



WINGSPREAD

JOINT BASE SAN ANTONIO-RANDOLPH

No. 21 • MAY 30, 2014



*JBSA-Randolph
honors fallen hero*

INSIDE: LEARNING COMPASSION, P2 ... MATCHING FUNDS FOR TSP ACCOUNTS, P5 ... FSS JUNE EVENTS, P7-10

COMMENTARY

Learning an important lesson in compassion

By Staff Sgt. Jake Barreiro
51st Fighter Wing Public Affairs

"Without mercy, man is like a beast. Even if you are hard on yourself, be merciful to others." - Quote from Kenji Mizoguchi's 1954 film, Sansho the Bailiff.

On Aug. 20, 2012, I woke at 2:30 a.m. My bed, usually crowded with my wife, Cece, and two cats, Miki and Lulu, was empty. Down the hallway of the one-floor, three-bedroom house we rented in Cabot, Ark., I heard noise from the kitchen

When I went to see what the noise was, I found my 23-year-old wife on the floor and erratically painting on a canvas.

The painting was of an Airman Battle Uniform next to a bottle of prescribed depression medication. Streaks and spots of deep red paint blotched the canvas, which also had gashes and holes littered in it because Cece had been stabbing it with a kitchen knife.

"What the (obscenity) are you doing?" I asked.

She looked up at me, her body shaking, our two cats flanking her sides. I saw a hurt face and fear-riddled eyes, scorched red from sleep deprivation and sobbing. With our little family together in the kitchen that morning, "I'm sorry," was all she could say.

Months earlier, Cece was sent to stay for a week at the Bridgeway, a mental health hospital in Little Rock, Arkansas. Three weeks later, she went back for another week for what eventually became a diagnosis of severe anxiety, depression and post-traumatic stress disorder.

An Airman herself, recent military-related stress of deployments, family separation and being overworked, coupled with the loss of her uncle and past personal traumas, led to my wife's sleeping problems. She lived in a constant state of fear. Unable to sleep at night, she'd only shake helplessly in the bed next to me. These mounting pressures for my wife led to a serious conflict in our relationship for the first time since we met in 2007. I was seeing a different landscape of what had always been a very happy woman.

Strife at work, a splintered relationship at home, being put on depression medication and sleeping pills, being taken from her home twice for treatment, being whispered about by co-workers, being unambiguously accused of faking

her condition by her first sergeant and awaiting the upcoming staff sergeant promotion results sent Cece into a severe panic that morning.

After my wife apologized, I talked her into getting up. We picked up the canvas and painting supplies, but I kept thinking about the red streaks of paint all over the floor and that I'd have to clean it up later. I then made Cece lay in bed until it was time for her to get dressed for her 4 a.m. shift.

The rest of that day reverberates in my conscience. The memories echo in my mind like the lingering twang of a released guitar string.

I received a call from my wife's co-worker at 6 a.m., telling me to get to their workplace immediately. I found Cece pale faced, shaking and not wearing boots or belt. I remember taking her to mental health and being unable to sit in on the confidential session. Cece was discharged from mental health and sent back to work. Then, we found out she made staff sergeant, but we didn't feel like celebrating like we did when I made it two years earlier. I remember a silent car ride home.

As soon as we got to the house, I tried to help Cece sleep, but I couldn't quell her anxiety. We lay in bed, me holding her and telling her to go to sleep while she shook and whimpered in pain. I silently scorned her condition, constantly thinking about how much effort I had to make for her and how her problems were affecting my behavior. It was a sweet relief when Cece finally stopped shaking and slept. When I finally went to sleep that night, I was glad such an emotionally taxing day was over.

Afterward, things didn't become easier for us. We kept having arguments and I became increasingly agitated with my wife, who was still suffering, physically and emotionally. Our problems escalated until one night, after getting off a 4 a.m. to 1 p.m. shift, Cece hadn't come home by 6:30 p.m., and we argued via text message. At one point, I threatened to leave her and told her I couldn't handle her condition anymore.

After she got home, Cece told me she was thinking about killing herself, and that she thought about intentionally crashing her car into a tree on one

of Arkansas' back roads. Talking to a person so heartlessly while they suffered still shames me. We once again lay on the bed, her unable to sleep or relax and me holding her. I remember vividly what she said to me, "I just need you to help me right now. You know I'll help you when you need it."

She was right. During our 5 years together there were times when I was, at best, difficult to get along with and at worst insufferable.

I've always had a confrontational and contentious nature. This makes it hard for me to connect with people, and in my early 20s I often felt lonely and alienated, which led to an unhappiness that I often projected onto other people. Yet, even in my worst moods, I remember my wife holding onto me, joking with me, making me smile or laugh. She may have never known, but her signature smile, a beaming, full teeth-baring grin, often elevated me from the depths of negativity. So when she pleaded with me so bluntly, I couldn't feel anything but shame and compassion.

This proved a turning point for us, and after that night I tried to act with mercy and compassion toward her struggle. For all of us, life has summits and cellars. No one is exempt from adversity and at times we all need kindness. After that day, I was committed to being supportive before critical and being helpful before skeptical. Things started to improve for both of us.

That's not to imply everything changed right away. Mental conditions don't evaporate or disappear because of good intentions. It takes commitment and patience to persevere the brutalities of depression, anxiety and PTSD.

My wife still has hard days and difficult moments like everyone else. Traumatic memories still haunt her, but our efforts to keep an open, honest, nonjudgmental and supportive dialogue about ourselves helps.

Just a year later, I was confident enough in her recovery to volunteer for an unaccompanied tour to South Korea. Cece is now out of the Air Force and going to school full time, and we're both happily pursuing our goals and supporting each other as much as we ever have.

See **LESSONS P13**

ON THE COVER

Patriot Guard motorcycle riders escort the remains of Command Sgt. Maj. Martin R. Barreras to the flightline May 22 at Joint Base San Antonio-Randolph. Barreras died from wounds sustained when enemy forces opened fire on his unit in the Herat Province, Afghanistan. His stateside unit was at Fort Bliss, Texas, and his home of record Tucson, Ariz.

Photo by Joel Martinez

WINGSPREAD

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Retiring colonel's legacy to son: duty and honor

By Janis El Shabazz

Air Force Personnel Center Public Affairs

Col. Kyle "Cowboy" Ingham retired May 20 after 26 years and five months in the Air Force, but his story did not stop there. As his last official act, the Air Force Personnel Center Line Officer Assignments Branch chief commissioned his son, Austin, as an Army second lieutenant.

Ingham said he had many honors in his life, but none more profound than pinning bars on his son on the same day as his retirement. In fact, commissioning Austin fulfilled a pact Ingham and his son made when Austin entered ROTC. They agreed to spend at least one day on active duty at the same time.

