call 800-869-0276 or request services from the Member Access section of the EAP website: [www.eapconsultants.com](http://www.eapconsultants.com)

## AGR Soldiers (Only) Convalescent Leave Guidelines

Submitted by MSgt Doug Roudybush  
Health Systems Specialist

As a reminder to soldiers, supervisors, and commanders: when requesting convalescent leave it is imperative the request be submitted to the AGR Branch/HRO **before** the start of the convalescent leave. HRO may approve up to 30 days of leave. Requests for more than 30 days require NGB approval.

*Please note: you may receive convalescent leave approval from a military doctor up to 30 days. A military hospital commander's approval is required for requests over 30 days. Please forward copies of the documentation to the AGR Branch.*

When requesting convalescent leave please provide documentation from the civilian provider in SOAP format. The medical provider and their office will be familiar with this term. This format will give us the information we need to determine if convalescent leave should be granted. It is also useful in this format to submit a request to NGB.

POC: MSgt Doug Roudybush  
785-274-1164

[Douglas.roudybush@ng.army.mil](mailto:Douglas.roudybush@ng.army.mil)

## Technicians

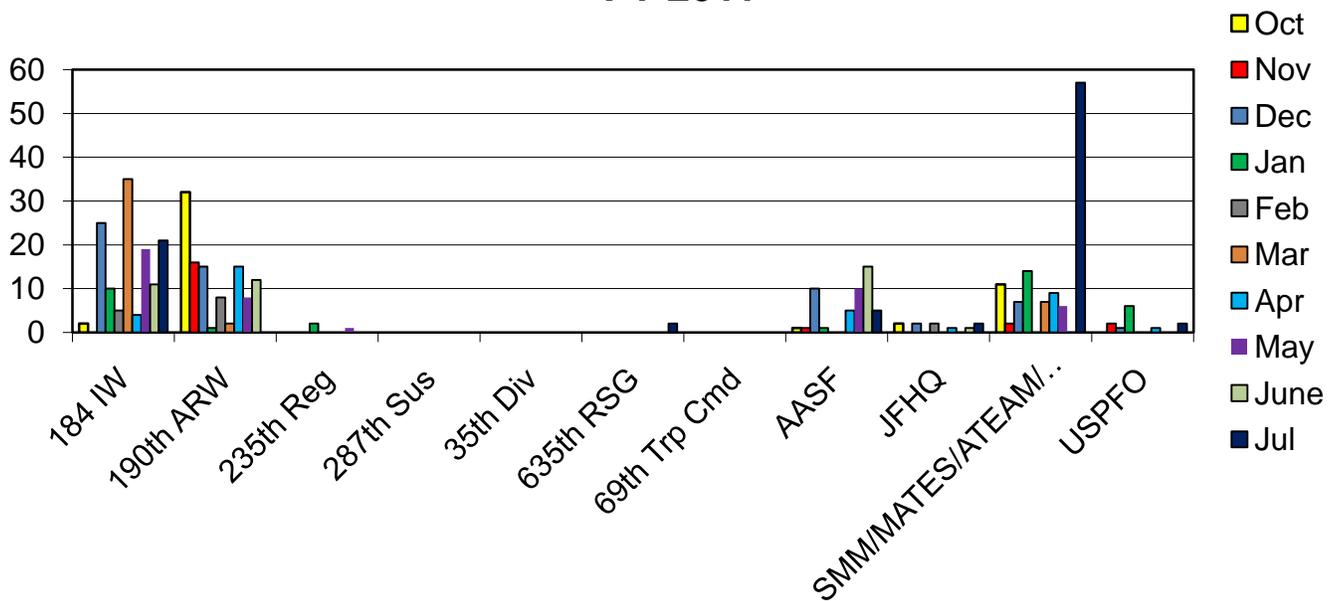
April - July 2011

Submitted by MSgt Kathy Thornton

### Technician Awards

The graph below shows technician awards processed, i.e. Time-Off, On the Spot, Sustained Superior Performance, and Quality Step Increases (QSI) through July of FY 2011.

