



WINGSPREAD

JOINT BASE SAN ANTONIO-RANDOLPH

No. 46 • NOVEMBER 29, 2013



Gaylor NCO Academy celebrates 40 years

INSIDE: TREE-LIGHTING CEREMONY, P3 ... FSS DECEMBER EVENTS, P9-12 ... DIABETES AWARENESS, P16

COMMENTARY

Embrace the diamonds in the rough

By Col. Christine Erlewine
902nd Mission Support Group
commander



Throughout our lives and our military careers we are fortunate, and in some ways forced, to interact with many people. However, the pace of operations and our daily responsibilities don't always allow us the time to really get to know many of those people, and we often lose out at the chance to find a "diamond in the rough."

I found my diamond in the rough quite by chance. I was a new squadron commander and had just been briefed on our physical training stats. I was very disappointed in the number of failures and believed there really was no valid reason for the failures. This was a fairly small squadron that had periods of heavy workload but not a consistently heavy workload, allowing ample time most weeks for our personnel to complete PT during normal duty hours. Also bothersome was the fact that young Airmen were the majority of the PT failures at that time. Quite unexpectedly, my solution to improving PT test scores came from an unlikely source.

I was at an off-base event interacting with mostly people I knew. I did, however, strike a conversation with an older woman at the event named Ellie Buford. I spent a considerable amount of time talking to Ellie and found her story intriguing. Ellie was a spouse whose military sponsor retired shortly after they were married. She never lived on a military base or experienced things that military spouses do. Unfortunately, her husband died at a young age and Ellie did something that women in the 1970s didn't do. She joined the business world. As a businesswoman, El-

lie traveled the world, places like India, China, Tibet, Siikim, Bhutan, Nepal and also extensively travelled Africa where she climbed Kilimanjaro and tracked mountain gorillas in Rwanda.

Ellie is a remarkable woman who has done some amazing things. The one I will highlight is that she convinced her company, Digital Equipment Co., to let her train and climb Mount Everest in Tibet in 1985. These

were the beginning years of China first allowing visitors into Tibet, which had been closed to the outside world for more than 50 years. She trained with Tenzig Norgay, the same guide that led Sir Edmund Hilary on his climb. Though weather prevented them from reaching the summit, she climbed that mountain! In her mid-60s, Ellie kept her fitness by running three miles a day... amazing!

So, as Ellie continued to tell me about her adventures and accomplishments, a light bulb went off in my head. If this "granny" figure could run 3 miles a day, then why can't my young Airmen pass a PT test? I asked Ellie if she would come to the squadron, meet some of the leaders and then complete a PT session with us. She jumped at the chance, and I found my diamond.

Ellie's stories had the senior leaders of the squadron in stitches with her dynamic personality. Then she ran with us... talking the whole time! I decided this diamond in the rough was worth sharing with the entire squadron. Ellie came to my next commander's call. I took a chance that this granny figure would be accepted by the Airmen and was she ever. You could hear a pin drop during her stories... then she ran with us. I challenged the Airmen that if this Granny could run three miles a day then

what was their excuse for not maintaining their fitness. She was a complete hit and, not so miraculously, our PT test pass rate went to 100% in just a few months.

Ellie became "Granny Ellie" to my squadron. She, along with my honorary squadron commander, attended unit gatherings, set up terrain walks at World War I battlefields and more. She helped me find the best local restaurants and venues for distinguished visitor visits and I introduced her to my command's senior leaders. Eventually, the Air Mobility Command commander (now retired General Raymond Johns Jr.) made Ellie his civilian advisor in Europe. My diamond in the rough became a treasure for AMC as well. Through her dynamic personality and ties to the civilian community, both in Europe and in her Boston-area stateside home, she is able to tell the Air Force story.

You can say it was destiny really, shortly after I met Ellie, my husband and I were invited to dinner with some of the folks he worked with in the Department of Defense Dependent school system. Low and behold we went to their house for dinner and who was there? Ellie was a close friend of theirs too.

I met Ellie more than eight years ago. She is still the squadron's "Granny." She's now in her mid-70s and still running, climbing and lifting weights. She's still interacting with AMC leadership and most of all still affecting Airmen's lives. I know this for a fact because one of my young logistics readiness squadron lieutenants came in from Europe and when I met her she said, "You know Granny Ellie?" She had come from my old squadron and couldn't stop talking about the diamond in the rough.

You never know when you will find that diamond in the rough that will make a difference in so many people's lives. I am thankful for my diamond, Ellie Buford, a great American.

ON THE COVER

Gen. Robin Rand (from left), Air Education and Training Command commander; Chief Master Sgt. Ruben Gonzalez, Robert D. Gaylor NCO Academy commandant; and Chief Master Sgt. Gerardo Tapia, AETC command chief master sergeant, look over items opened from a time capsule during the academy's 40th anniversary banquet Nov. 9 at the Joint Base San Antonio-Lackland Gateway Club. *Photo by Dan J. Solis*

WINGSPREAD

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The deadline for submissions is noon Wednesday the week prior to publication. All submissions can be emailed to randolphpublicaffairs@us.af.mil.

COMBINED FEDERAL CAMPAIGN POINTS OF CONTACT

The 2013 Combined Federal Campaign has been extended through Jan. 15. Below is a list of points of contact for Joint Base San Antonio.



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Alternate: Master Sgt. Shawn Waghorn, 652-3088

JBSA-Randolph kicks-off holiday season with tree-lighting ceremony

By Airman 1st Class Kenna Jackson
Joint Base San Antonio-Randolph Public Affairs

Joint Base San Antonio-Randolph holds its tree-lighting ceremony 5 p.m. Thursday at Washington Circle. The ceremony will be led by the JBSA-Randolph Company Grade Officers' Council, Top 3 and Rising 5/6 military organizations.

During the ceremony, the Randolph High School Band will perform, Santa will spread holiday cheer and Col. Christine Erlewine, 902nd Mission Support Group commander, will provide remarks.

"In order to attend the ceremony, you must have base access," 1st Lt. Kwang Woong Kim, ceremony coordinator, said.

In preparation for the festivities, Washington Circle will be closed to traffic from 3-6 p.m. Parking will be available in the JBSA-Randolph Commissary, Exchange and Housing Office parking lots.

"This will be a fantastic event to get everyone in the holiday spirit," 2nd Lt. Hillary Ince, ceremony project lead, said.

For more information about the tree-lighting ceremony, call Ince at 652-8075. For more information on other JBSA-Randolph holiday activities, visit JBSA-Randolph's Facebook page <http://www.facebook.com> or the website at <http://www.jbsa.af.mil/>.



Photo by Rich McFadden
Members of the 902nd Civil Engineer Squadron assemble the holiday tree Nov. 19 for the upcoming tree-lighting ceremony at Joint Base San Antonio-Randolph's Washington Circle. The tree is featured for all members to enjoy throughout the 2013 holiday season.



NEWS

New Student Activity Center opens at JBSA-Fort Sam Houston



Ben Paniagua, recreation director for the new Student Activity Center on the Medical Education and Training Campus at Joint Base San Antonio-Fort Sam Houston cut the ribbon for the new Student Activity Center Nov. 25 with the help of Brig. Gen. Robert LaBrutta, JBSA and 502nd Air Base Wing commander and other senior leaders including Maj. Gen.