"I do not come from a military family," Ingham said. "My family started out as farmers in the very northern tip of the Texas Panhandle and later my father got into oil and gas. Seeing my son enter the service as I 'step off the stage,' so to speak, lets me know that for years to come my family will continue to answer the nation's call for service."

Ingham grew up in Stratford, Texas, and followed his father's lead, attending Oklahoma State University. It was during his time at OSU that a good friend introduced him to flying.

"I was enamored with flying and, as a result, became interested in military flying due to the nature of the incredible aircraft," Ingham said. "During my senior year, I



Col. Kyle "Cowboy" Ingham from Air Force Personnel Center administers the oath of office to his son, 2nd Lt. Austin Ingham, May 20 at Joint Base San Antonio-Randolph.

visited Air Force, Marine and Navy recruiters to explore the opportunities of each. However, I had a friend who was in ROTC. I was fascinated with what he did and the fact that he was going to go to Air Force pilot training when he was out of school."

The colonel said it was hard to name his most memorable assignment because without exception each assignment has been better than the last, but his time as chief of staff, 12th Air Force, Air Forces Southern Command will withstand the test of time

as the most memorable.

Austin made his dad proud, earning distinguished graduate honors and the George C. Marshall Award. The Marshall award honors excellence in scholarship, leadership, physical fitness and community involvement. Austin will serve as a military intelligence officer with the 45th Infantry Brigade Combat Team in Norman, Okla.

Ingham said Austin made a pragmatic, sound decision.

"Austin wanted to be his own man but he also showed me he was really paying attention during all those father-son talks about service, duty, honor and integrity," explained Ingham. "From a practical standpoint, being an officer in the Army allows him to be like his father, without trying to be his father."

"Having him commission me as his last official act is easily the most incredible honor I could have on my commissioning day," said 2nd Lt. Austin Ingham. "As a high school student looking into commissioning sources, I told my dad how cool it would be for us to be serving military officers at the same time. I cannot imagine a greater honor or more powerful feeling than what I felt when I looked my father in the eye as he administered my oath of office."

Ingham feels like he started something.

"I believe the Ingham military legacy will be long and proud, whether it is in the Air Force, the Army or whichever uniform they choose," he said.

NEWS

CSAF provides 'initial feedback' to all commanders

By Staff Sgt. Torri Ingalsbe
Air Force Public Affairs Agency

All supervisors are required to provide subordinates with an initial feedback, outlining expectations, standards and goals they can both work together to achieve.

Air Force Chief of Staff Gen. Mark A. Welsh III led the way by introducing the new Air Force Instruction 1-2 "Commander's Responsibilities" May 8 for commanders Air Force-wide.

AFI 1-2 is a six-page document that details the general's priorities and expectations for those officers who hold command positions. Topics range from conduct and responsibilities to Welsh's overall intent.

"It's important for all of us to be on the same page, especially when it comes to standards and conduct," Welsh said. "Our single most important job as commanders is to take care of the sons and daughters our nation has

entrusted to us. This outlines how to accomplish that, while keeping consistency across all commands."

In addition to AFI 1-2, the Air Force inspection system has been in development for the last three years, the Secretary of the Air Force Office of Inspector General Chief of Policy Integration Maj. Justin Longmire explained. One of the biggest focuses was on what really mattered to commanders.

"For the first time, the Air Force now has an instruction which sets the minimum standard for successful command," said Lt. Gen. Stephen Mueller, the inspector general of the Air Force. "A great byproduct of this instruction is a standardized template for evaluating and inspecting all Air Force commander's along four common major graded areas."

The AFI shows the specific expectations Welsh has for his commanders, especially in the realm of commander conduct.

According to the AFI, "commanders are required to display exemplary conduct as outlined in U.S. law." In addition, "commanders must be above reproach, both morally and ethically, and exemplify Air Force Core Values and standards in their professional and personal lives."

The AFI also delves into the responsibilities of commanders, from training and equipping Airmen, to resource management. Commanders are expected to execute the mission, lead people, manage resources and improve the unit, according to the AFI.

"AFI 1-2 provides 'commander's intent,' and outlines the expectations for commanders," Longmire said. "The Air Force Inspection System provides a congruent means of inspecting to those standards

AFI 1-2 can be found at http://www.af.mil/Portals/1/documents/csaf/afi1_2.pdf.

Behavioral health consultation available in primary care clinics

By Staff Sgt. Devon Suits
Air Force News Service

Airmen, dependents and veterans now have access to behavioral health services through their primary care manager, or PCM, at any military treatment facility, Air Force Medical Operations Agency officials report.

The Behavioral Health Optimization Program, or BHOP, was developed to employ internal behavioral health consultants, or IBHCs, psychologists and social workers, into primary care clinics, said Maj. Matthew Nielsen, the chief of BHOP.

"The program helps to fight the mental health stigma," he said. "A lot of patients aren't willing to go to the mental health clinic, but a lot of people are willing to discuss their concerns during primary care visits."

In fact, research suggests that more than 50 percent of all behavioral health disorders are treated in primary care exclusively and 67 percent of people who may have behavioral health problems do not get treatment at all.

"Research has demonstrated that BHOP is a very effective model and we are seeing a lot of patients in primary care," he said. "Patients report being highly satisfied with these services."

According to Nielsen, the implementation of BHOP into treatment

"The program helps to fight the mental health stigma. A lot of patients aren't willing to go to the mental health clinic, but a lot of people are willing to discuss their concerns during primary care visits."

Maj. Matthew Nielsen
Behavioral Health Optimization Program chief

facilities was not created to eliminate the need for mental health clinics. The program operates on a separate model providing what he refers to as a "stepped-care approach."

"We don't consider BHOP to be mental health treatment or psychotherapy," he said. "We don't go into the amount of detail and depth (of treatment) that mental health clinics do. It is a different standard of care. We focus on behaviors, habits and things you can do right here and now to improve whatever symptom or condition you are experiencing."

Some of the major conditions the BHOP program provides services for are: depression, anxiety, panic disorder, tobacco use, alcohol misuse, diabetes, obesity, insomnia and chronic pain.

"BHOP is a brief intervention model," Nielsen said. "We see patients three to

four times, and our appointments are typically 20 to 30 minutes long. If you need help beyond that, the IBHCs will place a referral for the patient to go to a mental health clinic, either on base or in the community.

"We don't believe that all patients require the intensity and level of care that mental health clinics provide," he said.

This summer, BHOP is also launching a one-year pilot project in four military treatment facilities that will require active duty members to go through their PCM and BHOP before getting referred to a mental health clinic. If the pilot project is successful, it would be rolled out Air Force-wide.

Though much of the focus of the program has historically been placed on the PCMs and the IBHCs, Nielsen says the program also now incorporates nurses,

also known as behavioral health care facilitators, to help facilitate care for patients who are treated with medications for specific mental health conditions like depression, anxiety or PTSD.