## Technician Awards By Month FY 2011



Continued on next page...

## **ACCESSIONS CONT...**

Hewitt, Jacee D., MATES  
Hultgren, Tayler F., 190 ARW  
Iverson, Richard T., 190 ARW  
Jabara, Joseph M., 184 IW  
James, Jeremy L., 184 IW  
Jiguere, David C., MATES  
Jones, John S., KSJOC  
Joseph, Keron A., 184 IW  
Klein, Joshua R., AASF 1  
Kober, Gregory R., KSARNG Tng Ctr  
Kohn, Kayla S., 190 ARW  
Kracht, Jeremy M., MATES  
Lacore, David L., 190 ARW  
Langeluttig-Patrick, Kelly E., 184 IW  
Langley, Courtney D., HHD 635 RSG  
Larson, Cheryl L., DOL  
Lee, Austin D., 190 ARW  
Lies, Lawrence L., 184 IW  
Lynn, Robert E., USPFO  
Manisap, Dennis P., 184 IW  
Meade, Thomas A., MATES  
Mercer, Timothy J., 184 IW  
Metsker, Justin T., Mil Pers Spt Ofc  
Mitchell, Chance S., ATEAM  
Moulden, Gabriel D., ATEAM  
Moulded, Graham L., 190 ARW  
Musall, James R., AASF 1  
Osborne, Matthew R., AASF 2  
Ouderkirk, Dale R., HQ 891 EN BN  
Pearce, Joshua H., 190 ARW  
Peavler, Danielle N., 190 ARW  
Poe, Jesse A., AASF 1  
Pollard, Elizabeth J., 190 ARW  
Reazin, Matthew W., ATEAM  
Redfern, Corey M., HQ 891 EN BN  
Roe, Benjamin A., 184 IW  
Sams, Joshua D., 190 ARW  
Schnell, Chad G., ATEAM  
Schonberg, David M., 184 IW  
Seel, Kenneth E., 190 ARW  
Snyder, Cory J., ATEAM  
Sprecker, Cory J., ATEAM  
Steed, Michael R., FMS 7  
Stine, Shawn M., 184 IW  
Stratman, Andrew J., 190 ARW  
Talley, Tracey D., CMD Admin Ofc  
Tennison, Garret L., ATEAM  
Valdes, Adiel A., 184 IW  
Vandenburg, Vickie S., MATES  
Wagner, Lindsey M., 184 IW

## **ACCESSIONS CONT...**

Zamora, Matthew X., FMS 7  
Zamora, Vincent M., FMS 7

## **PROMOTIONS**

Ball, Daniel E., Const & Fac Mgt  
Barth, James Edward, 184 IW  
Bauman, Scott D., ATEAM  
Blomberg, Karen A., ATEAM  
Carman, Quinn M., 184 IW  
Carson, Flora M., USPFO  
Carter, John F., KS ANG HQ  
Clark, Terry E., Fusion Center  
Cornelius, Benjamin L., MATES  
Daley, Keith M., 184 IW  
Dew, Larry D., USPFO  
Ellis, Donnie R., MATES  
Gilmore, Donald E., ATEAM  
Gray, Angela M., KSJOC  
Grubbs, John E., ATEAM  
Grunden, Aaron M., 184 IW  
Hall, Tracy L., ATEAM  
Handen, Bradley E., 184 IW  
Harsch, Kevin B., FMS 9  
Lee, Ashley A., 184 IW  
Lunkwitz, Charles T., 287<sup>th</sup> Sust BDE  
Manley, Shawn C., Constr & Fac Mgt  
Marin, Juan J. Jr., USPFO  
McGhee, Andrew A., SMO  
Montgomery, William D., 190 ARW  
Mullinax, Mark C., CSMS 1  
Murphy, Jason R., 190 ARW  
Nixon, Jeremy J., USPFO  
Peterson, James C., 190 ARW  
Randall, Anthony S., Constr & Fac Mgt  
Rivera, Adam J., 184 IW  
Shafer, Jolene R., DOL  
Smith, Jesse A., ATEAM  
Taitano-McFaddin, Melkiann R., ATEAM  
Willey, Doris D., 287 SUST BDE  
Williams, Charlie, ATEAM  
Wunderle, Robert C., MATES  
Zeigler, Travis B., MATES