Stephen Jones, U.S. Army Medical Department Center and School commander, and Rear Adm. William Roberts, METC commandant. The \$21.2 million, 62,000-square-foot facility features three levels, a snack bar, club, student business center, coffee bar, gaming lounge, music rooms and movie theater to serve the more than 6,000 students at JBSA-Fort Sam Houston.

Photo by Lori Newman

JBSA-Randolph Tax Center offers financial life skills, volunteer opportunity

By Airman 1st Class Alexandria Slade
Joint Base San Antonio-Randolph Public Affairs



The Joint Base San Antonio-Randolph Tax Center will host training Dec. 16-20 to prepare for the upcoming tax season volunteer program that serves the JBSA community and provides volunteers knowledge on how to manage their taxes.

The class will cover the basics of tax law and the rules and variables considered when handling tax forms, LaMarr Queen, JBSA-Randolph Tax Center coordinator, said. It is hands-on training that will be presented in a light and fun atmosphere. All that is needed to attend and participate is base access.

"This course is designed to be user friendly," Michael Mullen, JBSA-Randolph Tax Center volunteer and course instructor, said. "We present it from a basic beginner's level so when volunteers come out, they don't need to have a lot of experience. The student and in-



structor work together asking questions, which usually makes it easier to learn."

When volunteers first complete the course, and every year thereafter, an additional certification is required to participate in the program, Queen said. Afterwards,

the schedule asked of each volunteer during tax filing season, generally late January to mid April, is one four-hour shift per week.

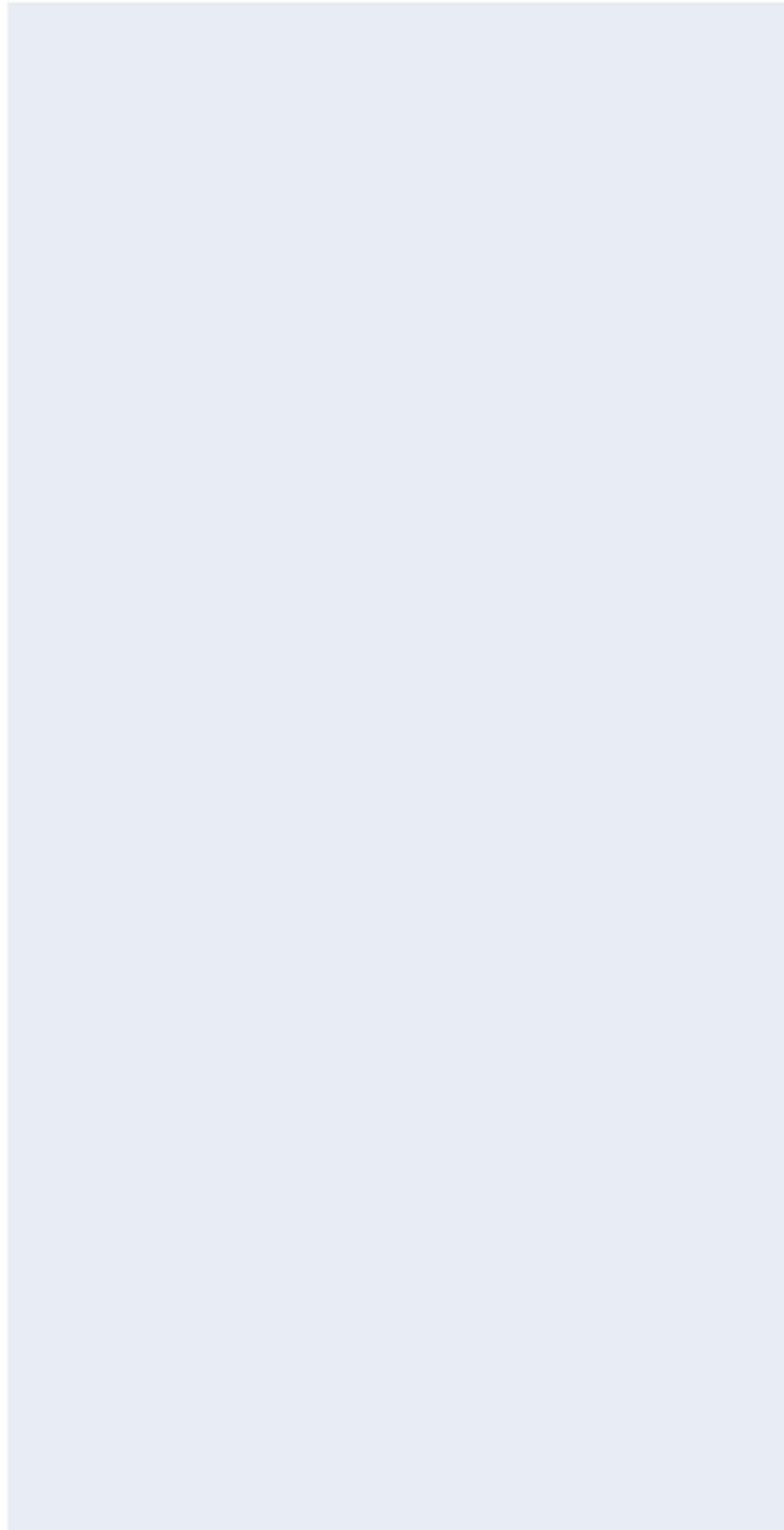
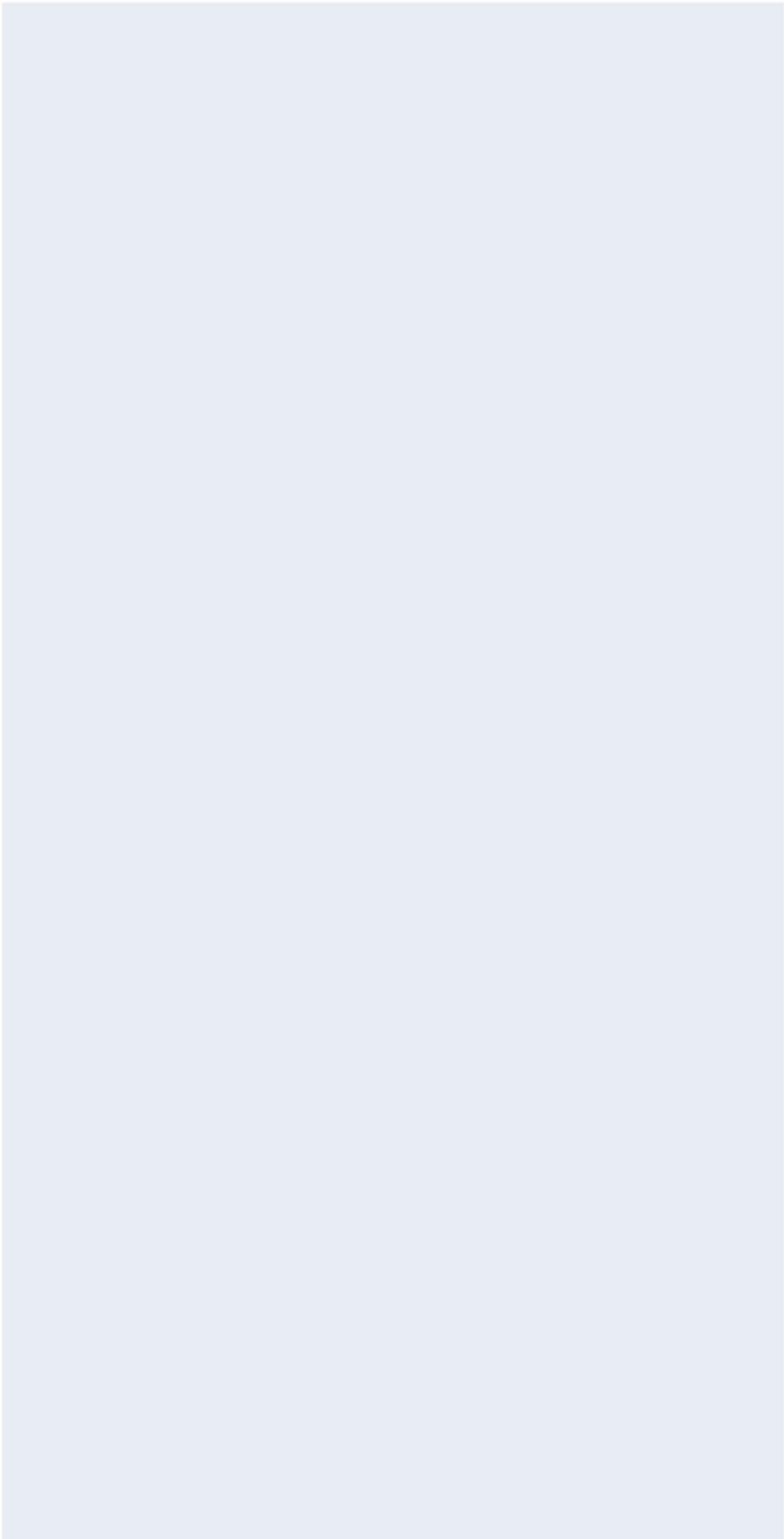
During this process of handling an important financial part of individuals' lives, both the volunteer and the client can benefit.