"If a PCM prescribes medication for depression, anxiety or PTSD, then the BHOP nurse will contact the patient via the phone, once a month, just to check on them to see how they are doing, if they are experiencing any side effects, and to assist them in scheduling PCM follow up appointments as necessary," Nielsen said.

"Research has proven patients' symptoms improve more rapidly when someone contacts them regularly throughout the treatment process," he said. "Also, patients really like that contact because they feel like, 'the team really does care about me,' while helping them access resources they need, as they need them."

BHOP was created in 1997 as an Air Force pilot program and received limited funding in 2008, Nielsen said. In fiscal 2012, the program was implemented across the DOD and has proven to be an effective model of treatment and has already seen a lot of success.

"Airmen and commanders should know that this is another resource for them to access behavioral health care. The program provides behavioral support for all kinds of conditions," he said. "Airmen and their families just need to drop in and ask their PCM about it."

Joint Base San Antonio hosts safeTALK briefing

A safeTALK suicide alertness training will take place 1-4 p.m. June 12 at the Joint Base San Antonio-Randolph Chapel Annex. The training will enable attendees to:

- Move beyond tendencies to miss, dismiss or avoid suicide
- Identify people who have thoughts of suicide
- Apply the TALK steps – Tell, Ask, Listen and Keep Safe – to connect a person with suicidal thoughts to suicide first-aid intervention caregivers

For reservations, call Charles Hasberry Jr. at 652-6781 or send an email to charles.hasberry.1@us.af.mil. For more information, visit <http://www.livingworks.net>.

Take 'FIVE' to get free money for your TSP account

By Janis El Shabazz
Air Force Personnel Center

The Thrift Savings Plan has launched the "Take FIVE for Your Future" educational campaign encouraging civilian employees to take advantage of free government TSP matching contributions by putting at least 5 percent from each paycheck into their account.

"Employees who fail to do this are losing out on thousands of dollars that can help them down the road when they get ready to retire," said Carlos Colon, the Air Force Personnel Center benefits and entitlements technical oversight team lead.

The government provides matching contributions on the first 5 percent of pay contributed each pay period. All civilian employees automatically receive a government 1 percent contribution. The first 3 percent will be matched dollar-for-dollar; the next 2 percent will be matched at 50 cents on the dollar. If employees stop making regular employee contributions, the matching contributions will also stop.

The campaign, which also includes a YouTube video, highlights the plan's five core funds and five lifecycle funds available for employee investments.

For employees who are unsure which funds to select, the TSP offers lifecycle funds which automatically manage TSP contributions based on an employee's target retirement date. Each L fund is invested in a combination of the five individual TSP funds to maintain an optimal balance of investment risks and rewards for a particular time horizon.

Colon said a common reason for employees hesitating to make the 5 percent

contribution stems from not understanding how TSP works or not wanting to part with the money from each paycheck.

"While wanting to keep the extra money each month is understandable," he said, "Employees should consider the impact that these contributions can have over the course of a career working for the government."

Colon said according to TSP, an employee earning \$50,000 per year who contributes 5 percent to their TSP, about \$95 per paycheck, and earns an average annual rate of return of 6 percent can potentially have a TSP account worth as much as \$418,000 after 30 years.

"The old financial adage about 'paying yourself first' definitely applies to TSP contributions," Colon said. "The earlier you begin to save for your retirement, the easier it will be to weather short-term market fluctuations and gain the maximum savings benefit."

To learn more about the TSP "Take FIVE for Your Future" campaign, visit the TSP website.

Air Force civilians can make TSP elections through the Employee Benefits Information System.

For more information about other personnel issues, visit the myPers website. To access EBIS select the link under the "I would like to" section. Log into the site with your social security number and EBIS personal identification number.

New users who do not have a PIN must click the "new user" option to create one. Employees, who have forgotten their PIN can reset it by providing six pieces of previously established information. After answering the security questions select, the "forgot login" link and enter the requested information.

Airman's sky-high re-enlistment ends with a flourish

By Robert Goetz
Joint Base San Antonio-Randolph Public Affairs

An Airman assigned to the 902nd Security Forces Squadron at Joint Base San Antonio-Randolph literally soared for his recent re-enlistment ceremony before concluding the event by tapping his inner daredevil.

Tech. Sgt. Taylor Rogal, 902nd SFS NCO in charge of security forces training, traveled with 10 fellow security forces members to an airpark southeast of San Marcos, Texas, the morning of May 15, ascended 6,000 feet in a Super Twin Otter twin-engine aircraft and recited his re-enlistment oath.

Then the fun really began.

After further ascending to 10,000 feet, Rogal jumped out of the aircraft in tandem with an instructor from the Skydive San Marcos skydiving facility, to begin perhaps the most exhilarating five-minute stretch of his life. His fellow Airmen followed his lead, one after the other.

"Skydiving has always been a 'bucket-list' item of mine, and I thought it would be memorable to skydive from 10,000 feet with 10 of my fellow defenders," Rogal said. "There aren't too many people who get the privilege of wearing this uniform and it was a reminder that I truly am blessed to serve our great country and with the men and women of our great Air Force."

Rogal's unique re-enlistment ceremony continued a trend set by Maj. Gregory Bodenstein, 902nd SFS com-



Maj. Gregory Bodenstein (left), 902nd Security Forces Squadron commander, leads the re-enlistment of Tech. Sgt. Taylor Rogal, 902nd SFS training NCO in charge, May 15 prior to skydiving from 10,000 ft. in San Marcos, Texas.

mander, when he joined the squadron two years ago.

"I try to place a special emphasis on re-enlistments so we can take a pause to see the significance of the event," he said. "One way to do that is to have it at a special venue, not just a conference room."

Some of the squadron's re-enlistment ceremonies have taken place at the Alamo, the Taj Mahal and the Missing Man Monument, Bodenstein said.

"A historic site emphasizes that it's an important

milestone in a person's career, and it makes it memorable," he said.

Rogal said he felt no anxiety about his impending skydive as the plane ascended until two civilians leaped out of the plane for their adventure, but he didn't hesitate when his time came.

The skydive itself was peaceful and relaxing, Rogal said.

"The freefall happens so quickly that you just try and take in all the scenery," he said. "Once the chute opened, my tandem instructor and I just had a normal conversation and he pointed out various landmarks around the landing zone."

Bodenstein, who administered the re-enlistment oath, said 10 of the 11 Airmen who were part of the excursion had never skydived before, but the instructors made all of the participants feel at ease.

"They make you feel very safe and comfortable," he said.

Bodenstein said re-enlistment ceremonies like Rogal's bring a "very close-knit unit" even closer together.

An encore may be difficult – for Rogal and the members of his security forces team.

"There have been some jokes around the unit that the next one should be deep sea diving with sharks or rappelling down the Taj, but I haven't really thought about it," he said. "I do know it will be tough to beat this one."