## **REASSIGNMENTS**

Adorno, Ronny O., MATES  
Bailey, Derrick L., MATES  
Collier, Jason A., DCS for Info Mgt  
Dittamo, Micheal P., USPFO  
Hobbs, James R., FMS 9

## REASSIGNMENTS CONT...

Oleen, Jan M., JFHQ/Joint Staff  
Saucedo, Orlando, HRO  
Stuke, Todd J., FMS 9

## SEPARATIONS

Abreu, Michael R., MATES  
Aldrich, Jeffrey W., 184 IW  
Bartholic, Kelly L., 190 ARW  
Bryson, Leon D., ATEAM  
Carman, Quinn M., 184 IW  
Carter, James L., 190 ARW  
Cheek, Michael A, MATES  
Conrady, Tobias J., 184 IW  
Daney, Aaron J., AASF 2  
Doviak, Thomas J., 190 ARW  
Eastridge, Bernadine A., 190 ARW  
Fairbanks, Scott J., ATEAM  
Fields, Sheryl L., 190 ARW  
Garcia, Rhonda N., AASF 2  
Garza, Noe, 190 ARW  
Hanika, Christen M., 69 TRP CMD  
Herman, Lucas P., ATEAM  
Jackson, Eldon D., 190 ARW  
Kallansrud, Jason A., 184 IW  
Kieffer, Christopher A., 190 ARW  
Klein, Ronda L., JFHQ/DOIM  
Martinez, Enrique M., 2-137 IN BN  
McCaffrey, Jacob C., 10 ARW  
Molter, Michael D., 190 ARW  
Moore, Patrick G., 190 ARW  
Morgan, Tara C., 184 IW  
Moulden, Gabriel D., 190 ARW  
Munger, Barry J., ATEAM  
Ouderkirk, Dale F., 891 EN BN  
Overfelt, Christopher A., 190 ARW  
Purdham, Lee H., AASF 1  
Rearce, Ryan S., KSJOC  
Redfern, Corey M., 891 EN BN  
Reed, Stephen M. Jr., 28<sup>th</sup> SUST BDE  
Rogers, William D., FMS 1  
Schwind, Michael L. Jr., 184 IW  
Shepard, Gary D., 184 IW  
Stiles, Anthony K., 2-137  
Stirling, Justin A., AASF 1  
Taylor, Steven M., FMS 2  
Tryon, Donald L., MATES  
Wickline, Christina L., 190 ARW  
Winton, Denise R., 190 ARW

## Workplace Bullying under TAG Policy Letter #32

Submitted by CW3 Sandra Lashley  
EO/EEO SEEM

The definition of "Workplace Bullying" is repeated, deliberate, disrespectful behavior that harms, intimidates, offends, degrades, or humiliates an employee possibly in front of other employees, clients or customers. The biggest part of the definition is "repeated" behavior. Everyone can have a bad day and lash out at someone. That does not mean they are a bully or that the individual receiving the brunt of the lashing is being bullied. It is when day-in and day-out you are the target of the harassment.

Types of actions that could be considered bullying are spreading rumors, constant unwarranted criticism, a challenge to competency and even the targeted individual's dignity. Other examples are tampering with a person's personal belongings, yelling, using profanity, or belittling the person's opinion. All of these, if repeated and deliberate could fall under the definition of a bully.