"When people come in, they'll most likely know very little about their taxes and look to us to answer their questions," Queen said.

"One of the best parts of this program is the opportunity to learn how to do taxes," Mullen said. "Even if you decide that you don't want to volunteer, taxes are going to be a life skill you're going to use every year."

The program is completely volunteer driven and the JBSA-Randolph Tax Center saved 1,761 clients approximately \$348,000 and refunded about \$3.25 million during the past year.

For more information on the JBSA-Randolph Tax Center or to volunteer, contact Queen at 652-1040/6781 or jonnie.queen.1@us.af.mil.



Keep bacteria from spoiling holiday feasts

By Robert Goetz
Joint Base San Antonio-Randolph Public Affairs

Hearty eating is as much a part of the holidays as gift giving and festive decorations, but it's vital to follow safe food handling and preparation practices to make sure food-borne illnesses caused by bacteria don't spoil the spirit of the season.

"Having a safe holiday meal begins with selecting foods from reputable sources," Tech Sgt. Carrie Powell, 359th Aerospace-Medicine Squadron Public Health Flight community health NCO in charge, said. "It's also important to inspect your food for wholesomeness."

Because turkey and other meats are the centerpiece of any holiday buffet or meal, proper preparation is vital, Powell said.

"Wash hands thoroughly with hot water and soap for at least 20 seconds before and after handling the turkey or other meats," she said. "Wash cutting boards, utensils and counter tops with hot soapy water after preparing any raw meat or poultry before going to the next food. Also, use a bleach and water solution – one capful of bleach to a gallon of water

– to disinfect counter tops and cutting boards that contact the meat."

Other safe practices are separating raw meats, poultry and other perishable foods from ready-to-eat foods; using a separate cutting board and utensils for uncooked meat, poultry and ready-to-eat foods such as salads and cranberry; and using a clean plate and utensils for serving cooked meat and poultry.

Following a safe cooking process is also important, Powell said.

"Make sure foods are cooked in accordance with the recommended internal temperatures," she said.

Food thermometers are an important kitchen tool, especially for meat and poultry, which typically browns fast on the outside when cooked on a grill, Powell said. Raw beef, pork, lamb and veal steaks, chops and roasts should be cooked to a minimum internal temperature of 145 degrees Fahrenheit; raw ground beef, pork, lamb and veal to 155 degrees; and poultry to 165 degrees. All foods should be reheated to 165 degrees for 15 seconds before consumption.

According to the U.S. Department of Agriculture, foods should not sit at room tem-

perature for more than two hours; hot foods should be held at 140 degrees using chafing dishes, slow cookers and warming trays; and cold foods should be held at 40 degrees or colder by nesting dishes in bowls of ice.

The recommended cooling method for leftovers is to cool the product from 135 degrees to 70 degrees within two hours and to 41 degrees or less within six hours, Powell said.

Excess meat from the turkey carcass should be promptly removed and refrigerated.

"A good rule of thumb is not to keep leftovers for more than seven days, and all leftovers should be reheated to 165 degrees to kill any bacteria that might have grown while in storage," she said.

Following all these simple rules "can avoid putting your family's and friends' health at risk, and avoid a food-borne illness from occurring in your home," Powell said.





Holiday Tour of Homes

Joint Base San Antonio-Randolph Community

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50 p.m. Monday.

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more information, contact Kristine Goodfellow

at 325-733-4727 or ladyburgk@yahoo.com or

Cindy Gifford at 334-0304 or cagifford4@gmail.com.

'Holiday in Blue' concerts

The United States Air Force Band of the West will perform its free Holiday in Blue concerts at 3 p.m. Dec. 15 and 7 p.m. Dec. 17 at the Bob Hope Theater at Joint Base San Antonio-Lackland. The concert is open to all ages. For more information contact JBSA-Randolph Information, Tickets and Travel office at 652-5640, JBSA-Lackland ITT office at 671-3133, JBSA-Fort Sam Houston Moral, Welfare and Recreation office at 808-1378 or visit <http://www.BandofTheWest.af.mil>.





Joint Base San Antonio

FORCE SUPPORT SQUADRON

Monthly Events

December

Arts & Crafts

Save with value-priced crafting supplies

The JBSA-Lackland Arts and Crafts Center features value crafting supplies for \$1. Choose from an assortment of holiday punches, ink pads, note cards, stickers, cling and wood stamps, glitter, and more! For more information, call 671-2515.

Bowling

The Grinch bowls at Skylark

JBSA-Lackland Skylark Bowling Center holds the annual Bowl with the Grinch event Dec. 7, 10 a.m. to 2 p.m. The special package price of \$7.95 per child includes one game, a snack and goody bag. For more information, call 671-1234.

Enjoy a special holiday lunch at Susie's Kitchen

A ham dinner with all the trimmings is served for lunch Dec. 11 at JBSA-Lackland Bowling Center's Susie's Kitchen. Enjoy ham, sweet potatoes, macaroni and cheese, corn and pumpkin pie for \$8.95. To place an order, call 671-1224.