Joint Base San Antonio

FORCE SUPPORT SQUADRON

Monthly Event

June

ARTS & CRAFTS

Framing needs fulfilled at Arts & Crafts

The graphics shop in the JBSA-Lackland Arts & Crafts Center closed its doors for business in May but the frame shop continues to provide custom framing for art work, memorabilia, photographs and more. Patrons should take their items to the frame shop where a professional will assist them in making molding and matte selections. For more information, call 671-2515. The JBSA-Randolph Frame Shop also has expert framers ready to help customers pick out the perfect custom frame for sports awards, special achievements, graduations, etc. They can also help customers pick out a suitable frame for any piece of artwork or memorable photograph. The frame shop will match any off-base price on a comparable custom framing job and customers will not pay sales tax. For more information, call 652-5142.

Bowling

Construction wraps up at bowling center

The renovation of the JBSA-Lackland Skylark Bowling Center is expected to be complete in early June. All lanes will be operational and normal business hours will resume. Patrons are asked to stay tuned for announcements regarding the grand reopening in the Hotline newsletter, Daily Bulletin, Facebook and other media outlets. The celebration will feature bowling specials and more. For information, call 671-1234.

Youth get the ball rolling with Hook-Up-to-Bowling

Youth are introduced to bowling in the Hook-Up-to-Bowling class held at the JBSA-Randolph Bowling Center on Wednesdays in June, 10-11:30 a.m. The cost is \$125 and includes a bowling ball (fee for drilling not included) and a single ball bag. For more information or to sign up, call 652-6271.

Patrons take part in "9 Pin, No Tap Sweeper" tournament

The JBSA-Fort Sam Bowling Center hosts a "9 Pin, No Tap Sweeper" June 14, 1 p.m. The format of the tournament is five games of nine pin no-tap across five pairs of lanes, with bowlers moving one lane to the right after each game. The entry fee is \$30 with \$10 going to lineage and \$20 to the prize fund. For more information, call 221-3683.

Have a ball with Dad on Father's Day

Devote a day to Dad by taking him bowling on Father's Day, June 15. Dads are treated to a free game of bowling and \$1 shoe rental, noon to 5 p.m. at the JBSA-Fort Sam Houston Bowling Center. For more information, call 221-3683.

Take Dad bowling at the JBSA-Randolph Bowling Center for three free games of bowling and \$2.35 shoe rental. The rest of the family can bowl at the special Father's Day rate of \$2.50 per person, per game with \$2.35 rental shoes. For more

information, call 652-6271.

Music and lights entertain customers while bowling

The JBSA-Randolph Bowling Center offers "Cosmic Bowling" Saturdays, 8-11 p.m. Patrons may select and play their own music on an on-line juke box and can enjoy a light show while bowling. For more information, call 652-6271.

Bowlers roll with the pros

The JBSA-Lackland Skylark Bowling Center hosts "Roll with the Pros" in August. In order to participate, patrons are encouraged to join one of the designated "Roll with the Pros" summer leagues. Bowlers receive their choice of a Storm high-end bowling ball or a Storm entry-level ball and a two-bag roller combo. Participants also have the opportunity to meet professional bowlers and receive a free entry into the Storm Pro-Am 9-pin No Tap tournament for a chance to bowl with the top male and female professional bowlers. For more information, call 671-1234.

Community Programs

Harlequin Theatre presents "Don't Dress for Dinner"

The JBSA-Fort Sam Houston Harlequin Dinner Theatre presents "Don't Dress for Dinner" through June 21. See the drama unfold when an evening of hilarious confusion ensues. For more information, call 222-9694.

Adults enjoy fun and games at community center

Adults have the opportunity to relive childhood fun during the JBSA-Lackland Arnold Hall Community Center's "Play Date" June 7, 7 p.m. to midnight. The evening boasts Top 40 music, fun and games like musical chairs and twister for patrons 21 and older. Admission is \$10 with food and beverages available for purchase. For more information, call 671-2619 or 671-2352.

Community center hosts amateur beer making contest

The JBSA-Lackland Arnold Hall Community Center hosts the annual JBSA Master Brewer Competition June 20, 6-7:30 p.m. Winners are selected from the entries in brown ale, blond ale, India Pale Ale, stout and pilsner America. A few lucky attendees will have a chance to sample the beers and select their favorites. The Lackland Performing Arts Group provides live entertainment featuring a variety of music. Admission is free with food and beverages available for purchase. For more information, call 671-2619 or 671-2352.

Force support appreciates all customers

Force Support appreciates its customers at the Parr Club deck June 27, 5-9 p.m., with a free buffet for adults and kids, free swimming, live music, games, face painting, and inflatables. Performing live on stage from 6-9 p.m. is the diverse musical stylings of San Antonio's premiere entertainment experience, Wednesday Ball and The Show. Available games include a

rock climbing wall, a video entertainment gaming theater and an archery "hover ball" shooting gallery. Admission to the Center Pool is free after 5 p.m. As a special thanks to all customers, \$6 Regal movie tickets (limit of 5 per DOD ID card) will be available for purchase at the Community Services Mall (building 895) June 27. The event is sponsored by Gunn Automotive Group, Randolph-Brooks Federal Credit Union and Budweiser. No federal endorsement of sponsors intended.

Clubs

Kendrick Club host buffet and bingo

The JBSA-Randolph Kendrick Club hosts Bingo Extravaganza June 2 and 16. A complimentary buffet begins at 5:30 p.m. and Early Bird bingo begins at 6 p.m. Total jackpots for this event are \$15,000. For more information, call 652-3056.

Celebrate June birthdays with bingo

JBSA-Randolph club members with birthdays in June get one free machine, cake and lots of fun June 10. ID and club card are required. All birthday bingo players can enter their name for a drawing at the end of the bingo session for \$30 in Randolph Club Bucks that can be used at either club. For more information, call 652-3056.

Monte Carlo Night tickets available for purchase

The JBSA-Lackland Gateway Club hosts Monte Carlo Night July 11, 6:30-11 p.m. The evening includes \$2,000 in chips, light refreshments from 6:30-8:30 p.m. and gaming from 7-10 p.m. so patrons can try their luck at blackjack, craps, roulette or poker. Following the gaming, patrons use their play winnings to bid for the various prizes. Patrons interested in participating in Texas Hold 'Em must reserve a spot in advance due to limited seating. For more information, call 645-7034.

Dads treated to pre-celebration buffet

The JBSA-Lackland Gateway Club honors dads with an early Father's Day lunch buffet in the food court June 12, 11 a.m. to 3 p.m. Dad is treated to a variety of delicious entrees such as blackened catfish, fried chicken, shrimp and sausage jambalaya, Jack Daniel barbecue ribs, barbecue brisket, sides, build-your-own salad, desserts and more. Dads feast for \$8.95 and all others for \$9.95. For more information, call 645-7034.