The problem with a bully is that they may not be targeting an individual because of one of the protected classes: race, religion, ethnic origin, color, gender (sexual or non-sexual), age, physical or mental handicap. These areas are protected under the Civil Rights Act of 1964. The bully's target is often not under these protected categories and before now the victim had no protection. The definition of a hostile work environment under current programs is related to issues protected under the Civil Rights Act.

Supervisors and Leaders should make note of certain behaviors in a targeted employee that may need to be addressed as a bullying situation. The supervisor or leader may not see the actions of the bully. A bully will be careful not to act in front of a supervisor or leader. Areas to look for are if a good employee suddenly starts calling in sick with headaches, stomach pains, blood pressure problems or other stress related issues. Someone who was always positive and upbeat that is now depressed and quiet, withdrawn should be looked to for underlying reasons for the change.

The TAG has taken action to provide protection for someone working in a hostile work environment when they are targeted for reasons other than those protected categories. There is zero tolerance for this type of conduct. When reported these issues can now be looked into by the chain of command enforcing TAG's policy letter #32. This allows the supervisor or leader to correct the bully's action because they are in violation of the Workplace Bullying Policy.

**Kansas First's Poster  
Women's Equality Day  
August 26<sup>th</sup>, 2011**

Submitted by CW3 Sandra Lashley  
EO/EEO Manager/ Seem

**KANSAS**



Susanna Madora Salter  
1<sup>st</sup> Female Mayor in the United States



Hattie McDaniel  
1<sup>st</sup> African American Academy Award Winner



Amelia Earhart  
1<sup>st</sup> to Fly Solo Across Atlantic Ocean



Clarissa Harlowe Barton  
Only Woman to Have a County in Kansas Named After Her

**FIRST'S**



SSG Veronica Bartley  
1<sup>st</sup> Female Drill Sergeant in the KSARNG

**WOMEN'S EQUALITY DAY  
26 AUGUST 2011**

Anything is possible...

# How to Turn Off Hard Copy of LES

Submitted by CMSgt Lynn McConnell  
PSM

Office of Secretary of Defense (OSD) has requested DFAS to spread the word about turning off Hard Copy LES within the "MYPAY" Website: <https://mypay.dfas.mil/mypay.aspx>. There are currently 38% of the National Guard still receiving a hard copy LES by mail. This is an estimated \$3,100,000.00 cost in postage and printing. In the near future, it will become mandatory for all DOD employees to receive their LES electronically.

The primary benefit of the OSD initiative is cost saving associated to the federal government but a secondary benefit and the most important is security. Numerous news reports on the proliferation of identity theft are gaining national attention. A hard copy LES in the mailbox is an easy target. The LES contains all the information needed for identity theft and possible financial ramifications can take years to fix.

"MYPAY" is an excellent example of technology transformation that puts the technician in control of processing certain discretionary pay data items without using paper forms. Pay statements, tax forms, and travel advice of payment (AOP) are available nearly 24 hours a day, 7 days a week. The e-LES is available at least 3 days before the hard copy distribution. The user is given the option of printing their e-LES or saving it as a media file.

Also "MYPAY" has stronger on-line security features than many financial institutions. Technicians input their Personal Identification Number (PIN) by clicking the corresponding letters/numbers from the on-screen virtual keyboard. The letters and numbers are randomly generated and will not appear in the same order from visit to visit. Because the technician uses mouse clicks to input the numbers, the virtual keyboard will reduce the risk of hackers gaining access to users accounts through malicious programming such as spyware, Trojan horses, and key logging software.

Below are steps to "Turn off Hard copy LES" after logging into the "MYPAY" website.

1. Click on the "Turn on/off Hard Copy of LES"

The screenshot shows a menu titled "Your Department of Defense Civilian Pay Account" with the following items: Leave and Earnings Statement (LES), Foreign Entitlements Statement, Pay Changes: Allotments, Correspondence Address, Direct Deposit, Health Savings Account, Turn on/off Hard Copy of LES, Taxes: Federal Withholding, State Withholding, Tax Statement (W-2), Travel / Miscellaneous Tax Statement (W-2), Turn on/off Hard Copy of W-2, Travel Voucher Advice of Payment (AOP), Email Address, and Personal Settings Page (Click here for details). A callout box points to the "Turn on/off Hard Copy of LES" option.