Skylark offers free winter break passes

JBSA-Lackland Skylark Bowling Center offers free game passes for one free game per day valid Dec. 23-Jan. 3. Customers can pick up passes at the front counter beginning Dec. 10. Shoe rental is not included. For more information, call 671-1234.

Patrons enjoy bowling with Santa and the Grinch

Visit the JBSA-Randolph Bowling Center Dec. 21, 10 a.m. to 1 p.m., and enjoy bowling with Santa and the Grinch. The cost for this event is \$10 per child and includes two games of bowling/rental shoes, refreshments, goodie bags and photos with Santa and the Grinch. For more information, call 652-6271.

Bowling center open during holidays

Bowl Dec. 24, 2-10 p.m. and Dec. 25, noon to 8 p.m., at the JBSA-Lackland Skylark Bowling Center. For more information, call 671-1234.

Bowling specials for Christmas break

The JBSA-Randolph Bowling Center invites patrons to get out of the house during the Christmas break Dec. 24-28, 10 a.m. to 4 p.m., (excluding Christmas day) and bowl for 2.50 per game, per person with \$2.35 shoe rental. For more information, call 652-6271.

Bowling livens up the holidays

The JBSA-Randolph Bowling Center offers patrons two options for discounted bowling Dec. 24, noon to 7 p.m. The first special is \$1.50 per game, per person with \$2.35 shoe rental. The second option allows patrons to rent a lane for \$40, which includes bowling for two hours, a 16-ounce soda each and a large pizza (does not include rental shoes). For more information, call 652-6271.

Bowl off the holiday calories

The JBSA-Randolph Bowling Center opens for recreational bowling Dec. 26, 1-5 p.m., with special priced bowling of \$2.50 per game, per person and \$2.35 rental shoes. The bowling center will close at 5 p.m. for the Military Bowling Championship Tune-Up Tournament. For more information, call 652-6271.

Tune up your bowling game

The JBSA-Randolph Bowling Center hosts a Military Bowling Championship Tune-Up Tournament, Dec. 26, 7 p.m. The tournament is a four-game singles format with handicap and scratch divisions. Cost is \$25 per bowler and prizes will be given for first, second and third place winners. For more information, call 652-6271.

Bowling centers offer New Years celebrations

The JBSA-Lackland Skylark Bowling Center hosts a New Year's Eve bowling party Dec. 31, 9 p.m. The package price is \$20.14 per person which includes cosmic bowling, pizza, party favors and disc jockey entertainment. For more information, call 671-1234.

Celebrate the end of 2013 at the JBSA-Randolph Bowling Center, Dec. 31, 8 p.m., with three games of Colorama Bowling and cash prizes. The cost is \$30 per person and includes a complimentary glass of Champagne and breakfast afterwards. This is an adults only party. Reservations are accepted starting Dec. 1. For more information, call 652-6271.

Pro shop offers holiday gift sale

The JBSA-Randolph Bowling Center Pro Shop is offering 10 to 25 percent off selected balls, bags and shoes until Dec. 23. For more information, call 652-6271.

Clubs

Live entertainment featured at Gateway Club

JBSA-Lackland Gateway Club hosts an evening of live entertainment featuring the Fourth Quarter Band Dec. 6, 6-9 p.m., in the Lonestar Lounge. Enjoy a great bar menu, beverage specials and music. For more information, call 645-7034.

Feast on holiday lunch at Gateway Club

The JBSA-Lackland Gateway Club features a holiday lunch buffet Dec. 12, 11 a.m. to 3 p.m. Feast on entrees such as turkey with wild rice sausage stuffing, glazed ham and roast beef au jus. Price per person is \$9.95. For more information, call 645-7034.

Patrons enjoy brunch with Santa

The JBSA-Randolph Parr Club offers brunch with Santa Dec. 15, 10 a.m. to 1 p.m. Santa will be available for photos, listening to Christmas wishes and will give out candy canes to the children. For more information, call 652-4864.

Holiday meals available for take-out

The JBSA-Lackland Gateway Club offers holiday meals for take-out until Dec. 21. Patrons may choose a 9-11 pound turkey or 12-14 pound ham as the main entrée. Also available is a meal package with the turkey or ham, stuffing, whipped potatoes with gravy, sweet potatoes, corn, green beans, cranberry sauce, and a choice of pecan or apple pie. Orders must be placed at least two days in advance. The last day to order is Dec. 18 and last day to pick up is Dec. 21. Pick up time is Monday-Friday, 2-6 p.m. Cost is based on member and nonmember pricing. For more information, call 645-7034.

Celebrate New Year's at the Gateway Club

Ring in the New Year at the JBSA-Lackland Gateway Club Dec. 31. Doors open 6:30 p.m. with access to festivities in the Fiesta Ballroom and Lonestar Lounge. Members pay \$60 and nonmembers pay \$70 for an evening which includes hors d'oeuvres, dinner, party favors, Champagne at midnight, breakfast and a pay-as-you-go bar. Patrons must be at least 18 years old to attend. For more information, call 645-7034.

Community Programs

Harlequin Dinner Theatre presents "Step into Christmas"

"Step into Christmas" runs through Dec. 21 at the JBSA-Fort Sam Houston Harlequin Theater and features over 50 holiday favorite songs. Make your reservations now; this show is selling out fast! "Step into Christmas" is sponsored by Silver Eagle Distributors and T-Mobile. For reservations or more information, call 222-9694.

Fitness and Sports

10-mile holiday ride offered for bikers

The JBSA-Randolph Fitness Center hosts a 10-mile holiday bike ride Dec. 7, 8 a.m., at Eberle Park. This event is sponsored by Randolph Family Housing. For more information, call 652-7263.

JBSA FSS

Runners go indoors

The JBSA-Randolph Fitness Center hosts an indoor marathon, where participants complete 26.2 miles running or walking within one week, Dec. 9-13. Participants may pick up their mileage logs at the front desk. For more information, call 652-7263.

Patrons play in reindeer games

JBSA-Lackland Fitness Center hosts Reindeer Games Dec. 11 beginning at noon. The event consists of an outdoor obstacle course challenging participants in strength and cardio exercises. For more information, call 925-4848.

Gillum hosts wallyball tournament

JBSA-Lackland Gillum Fitness Center invites patrons to compete in their wallyball tournament Dec. 13, 7 a.m., using rally scoring. Teams of four must include at least one female player. For more information, call 977-2353.

Start the new year with a run

The New Year's Day run consist of a four-mile race starting at 10 a.m. and a 1.5 mile walk or run starting at 10:10 a.m. The start/finish line is at the new Pershing Sports Complex by the RV Park on JBSA-Fort Sam Houston. This is a free event open to all DOD ID cardholders. For more information, call 221-3593 or 4887.

Belly dance your calories away

Patrons are invited to learn the art of belly dancing in the free class at the Jimmy Brought Fitness Center on JBSA-Fort Sam Houston from 6:30-7:30 p.m. This class is open to all DOD ID cardholders. For more information, call 221-1234.