Clubs honor dads while tempting their taste buds

The JBSA-Randolph Parr Club and the JBSA-Lackland Gateway Club are hosting Father's Day buffets June 15. The JBSA-Lackland Gateway Club buffet is from 10:30 a.m. to 2:30 p.m. in the Fiesta Ballroom and entertainment is provided by DJ Stevie Mac Dance Machine. The buffet features

JBSA FSS

rib-eye steak with sautéed onions and sliced mushrooms, blackened catfish fillets, Memphis-style barbecue ribs, rosemary roasted turkey served by a carver, grilled chicken with avocado, tomato and cheese, crawfish boil, stuffed pork chops and barbecue beef brisket. The buffet also includes a build-your-own omelet bar, breakfast bar, sides, salads and desserts. The price of the buffet is \$18.95 for adult members and trainees, \$9.95 for members' children, ages 6-11, \$21.95 for nonmembers and \$10.95 for nonmembers' children, ages 6-11. Children 5 and younger eat for free. To purchase tickets, call 645-7034.

The JBSA-Randolph Parr Club buffet is from 10 a.m. to 1:30 p.m. This event is open to all DOD ID cardholders. The cost is \$27.95 for nonmembers, \$14.95 for children of nonmembers, 6-12 years old, \$22.95 for adult club members, \$12.95 for club members' children and children 5 and younger eat for free. All dads and grandpas can enter their names in a drawing for club gift certificates to be given away on Monday. Reservations are recommended for parties of 10 or more. For more information or to make reservations, call 652-4864 or 658-7445.

Kendrick Club hosts rhythm and blues and jazz music

Join the JBSA-Randolph Kendrick Club June 20, 6-10 p.m., on the Nite Club Patio for some rhythm and blues and jazz music from the Black Ties band. A themed buffet is available for \$10.45 a person and club members receive \$2 off the buffet price. For more information, call 652-3056.

Parr Club celebrates June birthdays with a free dinner

Club members with June birthdays are invited to celebrate their birthday at the JBSA-Randolph Parr Club June 25, 4:30-7:30 p.m., with a free buffet. The buffet includes salad, two vegetables, two starches, two entrées, soup and birthday cake with ice cream. The cost is \$13.95 for adult guests and \$7.95 for their children 6-12 years old. Club members that are not celebrating are invited as well and the cost is \$11.95 for adults, \$5.95 for children 6-12 years old and kids 5 and younger eat for free. For more information, call 645-7034.

Club features Thursday night dinner special

The JBSA-Lackland Gateway Club hosts an all-you-can-eat buffet every Thursday, 4-7:30 p.m., in the food court. The buffet includes items like fried catfish and hush puppies, barbecue pork ribs, Salisbury steak, seasoned steak fries, sides, salads, desserts and beverages. The cost is \$8.95 per person. For more information, call 645-7034.

Fitness and Sports

Students sign up for intramural league play

The JBSA-Fort Sam Houston Fitness Center on the Medical Education and Training Campus is accepting letters of intent for unit teams interested in league play. Team entry requires a letter of intent from the unit or organization signed by the sports representative or commander. Units may have more than one team and no player roster is required. Cadre must be present at all games. Letters of intent must be received by June 2. A coaches/rules meeting is scheduled for June 5, noon, at METC. For more information, call 808-5709.

Two-person teams run 10K relay

Grab a teammate and head to Eberle Park at JBSA-Randolph, June 7, 7:30 a.m., for a two-person team 10K relay

run. The first team member must complete the 5K run route in order for the second member to tag off and start running the next 5K. This event is sponsored by Randolph-Brooks Federal Credit Union. No federal endorsement of sponsor intended. For more information, call 652-7263

Fitness center challenges patrons to tug-of-war

The JBSA-Lackland Gillum Fitness Center hosts a tug-of-war competition June 13, 7:30-9 a.m., with a 1,400 pound team limit. Each team must have at least one female. The sign up deadline is June 12. For more information, call 977-2353.

Athletes lead the way to summer testing endurance

Patrons are encouraged to test their endurance and take part in the summer kickoff triathlon June 15, 7 a.m., at the JBSA-Fort Sam Houston Aquatic Center. Pre-registration is required and the cost is \$20. The registration deadline is June 9. For more information, call 221-4887.

10-mile marathon training run

The JBSA-Randolph Fitness Center welcomes all runners training for a marathon to Eberle Park June 21, 7 a.m., to run a 10-mile course. This is the first of three marathon training runs. This event is sponsored by Randolph-Brooks Federal Credit Union. No federal endorsement of sponsor intended. For more information, call 977-2353.

Fitness centers offers Zumba® classes

Patrons dance calories away and get into shape to the heart-pumping beat of Latin music. The JBSA-Lackland Warhawk Fitness Center classes are Monday through Friday, 4:15-5:15 p.m. The cost to participate is \$2 per class. For more information, call 671-2016.

The JBSA-Fort Sam Houston Fitness Center on the Medical

Education Training Campus holds Zumba® classes Monday, 6-7 p.m., and Tuesday through Thursday, 5-6 p.m. The cost is \$3 per class. For more information, call 808-5709.

Patrons get into shape with free classes

The JBSA-Lackland Gateway Fitness Center offers a variety of free classes during the week. The strength and cardio class held Wednesday and Friday, 11:30 a.m. to noon, burns calories and strengthens muscles through the use of weights, kettle bells and cardio. The TRX Suspension Training® class, held Tuesday and Thursday at 10 a.m., incorporates suspension training using leverage and the user's body weight to tone and strengthen. The Tuesday and Thursday, CoreCutUp class at 10:30 a.m., challenges patrons with a core-concentrated workout. For more information, call 671-2565.

Massage therapy helps patrons relax

The JBSA-Lackland fitness centers has massage therapy available by appointment. Patrons can choose from Swedish, deep tissue, chair and prenatal massages with varying prices. For more information, call 671-4477.

Fitness center offers 24-hour access

The JBSA-Kelly Fitness Center allows patrons with a Department of Defense common access card 24-hour access to the facility. Staff is present Monday through Friday, 6 a.m. to 3 p.m. Members must register their DOD CAC at the JBSA-Kelly Fitness Center to gain access after normal hours. A statement of agreement must be signed at time of registration. Retired military must present a DD Form 2 that includes a DOD identification number versus social security number to register for access. For more information, call 925-4013.

Fitness center offers yoga class

The Hatha Yoga class held at the JBSA-Fort Sam Houston Fitness Center on the Medical Education Training Campus helps build strength, flexibility, lung capacity, balance and mindfulness. Classes are held Mondays, 4:30-5:45 p.m. and Thursdays, 6:15-7:30 p.m. For more information, call 808-5709.