New Window will open up:

Do you wish to Change your LES Delivery Method to Electronic and Hard Copy?

2. Click "YES"

The screenshot shows a dialog box with two buttons: "No" and "Yes". A callout box points to the "Yes" button.

Confirmation window will open up:

Is this correct?

3. Click "YES" one more time.

The screenshot shows a confirmation dialog box with two buttons: "No" and "Yes". A callout box points to the "Yes" button.

## **Human Resources Staff**

|                   |                            |          |        |
|-------------------|----------------------------|----------|--------|
| LTC Roger Krull   | Human Resource Officer     | 274-1167 | RM 141 |
| SMSgt Keith Guffy | Labor Relations Specialist | 274-1162 | RM 140 |

### **MANPOWER**

|                      |                             |          |        |
|----------------------|-----------------------------|----------|--------|
| Lt Col Shelly Bausch | Chief, Manpower             | 274-1982 | RM 138 |
| CMSgt Lynn McConnell | Personnel Systems Manager   | 274-1163 | RM 136 |
| TSgt Orlando Saucedo | Personnel Systems Assistant | 274-1165 | RM 136 |
| MSgt Tammy Wells     | Classification Specialist   | 274-1161 | RM 136 |
| MSG Lyle Babcock     | Management Analyst/DTS      | 274-1941 | RM 136 |

### **EMPLOYEE SERVICES**

|                     |                              |          |        |
|---------------------|------------------------------|----------|--------|
| SMSgt Keith Guffy   | Chief, Employee Services     | 274-1162 | RM 140 |
| Bobbi Harvey        | Employee Benefits Specialist | 274-1172 | RM 136 |
| MSgt Robin Lewis    | Human Resource Specialist    | 274-1206 | RM 136 |
| Vacant              | Human Resource Specialist    | 274-1187 | 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 |
| Michele Carriere    | Human Resource Administrator | 274-1180 | RM 136 |

### **AGR**

|                     |                     |          |        |
|---------------------|---------------------|----------|--------|
| CW2 Morgan Davis    | AGR Manager         | 274-1182 | RM 135 |
| 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 |

## **J1 Staff**

|                 |    |          |        |
|-----------------|----|----------|--------|
| COL Barry Adams | J1 | 274-1181 | RM 142 |
|-----------------|----|----------|--------|

### **EO/EEO**

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

### **WORKFORCE SUPPORT**

|                      |                                 |          |        |
|----------------------|---------------------------------|----------|--------|
| MAJ Robert Stinson   | Chief, Workforce Support        | 274-1171 | RM 105 |
| 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 |
| PFC Stephanie Hodges | Family Support Specialist       | 274-1512 | RM 102 |
| SGT Jennifer Gold    | Yellow Ribbon Event Acct. Mgr.  | 274-1512 | RM 102 |
| Heather Wellman      | Yellow Ribbon Specialist        | 274-1211 | RM 102 |
| Jes Robinson         | Yellow Ribbon Specialist        | 274-1211 | RM 102 |
| Amanda Herlinger     | State Youth Coordinator         | 274-1491 | RM 102 |
| Darcy Seitz          | State Youth Coordinator         | 274-1967 | RM 102 |
| Bonnie Murdock       | Military OneSource JFSAP        | 274-1557 | RM 102 |
| Robert Johnson       | Military Family Life Consultant | 274-1129 | RM 104 |
| 2 LT 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**

|        |               |          |        |
|--------|---------------|----------|--------|
| Vacant | ESGR Director | 274-1559 | RM 112 |
|--------|---------------|----------|--------|