Physical fitness fanatics enjoy three new classes

JBSA-Fort Sam Houston Fitness Center on the Medical Education Training Campus offers three new classes which include body sculpting, boot camp and core fitness. Body sculpting is every Monday at 5 p.m. and Tuesday at 6:30 a.m. Boot camp is every Wednesday at 6:15 p.m. and core fitness is every Thursday at 6:15 p.m. For more information, call 808-5709.

Parents and toddlers enjoy exercise

JBSA-Fort Sam Houston Fitness Center on the Medical Education Training Campus offers parents with strollers use of the indoor track, Monday-Friday, 9-11 a.m. For more information, call 808-5709.

Golf

Golfers invited to scramble

Golfers are invited to play in the Warrior Four-Person Scramble Dec. 6, with a 12:30 p.m. shotgun start time, at the JBSA-Fort Sam Houston Golf Course. The cost is \$25 for members and \$35 for nonmembers. The scramble includes 18 holes of golf, dinner, gift certificates for the winners of the longest drive, the closest to the pin and for first, second and third place. For more information, call 222-9386.

Junior golf classes offered over the holiday

The JBSA-Randolph Oaks Golf Course offers two five-session junior golf classes Dec. 26-28 and 30-31. The class for the 8-11 age group is 11 a.m. to 12:30 p.m. and the class for the 12-15 age group is 1-2:30 p.m. The fees are \$40 per player and include a rule book, balls and instruction by Charles Bishop. Classes are limited to 10 players. For more information, call 244-3415.

Golf course offers winter fee specials

The JBSA-Lackland Gateway Hills Golf Course offers green fee, cart fee, a hot dog and a 16-ounce draft beer or 20-ounce fountain drink for \$25 on Monday and Wednesday, 6:30 a.m. to 3 p.m. through Dec. 31. Tuesday and Thursday twilight rates begin at 11:30 a.m. For more information, call 671-3466.

PARR CLUB

THE GATEWAY TO GOLD

NEW YEAR'S EVE CELEBRATION

INTERNATIONAL BALLROOM **SKY LOUNGE**

Doors to the International Ballroom open at 7 p.m. The main dinner buffet will be offered from 7:30-9 p.m., followed by a dessert bar from 9:30-11 p.m. and a glass of Champagne at midnight to ring in the New Year! This fantastic celebration is \$85 per person for club members or \$95 per person for nonmembers or guests and includes an open bar and an all-you-can-eat breakfast served at midnight.

Doors open to the Sky Lounge at 7 p.m. A buffet of hors d'oeuvres will be served from 7:30-9 p.m. along with coffee and dessert bar offered at 9:30 p.m. Entertainment will be provided from 9 p.m. to 1 a.m. The price for this package is \$80 for club members or \$70 for nonmembers and includes a complimentary glass of Champagne at midnight, party favors and a breakfast buffet. You will definitely have the best time of your life!

GENERAL INFORMATION

The recommended dress for these events is cocktail attire. Lodging reservations may be made at the same time you make your party reservations. The cost for lodging is \$53.25 and transportation to and from lodging will be provided by club personnel. Coupons, club checks or gift certificates are not accepted as payment for this event. Randolph club members may make reservations starting Dec. 3 from 10 a.m. to noon in the Daedalus room to choose their table and make payment. All others may make reservations starting Dec. 10. Payments are required and refunds will not be issued after 4 p.m. on Dec. 29. Open to all DOD ID cardholders. For more details call 652-4864.

FORCE

Shop the golf pro shop for great deals

Golfers should take advantage of pro shop specials at the JBSA-Lackland Gateway Hills Golf Course Dec. 14-15 and receive 10 percent off their entire merchandise purchase. Customers get a chance to win free merchandise or up to 50 percent savings on their entire purchase for purchases of \$50-\$149. Customers also get a chance to win a 2014 annual green fees membership for a single item purchase over \$150. For more information, call 671-3466.

Pro Shop offers great holiday deals

The JBSA-Randolph Oaks Pro Shop offers fantastic gifts

for that special person. Gift certificates are also available and make great gifts for that hard-to-shop-for person. During December customers receive a ticket with the purchase of \$10 in merchandise for a chance to win a set of irons, driver, putter or bag. For more information, call 652-4570.

Golfers improve swing

The JBSA-Randolph Oaks Golf Course offers golfers the opportunity to improve their game and lower their scores. Golfers can make appointments with Brian Cannon or Charles Bishop for golf lessons. For more information, call 652-4653.

Tee Time Deck in full swing

The JBSA-Randolph Oaks Golf Course offers special event packages for retirements, promotions, weddings and sports outings. For more information, call Corita at 652-4852.

Information, Tickets and Travel

Travel with Information, Tickets and Travel to the Hill Country

JBSA-Lackland Information, Tickets and Travel holds a Hill Country Holiday Lighting Tour Dec. 14, 11 a.m. to 11 p.m. Patrons will spend time in Fredericksburg for shopping and dining, in Burnet for the Walk Though Bethlehem, in Johnson City for the light show and Marble Falls for the famous Walk of Lights. The price is \$37 per person. Advance reservations are required. For more information, call 671-3133.

Celebrate the holidays cowboy style

JBSA-Lackland Information, Tickets and Travel invites patrons to celebrate the holidays in an old west theme park Dec. 21-22 at Enchanted Springs Ranch in Boerne. Enjoy a live nativity scene, a puppet show, races, caroling, pistol show, tractor rides through a wild animal park, crafts and a visit with Cowboy Santa! Food and beverages are available for purchase, plus a variety of vendors will be on-site selling their wares. The price for adults is \$11, children ages 3-12 is \$4.50 and children ages 3 and younger are free. For more information, call 671-3133.

Bask in a European Dream Tour during spring vacation

The JBSA-Lackland Information, Tickets and Travel offers an 11-day Spring Break European Dream Group Tour March 9-19. Travel to the cities of Rome, Venice, Varese, Lucerne, Paris and London with rates starting at \$3,500 per person, including airfare. Additional discounts are available. Make your dream a reality with ITT's payment plan. A \$200 non-refundable, land-only deposit per person and a \$10 service fee is due per booking. If airfare is purchased through Trafalgar Tours, a \$300 non-refundable air deposit is required at time of booking. For more information, call 671-7111.

Discount tickets offered to customers

The JBSA-Fort Sam Houston Ticket Office sells discount tickets and often has free tickets to local events. For more information, call 808-1378.

Great stocking stuffers available

The JBSA-Randolph Information, Tickets and Travel offers

Patrons learn interviewing skills

The JBSA-Randolph Military and Family Readiness Center offers patrons an interviewing skills workshop Dec. 19, 10 a.m. to noon. The class focuses on how to research prospective employers, how to answer questions and how to dress. For more information, call 652-5321.

Child safety seats inspected

The JBSA-Fort Sam Houston Fire Department inspects children's safety seats Dec. 19, 1-3 p.m., for recalls, functionality and proper installation. Registration is required. Children must be present for proper weight and height measurements. For more information, call 221-0349/2418.

Family movie unpacks self esteem

The JBSA-Fort Sam Houston Military and Family Readiness Center is showing the movie "Turbo" Dec. 30, 1-3 p.m. After the movie there will be an open group discussion about self-esteem. Popcorn and drinks will be provided. For more information, call 221-0946.