Golf

Warriors invited to scramble

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

Golf course hosts US Open Blind Draw Tournament

Join JBSA-Randolph June 14 for the US Open Blind Draw Tournament. Tee times are from 7-9 a.m. This is an individual low net/low gross tournament. We will draw a PGA professional from the US Open for you to combine your score with. The entry fee is \$10 dollars plus green fees and cart fee. For more information or to sign up, call 652-4653.

Youth and parents have fun golfing

Parents and youth share a fun afternoon together at the Parent/Child Golf Tournament June 15 at the JBSA-Randolph Oaks Golf Course. This is a two-person scramble with tee times from noon to 1 p.m. Lunch is served before the round. The cost is \$20 and includes the green fee and cart rental. For more information or to sign up, call 652-4653.

Youth learn the basics of golf

The JBSA-Randolph Golf Course conducts a Junior Golf Camp June 16-20. Classes are Monday through Thursday, 8-10:30 a.m. and Friday, 9 a.m. to 1 p.m. The cost is \$125 for youth that need clubs, which are his or hers to take home at the conclusion of the camp, or \$50 for youth that already have clubs. The first four days are devoted to lessons on chipping, putting and hitting. Friday is pizza and tournament day. For more information or to sign up, call 652-4653.

Military receive snack bar discount

The snack bar at the JBSA-Lackland Gateway Hills Golf Course has a wide variety of breakfast and lunch menu items. Uniformed military personal who dine at the snack bar receive \$1 off their breakfast or lunch entrée. Call-in orders for pickup are welcome. For more information or to place an order, call 671-3466.

Basic military training graduates receive special discount

Basic military training graduates and their families are eligible to play golf at the JBSA-Lackland Gateway Hills Golf Course for a discounted rate of \$30. The special includes green fee, cart rental and clubs. For more information, call 671-2517.

Patrons custom fit clubs for a better game of golf

Golfers in the market for a new set of Ping clubs are in

luck. JBSA-Randolph Oaks Golf Pro Shop is certified for Ping custom club fitting. Custom fitting for other golf clubs is also available. To schedule your personalized fitting, call 652-4653.

Information, Tickets and Travel

Discount amusement park tickets available

JBSA-Lackland Information, Tickets and Travel offers discounted tickets to the Wizarding World of Harry Potter-Daigon Alley at Universal Studios in Orlando, Fla. This new attraction opens this summer as an addition to the Harry Potter adventure. ITT sells one-day park-to-park adult admission tickets for \$136 and \$130 for children ages 3-9 years old. Two-day park-to-park tickets cost \$164.80 for adults and \$155.40 for children ages 3-9 years old. For more information, call 671-3133.

Youth Horsemanship Camp
Available June through August

Fort Sam Houston Equestrian Center

Youths ages 7 - 17 will learn basic horsemanship skills in this five-day camp, Monday - Friday, 9 a.m.-3 p.m.
Call today, 224-7207. Space is limited!

FORCE www.FortSamMWR.com JBSA

Group tour to Choctaw Casino

JBSA-Lackland Information, Tickets and Travel offers a group casino trip to Choctaw located in Grant, Okla., June 29-30. Cost is \$87 per person based on double occupancy or \$127 per person for single occupancy. The cost includes transportation, one night hotel stay, tax, \$20 in casino cash and discounted meals. Patrons are encouraged to book early as limited spots are available. For more information, call 671-3133.

Information, Tickets and Travel sells circus tickets

Discount tickets to the Ringling Brothers Barnum and Bailey Circus are available at Information, Tickets and Travel

facilities located at JBSA-Lackland and JBSA-Randolph. Performances are July 2-6. Patrons are encouraged to shop early for best seat selection. For more information, call JBSA-Lackland at 671-3133 or JBSA-Randolph at 652-5242.

Explore Alaska with Princess Cruises

JBSA-Lackland Information, Tickets and Travel invites patrons to explore Alaska aboard the Princess cruise liner Grand Princess, Sept. 14-21. The eight-day cruise begins in Seattle moving on to Tracy Arm Fjord, Ketchikan for scenic cruising, then on to Juneau, Skagway and Victoria, British Columbia. Rates start at \$1,464 per person and gratuities are not included. Transfers are \$48 per person based on round-trip. A 20 percent cruise fare per person and \$10 booking fee are due at time of deposit. Final payment is due June 25. For more information, call 671-7111.

Summer fun begins at local theme parks

San Antonio's favorite local theme parks are open for the summer season. Get your discounted tickets to Six Flags, Schlitterbahn Water Park and Sea World at JBSA-Randolph Information, Tickets and Travel. For information, call 652-5242, option 1.

Patrons get ready for football

JBSA-Lackland Information, Tickets and Travel sells all-inclusive Dallas Cowboy packages with transportation from JBSA-Lackland ITT to Arlington, Texas. The packages include one night's accommodations at the Holiday Inn, Fort Worth South with room tax based on double occupancy, full hot breakfast, transportation between the hotel and game and tailgate party with complimentary full buffet. Packages are available for every home game with prices at \$379 for double occupancy, \$440 for single occupancy and \$359 for triple or quadruple occupancy. For more information, call 671-3059.

Information, Tickets and Travel offers trips to casino

The JBSA-Randolph Information, Tickets and Travel office offers several trips to the Grand Casino Coshatta in Kinder La., throughout the year. Remaining trips are scheduled for July 15-16, Sept. 16-17 and Nov. 18-19. Each trip includes round-trip motor coach transportation, hotel accommodations and a voucher for \$23 from the casino. The bus departs at 7:30 a.m. and returns at approximately 9:30 p.m. the next day. Cost is \$60 for double occupancy or \$120 for single occupancy. For more information or to sign up, call 652-5242, option 1.

Library

Adults, teens and children enjoy reading over summer

The library "Paws to Read" reading program begins at all three JBSA locations. Sign ups for the program begin June 1 at JBSA-Lackland, June 5 at JBSA-Randolph and June 6 at JBSA-Fort Sam Houston. Children, as well as teens and adults, are invited to enjoy reading and a chance to earn great prizes throughout the summer. Special activities begin June 17 at 10 a.m. JBSA-Lackland, June 18 at 10 a.m. at JBSA-Randolph and June 19 at 10 a.m. at JBSA-Fort Sam Houston. Check

with the individual libraries for details. For more information, call JBSA-Fort Sam Houston at 221-4702, JBSA-Lackland at 671-3610 and JBSA-Randolph at 652-5578.

Gamers meet their match at monthly gaming day

The JBSA-Fort Sam Houston Keith A. Campbell Memorial Library hosts its monthly gaming day June 13, 5:30-7 p.m. Gamers can choose from Xbox, Wii, PS3 and classic board games. For more information, call 221-4702.