Patrons prepare for future employment

JBSA-Fort Sam Houston Employment Readiness offers classes at the Military and Family Readiness Center designed to help patrons acquire employment. The general resume writing class and federal resume writing class both focus on proper styles. Multiple classes are available throughout the month of December. For more information, call 221-0516.

Outdoor Recreation

Rent boats at a discount

JBSA-Lackland Outdoor Recreation offers boat rental discounts during the winter season. Patrons receive a 25 percent discount through Dec. 31 on ski and pontoon boat rentals. For more information, call 925-5532.

Santa suits available for rent

JBSA-Lackland Outdoor Recreation has Santa, Mrs. Claus, elf and Grinch costumes available for rent. For more information, call 925-5532.

Archery hunting season open

Big game archery (white-tail deer) and turkey hunting is open at JBSA-Camp Bullis until Jan. 5. All DOD ID cardholders are welcome to participate. For more information, call 295-7577.

Wide variety of equipment for rent

The JBSA-Fort Sam Houston Outdoor Recreation Center has equipment rentals for everyone's needs. Camping, trailer and towing, water fun, sports and biking, barbecue and party, and equipment for around the house and garden; ORC has it all. For more information, call 221-5224/5225.

Archery Range open for shooting

The Camp Bullis Archery Range is open Thursday-Monday, 8 a.m. to 4 p.m. They have targets which range from 10-60 yards and the cost is \$3 for a daily pass or \$20 for an annual pass. For more information, call 295-7577.

Ski boats rent for half price

Rent a ski boat for \$20 per hour, \$47.50 for half a day or \$90 all day at the JBSA Recreation Park at Canyon Lake during December. The price includes skis and vests but not fuel. This is the time to take advantage of a less crowded lake and also save money. For more information, call 830-994-3576.

Youth Programs

Parents get a night off

JBSA-Lackland Youth Programs and the Lackland Child Development Program hold Give Parents a Break/Parents' Night Out Dec. 7, 1-5 p.m. The fee is \$15 per child. Fees may be waived with a Give Parents a Break referral. Advance registration is required. For more information, call 671-2388 for Youth Programs or 671-1072 for the CDP.

Winter crafts available

The JBSA-Randolph Youth Programs host a winter craftapalooza Dec. 7, 11 a.m. to 2 p.m. Youth, ages 5 and older, can have fun creating gifts for the holidays. The cost is \$5 per child. Sign up deadline is Dec. 4. For more information, call 652-3298.

Youth have fun at winter ball

Join JBSA-Randolph Youth Programs Dec. 13, 6-9 p.m., for a winter ball. This event is for youth, ages 9-12 years old, and the cost is \$3. Light snacks will be provided. For more information, call 652-3298.

Register for First Steps basketball

JBSA-Lackland Youth Programs holds First Steps Basketball registration Dec. 10-14 for ages 3-5. The fee is \$35 per child. Sessions meet one hour per week for six weeks. A current physical and immunization record are required at time of registration. For more information, call 671-2388.

Babysitters receive training

JBSA-Lackland Youth Programs hosts a Red Cross babysitter's course Dec. 23, 8 a.m. to 5 p.m., open to ages 11-15. Topics include first aid, CPR, how to make responsible decisions, basic care such as diapering, feeding and dressing, handling bedtime issues, and how to find and interview for babysitting jobs. Upon successful completion, students receive a babysitter's certification. The course fee is \$55. Registration runs Dec. 2-18. For more information, call 671-2388.

Parents register youth for holiday camps

JBSA-Randolph Youth Programs offers a holiday camp Dec. 23-Jan. 3 for youth K-6th grade (ages 5-12 years). Registration is required and takes place through Dec. 6. Placement is based on eligibility priority and fees are based on total family income. All required paperwork must be on file (pay stubs and shot records are required). For more information, call 652-3298.

JBSA-Lackland Youth Programs holds two holiday break camps during the upcoming school vacation. Registration must be completed by Dec. 9 for the Dec. 23-27 session and by Dec. 16 for the Dec. 30-Jan. 3 session. Camp fees vary based on household income. For more information, call 671-2388.

National fine art exhibit challenges youth to be creative

JBSA-Randolph Youth Programs hosts the annual Boys and Girls Club Fine Arts Exhibit Jan. 9-10. All artists between the ages of 6-18 are able to participate. Artwork must have been completed within the last year and cannot be from a kit, tracing, follow-the-dot, ready-made patterns or cartoon characters. Artwork must not exceed 30 by 40 inches. The deadline for artwork submission is Dec. 20. For more information, call Youth Programs at 652-3298.

Teens discuss relevant topics

This open forum allows teens to discuss relevant topics with staff and takes place Dec. 3, 4:15-5 p.m., at JBSA-Fort Sam Houston Youth Programs. For more information, call 221-5002/4058.

Youth have fun at skate night

Middle school and high school age youth can enjoy music, fun, and roller skating at skate night Dec. 13, 6-8 p.m., at the JBSA-Fort Sam Houston Middle Teen Center. For more information, call 221-5002/4058.

Youth have fun at lock in

The JBSA-Fort Sam Houston Youth Programs hosts a lock-in Dec. 20, 9 p.m. to 7 a.m., for teens and pre-teens in grades 9-12. The cost is \$7 per person. For more information, call 221-5002/4058.

Youth enjoy midnight basketball

"Midnight Basketball" for youth takes place Dec. 21 at JBSA-Fort Sam Houston Youth Programs. This is a free event open to all DOD ID cardholders. For more information, call 221-3502.

Child, Youth and School Services offers multiple activities

Parents can enroll children in fun, exciting and safe activities by visiting www.FortSamMWR.com/youth.html for JBSA-Fort Sam Houston Youth Programs. This site has contact phone numbers, and a link to WebTrac, which provides lists of all activities and offers parents the option to pay online.



[HTTP://WWW.RANDOLPHFSS.COM](http://WWW.RANDOLPHFSS.COM)
[HTTP://WWW.LACKLANDFSS.COM](http://WWW.LACKLANDFSS.COM)
[HTTP://WWW.FORTSAMMWR.COM](http://WWW.FORTSAMMWR.COM)

JBSA-Randolph professionals offer shopping advice during holiday season

By Airman 1st Class Alexandria Slade
Joint Base San Antonio-Randolph Public Affairs

Today is Black Friday, the beginning of the retail holiday season, and for many military families this means stressing over getting all the holiday shopping done, gift-wrapping, decorating and planning social events and family get-togethers.

During the holiday season, it is easy to become overwhelmed, Gina Ramirez, Joint Base San Antonio-Randolph Mental Health outreach resiliency counselor, said. The holidays present a dizzying array of demands, from waking up at the crack of dawn for Black Friday sales to planning last-minute entertainment for holiday parties.

"Most people don't budget for the holidays, which leads to overspending and buying on credit," Mike Bell, JBSA-Randolph community readiness consultant, said. "Black Friday itself tends to be a 'spender's holiday.' Price markdowns and sales usually end up causing people to spend more money because the deals seem too great to pass up."

However, counselors say, with the prac-

tice of some practical tips, the stress that accompanies the holidays can be minimized. Shoppers may even find themselves enjoying the holidays more.

"One holiday strategy you can try is moderation," Ramirez said. "The holidays don't have to be perfect or 'just like last year.' As families change and grow, so do traditions. Choose a few to hang on to and be open to creating new ones."

Another tip she gives is learning to say "no."

"While saying 'no' instead of saying 'yes' may cause some people to feel resentful and call you a 'penny-pincher,' you will avoid feeling overwhelmed and in the long run, your friends will understand," she said.

Counselors also advise shoppers to not let the holidays become a free-for-all. Overindulgence only adds to financial stress and guilt.

Financial preparation for the holidays is also important and there are several avenues people can use, Bell said. Most banks have Christmas club accounts, budgets can be created early in the year and

the Military and Family Readiness Center hosts financial readiness classes.

"If you want to keep spending in check during Black Friday and the rest of the holiday season, you should consider establishing a monetary limit and stick to it," Bell said. "You can also buy holiday decorations and gifts right after the holidays when stores usually have huge price reductions. However, that would require a lot of discipline and planning far into the future."

When things get too overwhelming, take a breather. According to Chaplain (Capt.) Mark McGregor, 502nd Air Base Wing chaplain, spending 15 minutes alone, without distractions, may be enough to restore inner calm.

"If, despite best efforts, you find yourself feeling persistently sad or anxious, you may need to talk to someone," McGregor said. "I'd start with a trusted friend, family or colleague. These people know you so you may find them easier to talk to. You can also make an appoint-

ment with a chaplain or mental health care provider."

For more financial or stress help resources, call the Military and Family Readiness Center at 652-5321. To talk to a chaplain, call 652-6121.



To advertise in
the Wingspread,
call 250-2440.

Water Conservation Tips

- When replacing a flower or shrub, choose a low water use plant for year-round landscape color and save up to 550 gallons each year.
- Install an instant water heater on your kitchen sink to avoid letting the water run while it heats up. This will also reduce heating costs for the household.
- Use a grease pencil to mark the water level of a swimming pool at the skimmer. Check the mark 24 hours later. The pool should lose no more than a quarter inch each day.
- Cut back on prerinsing dishes for a new dishwasher. Newer models clean more thoroughly than older ones.
- Use a screwdriver as a soil probe to test soil moisture. If it goes in easily, don't water. Proper lawn watering can save thousands of gallons of water annually.

(Source: 502nd Civil Engineer Squadron)



Joint Base San Antonio-Randolph holiday gate hours

Today – Thanksgiving Family Day

Main Gate: 24/7

South Gate: 6 a.m. to noon

West Gate: Closed

East Gate: Closed

JBSA-Randolph Main Gate closure dates

The Joint Base San Antonio-Randolph Main Gate operating hours will be temporarily altered due to barrier repair. Both outbound lanes at JBSA-Randolph will be closed from 6 a.m. Dec. 11 to 6 a.m. Dec. 13. Both inbound lanes will be closed from 6 a.m. Dec. 13 to 6 a.m. Dec. 14. Traffic cones and barricades will be placed to channel traffic. The West Gate will be open as an alternate entry from 6 a.m. Dec. 11 to 6 a.m. Dec. 14. The East Gate will remain open from 6 a.m. to 6 p.m. Dec. 11-13.

Joint Base San Antonio-Randolph News Briefs

'Jail and Bail' and bake sale

The 902nd Security Forces Squadron Booster Club will sponsor its annual "Jail and Bail" event, previously known as "Santa Lock-up," from 8 a.m. to 4 p.m. Dec. 6 at the security forces training center, building 205. Baked goods will also be available for purchase during the event. For more information, contact Staff Sgt. Scott Mellot at 652-1647 or Senior Airman Addicus Niland at 652-5563.

Winter crafts available

The JBSA-Randolph Youth Programs hosts a winter craft-a-palooza 11 a.m. to 2 p.m. Dec. 7. Youth, ages 5 and older, can have fun creating gifts for the holidays. The sign-up deadline is Wednesday. For more information, call 652-3298.

Library hosts craft, recipe sharing night

Patrons are invited to the JBSA-Randolph Library 4:30-6:30 p.m. Dec. 12 to make crafts and share their favorite recipes with other families. For more information, call 652-2617.

South Gate to stop weekend hours

The Joint Base San Antonio-Randolph South Gate ended Saturday operating hours Nov. 23. The South Gate will only open for large commercial vehicles on an "as needed" basis Saturdays and Sundays. Large commercial vehicle drivers and local-delivery drivers should contact the Base Defense Operations Center at 652-5700 prior to their arrival at the South Gate.

SPORTS – FITNESS – HEALTH

Wilford Hall hosts foot health presentation in observance of Diabetes Awareness Month

By Jose T. Garza III
Joint Base San Antonio-Lackland Public Affairs

Wilford Hall Ambulatory Surgical Center presented “Learning to Love Your Feet: Diabetes and Foot Health” Nov. 20 as part of National Diabetes Awareness Month.

The session, hosted by Col. Scott Riise, medical director for family health for the 59th Medical Wing, brought awareness on the importance of taking care of one’s feet whether they are diabetic or not.

The foot health presentation was the last lecture of a three-part series held at the hospital’s Family Health Clinic throughout the month of November.

The disease has impacted nearly 26 million adults and children in the United States, according to the American Diabetes Association.

It can lead to amputation of the foot and other parts of the body.

During the hour and a half session, Riise discussed the different effects diabetes has on feet, ways for diabetics to sustain a healthy lifestyle, and when to seek help for foot problems.

“Your feet keep you active,” he said. “It’s kind of a use it or lose it type of situation. If you want to maintain a healthy lifestyle, independence, and manage your diabetes, it is important to have healthy feet.”