Military & Family Readiness Center

Special needs families benefit from workshop

A two-day specialized training for military families with special needs children takes place June 2-3 at the JBSA-Fort Sam Houston Military & Family Readiness Center, building 2797. This workshop will guide families with special needs children through multiple complex systems that exist in the military, educational programs and within their community. To register or for more information, call 221-0497

Patrons learn about credit scores

The JBSA-Randolph Military & Family Readiness Center is holding a class on the importance of credit scores June 17, 9-10:30 a.m. During this class, attendees learn about credit scores and how they can affect all aspects of life, how to interpret credit reports and how to identify and correct common errors. For more information, call 652-5321.

Patrons learn interview techniques

The JBSA-Randolph Military & Family Readiness Center hosts "Interview with Confidence," June 19, 10 a.m. to noon. The class covers different types of interviews, what to expect and common questions. For more information, call 652-3321.

Youth and dads play basketball

The JBSA-Fort Sam Houston Military & Family Readiness Center is hosting a Father's Day basketball tournament June 13, 6-8 p.m., at the Middle School Teen Center. There are eight-minute quarters followed by a winner's game. A fitness expert provides a short presentation and light healthy snacks are available. Patrons must be a DOD ID cardholder to participate and must sign up by June 6. Prizes will be awarded to the winners. For more information, call 221-0349.

Camps available to special needs children

Joint Base San Antonio offers free, entertaining four-day camps for Exceptional Family Member Program special needs children, ages 6 to 18. The camps take place at the JBSA-Fort Sam Houston Elementary School, June 23-26 and July 21-24 from 9 a.m. to noon, the JBSA-Lackland Freedom Chapel, June 9-12 from 9 a.m. to noon and the JBSA-Randolph Chapel Fellowship Hall, July 8-10 from 9 a.m. to noon. To register, call 221-1616 or 221-2962 for JBSA-Fort Sam Houston, 671-7636 for JBSA-Lackland and 652-5321 for JBSA-Randolph.

Outdoor Recreation

Youth gallop their way to summer horse camps

The JBSA-Fort Sam Houston Equestrian Center offers summer camps. Youth, ages 7-17, are taught horsemanship skills in a fun environment. The first camp starts June 9

and the last camp starts Aug. 4. The cost is \$275 with a \$50 non-refundable deposit required at registration. For more information, call 224-7207.

Leave the traffic behind and get away on a horse

The JBSA-Fort Sam Houston Equestrian Center offers one-hour trail rides Saturday and Sunday for patrons, ages 7 and older. Adults must accompany children under age 13. Riders must be at least 54 inches tall and weigh no more than 200 pounds. Reservations are required and may be made in person or by phone. For more information, call 224-7207.

Season pools passes available for purchase

Season pool passes are available at all JBSA locations. The cost for an individual season pool pass is \$45, a student season pool pass is \$35 and a family (three-persons) season pool pass is \$85 with a \$10 for each additional family member. Season pool passes may be purchased at the JBSA-Fort Sam Houston Aquatic Center, the JBSA-Lackland Skylark Aquatics Center and the JBSA-Randolph Community Services Mall. For more information, call 221-4887 for JBSA-Fort Sam Houston, 671-3780 for JBSA-Lackland and 652-5142 for JBSA-Randolph.

Annual pass saves money at Canyon Lake

Purchase a one-year JBSA Recreation Park at Canyon Lake annual pass for \$65 and enjoy the lake all summer. This pass gets you into the Sunny Side and Hancock Cove sides of the park. Annual passes include a vehicle and boat/trailer pass and are not charged the boat launch fee. Without an annual pass, the daily entry fee for the park is \$7 per visit. For more information, call 830-226-5357.

Equipment for summer recreation available for rent

All JBSA equipment rental centers have a wide variety of equipment available for summer picnics, camping trips, water fun and more. For more information, call the JBSA-Fort Sam Houston Outdoor Recreation at 221-5224 or 221-5225; the JBSA-Lackland ORC at 925-5532 or 952-5533 or the JBSA-Randolph ORC, call 652-5142.

Salado Creek Park available for summer fun

The JBSA-Fort Sam Houston Salado Creek Park is perfect for family fun and events. The 13-acre park is adjacent to Salado Creek and is open daily from 8 a.m. to 9 p.m. Ten picnic areas are available to rent for \$15 and accommodate 25 people. Two large patio areas, accommodating 50 or more people, are available for \$30 and a covered pavilion is available for \$45. Reservations can be made up to a year in advance at the Outdoor Equipment Center and includes picnic tables and the barbecue stand. The park also features a volleyball court and playground areas. For more information, call 221-5224.

Boaters learn safety before getting on the water

Boater's safety certification is required for all boats rented at the JBSA Recreation Park at Canyon Lake. Outdoor Recreation in the Community Services Mall, building 895, offers the classes for only \$2 per person. Allow at least two hours to complete this course. For more information, call 652-5142.

Archery range hosts 3-D archery competition

The JBSA-Camp Bullis Archery Range hosts a 3-D competition June 28-29, 8 a.m. to 1 p.m. Registration is from 8-10 a.m. and the course needs to be completed by 1 p.m. There

is a \$10 fee for the fun shoot or a \$15 fee for the competition shoot. For more information, call 295-7577.

Youth and Children

Dunking and donuts with Dad

JBSA-Randolph Youth Programs hosts a father and son outing June 7, 10 a.m., to help celebrate Father's Day. Share a delicious donut breakfast with Dad and enjoy some quality time together playing basketball. This free breakfast is open to families with sons 5 years and older. To sign up, call 652-3298 by June 4.

Parents have a chance for a fun and relaxing time

JBSA-Lackland Youth Program and JBSA-Lackland Child Development Program has "Give Parents a Break/Parents' Night Out" child care June 14, 1-5 p.m. The fee is \$15 per child or free with a GPAB referral. For more information, call 671-2388 for Youth Programs or 671-1072 for the CDP.

Earn extra income caring for children

JBSA-Lackland Family Child Care offers military spouses the opportunity to add to family income by becoming a Family Child Care provider for infants, toddlers, preschoolers and school-aged children in their own home. There is special need for children in the Extended Child Care program and children with special needs and chronic health problems. Training is provided with courses offered monthly. For more information, call 671-3376.

Instructional programs available for youth

JBSA-Lackland Youth Programs offers instruction in dance, guitar, piano and martial arts. Class dates and times vary according to age. Enrollment is ongoing and limited space is available. For more information, call 671-2388.

Registration for British Soccer Camp continues

JBSA-Lackland Youth Programs continues to accept registration for British Soccer Camp through June 30. The camp takes place at Youth Programs July 21-25 and is provided by Challenger Sports. Activities include individual foot skills, technical drills, tactical practices, small-sided games, coached scrimmages and more. Children ages 3-16 are encouraged to participate in age targeted sessions: First Kicks, age 3; Mini Soccer, ages 4-5 years and Half Day Camp, ages 6-16 years. Prices range from \$89-\$137 depending on age category. Visit <http://www.challenger.mycustomervent.com> to register and make payments. For more information, call 671-2388.