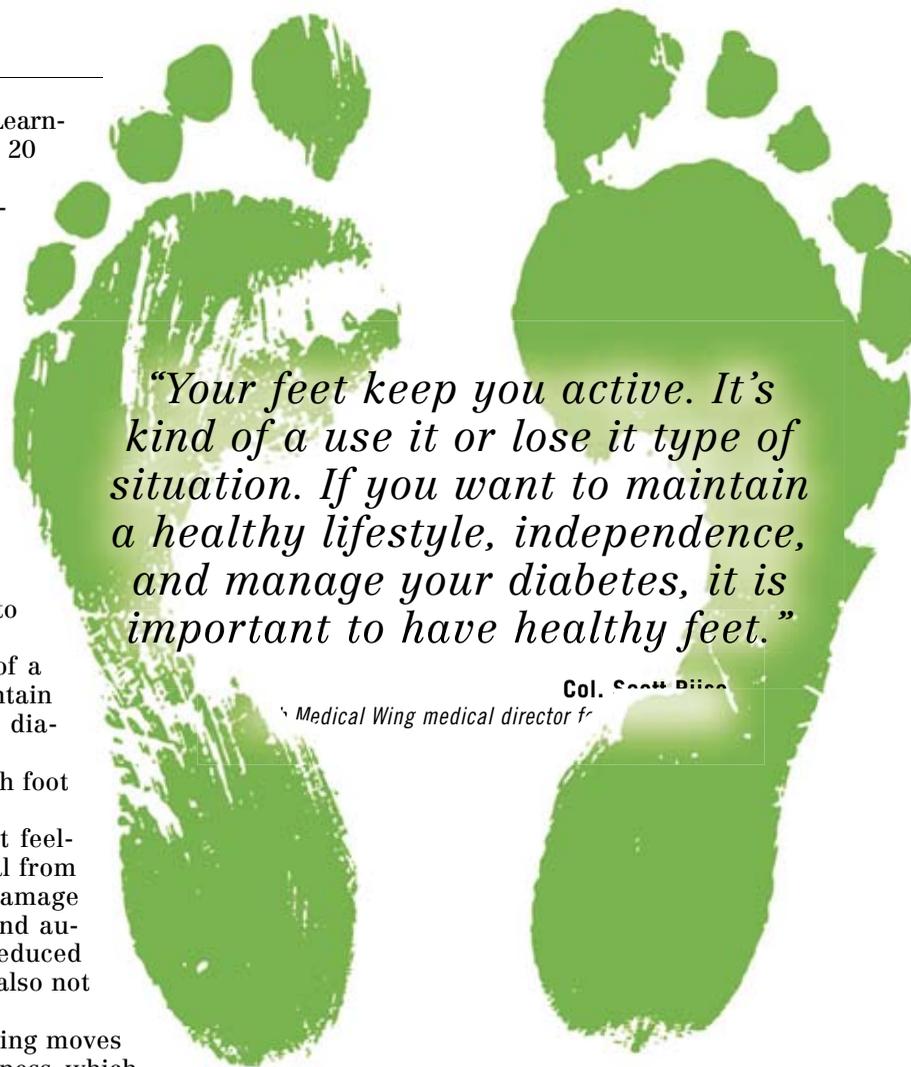
Three ways diabetes can affect your feet is through foot deformities, artery, and nerve damage.

Artery damage can lead to problems like the feet feeling cold, poor circulation, and reduced ability to heal from infections. There are three different types of nerve damage that impact the feet which include sensory, motor and autonomic nerves. Sensory nerve damage can lead to reduced balance and possibly sensation in the feet. You may also not be able to feel foot injuries, said Riise.

Damage to the motor nerves can result in cushioning moves from contact points, deformities and muscle weakness which include 50 percent reduction in muscle size. Injuries to the autonomic nerves can cause reduced sweating and dry/cracked skin, added the medical director.

The clinic provided tips to keep your feet healthy to maintain a healthy lifestyle:

- Stay active
- Take care of your diabetes
- Wash your feet everyday
- Keep your toe nails trimmed
- Protect your feet from hot and cold areas
- Improve circulation by wiggling your toes and ankles
- Do not smoke



“Your feet keep you active. It’s kind of a use it or lose it type of situation. If you want to maintain a healthy lifestyle, independence, and manage your diabetes, it is important to have healthy feet.”

Col. Scott Riise

Medical Wing medical director for

- Inspect them everyday
- Inspect your shoes before you put your feet in
- Use appropriate shoes and socks
- Consider using cushioned insoles
- Use a moisturizer on the tops and bottoms of your feet (not between toes) if needed
- Do not walk barefoot

People are advised to have their feet examined by a podiatrist team annually. However, if problems such as ingrown toe nails, warm red skin or open sores develop, or if your foot suddenly changes slope then seek professional help immediately.

Joint Base San Antonio-Randolph *Sports* **BRIEFS**

Runners go indoors

The JBSA-Randolph Fitness Center hosts an indoor marathon, where participants complete 26.2 miles running or walking within one week, Dec. 9-13. Participants may pick up their mileage logs at the front desk. For more information, call 652-7263.

Junior golf classes

The JBSA-Randolph Oaks Golf Course offers two five-session junior golf classes Dec. 26-28 and 30-31. The class for the 8-11 age group is 11 a.m. to 12:30 p.m. and the class for the 12-15 age group is 1-2:30 p.m. The fees are \$40 per player and include a rule book, balls and instruction by Charles Bishop. Classes are limited to 10 players. For more information, call 244-3415.

JBSA-Camp Bullis

- Big game archery (white-tail deer) and turkey hunting is open at JBSA-Camp Bullis until Jan. 5. All DOD ID card holders are welcome to participate. For more information, call 295-7577.
- The JBSA-Camp Bullis Archery Range is open Thursday-Monday, 8 a.m. to 4 p.m. Targets which range from 10-60 yards are available and the cost is \$3 for a daily pass or \$20 for an annual pass. For more information, call 295-7577.

To submit a brief for publication in the Wingspread, email all information to randolphpublicaffairs.af.mil.

Joint Base San Antonio-Randolph Rambler Fitness Center Holiday Hours

Today: 8 a.m. – 4 p.m; Saturday: 8 a.m. – 4 p.m; Sunday: noon – 5 p.m

Being nutrition efficient: best 100 calorie foods

By Senior Airman Catherine Scholar
59th Medical Wing

Ever look at the nutrition label of a candy bar, pastry or your favorite chips and thought “Geez, that’s a lot of calories for that small piece?”

These supposed quick “to-go” candy snack items could range from 200 to 600 calories depending on the name brand. These calories are best described as empty calories or calories with little to no nutritional value. They are absent of vital vitamins and minerals that support your muscles, circulatory system and brain.

Many times you find these items located in the middle aisles of a grocery store, or tempting you at the registers as you wait in line to purchase what you really came to the store to buy.

Making smart nutrition choices are a necessary part of everyone’s daily life. The Academy of Nutrition and Dietetics suggests one or two snacks that are less than 200 calories per day for the average adult. Look to the perimeter aisles of the grocery store to find fruits, vegetables, and nuts that make excellent healthy snacks that are low on calories. Listed below are

several 100-calorie items that may surprise you:

- One half cantaloupe
- Two one-ounce low-fat cheddar cheese cubes
- One cup strawberries and three tablespoons of fat-free whipped cream
- 1.25 ounce of turkey jerky
- One cup of baby carrots with two tablespoons of hummus
- About one-half cup of frozen yogurt
- 34 pieces of whole grain penne (dry)
- Two egg whites with one slice whole wheat toast
- Three cups of air-popped popcorn
- Eight shrimp and four tablespoons of cocktail sauce
- Sliced tomato with a sprinkle of feta cheese and olive oil
- One half cup of shelled edamame

If you are looking for further nutrition information nutrition program and classes are offered at the Wilford Hall Ambulatory and Surgical Center, Outpatient Nutrition Clinic or to speak with a registered dietitian/technician for further questions, you can contact us at 292-7578.

(Reference: Top 28 Best Healthy Snacks by Lisa Drayer, R.D.)



One of the best things about ICE is that people can let service providers know when they do a great job, not just for poor service. It takes five minutes or less to submit a comment at <http://ice.disa.mil>.

JBSA Sexual Assault Prevention, Response

To report a sexual assault, call the 24/7 Joint Base San Antonio Sexual Assault Prevention and Response Hotline at 808-7272 or the Department of Defense Safe Helpline at 877-995-5247.