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



Joint Base San Antonio-Randolph News Briefs

Road repair work schedule changes

The construction of South Gate Road begins June 9 and will finish by Sept. 15. Signs will be posted and a temporary entry and alternate road will be constructed for vehicles to enter Joint Base San Antonio-Randolph at South Gate. Signs will notify drivers of the temporary entry. For more information, call 652-1312.

Reporting fraud, waste or abuse

Members of the public, military members, civilian and Department of Defense contractor employees may report suspicious activity concerning fraud, waste or abuse and employee or management misconduct. Report suspected FWA to your local Inspector General, the 502nd Air Base Wing IG or the DOD FWA Hotline. The 502nd ABW/IG FWA hotline is 808-1000 or visit <http://www.jbsa.af.mil/fwa.asp>. The DOD hotline is 800-424-9098 or visit <http://www.dodig.mil/hotline>.

Mass BAH recertification

The 502nd Comptroller Squadron Financial Services Office will host a Joint Base San Antonio Basic Allowance for Housing mass recertification from 8 a.m. to 1 p.m. June 20 at JBSA-Lackland, building 5616, room 118. Attendees need to bring original or notarized copies of the following: birth certificates of dependents, marriage certificates or divorce decrees. All legal documents that justify entitlement to "With Rate BAH," for example: notarized agreements or dependency determinations, DD214 for spouse recently separated or retired. Participants will have to fill out a new AF Form 594 that day. For more information, call 652-1851.

Check us out on . . .

- Facebook: Joint Base San Antonio, JBSA-Fort Sam Houston, Lackland JBSA and JBSA-Randolph
- Twitter: @JBSA_Official, @JBSAFSH, @JBSALackland and @JBSARandolph
- YouTube: Joint Base San Antonio

Wildfire Safety Tips

Wildfire is a serious threat to lives and property. Drought, high winds, and dry plants and trees can increase the chance of a fire. Promote and practice wildfire safety in your community.

Homeowners should be aware of these simple steps to prepare for the wildfire season:

- Remove pine needles and dry leaves from within five feet of your home.
- Sweep porches and decks to clear pine needles and leaves.
- Keep wood piles 30 feet from your home.
- Develop and practice a home evacuation plan, and create a family communication plan. This will help everyone know what to do if there is a fire.

Did you know? Wildfires burned more than 4.3 million acres in 2013.

Information provided by the U.S. Fire Administration and the Federal Emergency Management Administration, <http://www.usfa.fema.gov>

JBSA-Randolph Chapel Regular Schedule

PROTESTANT

Sunday

8:15 a.m. service, Main Chapel

11 a.m. service, Religious Activity Center (building 975)

CATHOLIC

Monday-Thursday

11:30 a.m. daily Mass, Main Chapel

Saturday

5:30 p.m. Mass, Main Chapel

Sunday

8:30 a.m. Mass, Religious Activity Center (building 975)

11:30 a.m. Mass, Main Chapel

Joint Base San Antonio 502nd Comptroller Squadron Financial Services Office

Customer Service Walk In Locations:

JBSA-Fort Sam Houston
2250 Engineer St.
building 4196

JBSA-Lackland
1561 Stewart St. Suite 1
building 5616

JBSA-Randolph
550 D St. East Suite 2
building 399

Normal hours of operation:

8 a.m. to 3 p.m., Monday-Friday

8 a.m. to 2 p.m., Wednesday

Email or call the Financial Service Contact Center:

Email: finance.callcenter@us.af.mil

Phone: 652-1851; DSN 487

Important dates for June:

June 6: Financial Services Office will be closed for 502nd Air Base Wing Sexual Assault Prevention and Response stand-down day.

June 17: Financial Services Office opens 1-3 p.m, 502nd Comptroller Squadron change of command ceremony

June 20: JBSA-wide BAH mass recertification at JBSA-Lackland, building 5616, room 118
JBSA-Randolph and JBSA-Fort Sam Houston will continue with normal operations.

For emergencies when the office is closed, contact your first sergeant.

LESSONS from P2

So why should anyone care about this highly personal story? Because there are many people like my wife and many people like me. There are people suffering, scarred, afflicted, overburdened and unfairly judged – unsure if something is wrong with them or if they can even ask for help. There are also people in a position to help, but unsure of what to do.

For the last 65 years, May has been designated as Mental Health Awareness Month. For a lot of us these monthly observances, of which there are plenty, are easy to dismiss or blithely endorse. It usually takes a personal stake in an issue to really care about it. My personal experiences with my wife and family have made me an advocate for the treatment of the suffering. That means not only encouraging those who need it to seek help, but also encouraging others to treat the suffering with patience and kindness, even if they can't understand them.

I've seen the consequences when people don't get support and while there's no catchall method to stop someone from hurting him or herself, treating all people with dignity and

compassion is the right place to start. Sometimes we don't understand the influence we cast on others, how a kind action or showing genuine concern can seriously alter somebody's day for good and how meanness, cruelty or indifference can do the opposite. It's possible that kindness is all it can take to convince somebody they can ask for help or that they're valuable enough to be cared about.

Cece tells me the hardest thing about asking for help is the inevitable stigma that comes with it. She used to be afraid to talk about her feelings and problems because it was embarrassing and perceived as weakness. Also, personal cases of depression are hard for others to understand.

Much effort has been made to promote the truth that asking for help isn't a sign of weakness. However, this gives little comfort to people when they're being ostracized at work or being treated differently by friends and family.

This is why all of us have a responsibility to value the people around us. It's important to treat those seeking help kindly, because despite progressive efforts, negative attitudes still exist.

I'm not writing this to ask you to change your mind about mental health. If you truly believe someone is faking a condition or if you think they're too sensitive or weak for asking for help, chances are I'm not going to convince you otherwise.

Instead, compassion is my gospel. Treat those suffering, even if you're skeptical, with mercy.

There's no simple solution to the ailments of mental health. No acronyms, pills, PowerPoint slides, books, slogans or training can cure anxiety, depression or PTSD. There is, however, a universally good starting point, which is being respectful and compassionate to everyone, but especially to those who share their struggles and seek help.

If we do this, the worst thing we can do is be excessively nice. The best we can do may be to bring someone back from the abyss. Kindness, mercy and compassion are traits I value in people above all else. Her abundance of these is one of the reasons I fell in love with Cece when we were dating in 2008, and her enduring and helpful nature has inspired me and helped me be a better person ever since.

Celebrated poet John Donne poignantly wrote: "Any man's death diminishes me because I am involved in mankind."

As human beings, Americans, service members and Airmen, we should not take the suffering of our own lightly or callously, but as a detriment to our family. Every single loss diminishes the whole, and every single person in the world is important.

In our living room we proudly display the painting Cece attacked with a knife. Its presence reminds me that we all have flaws and need support in our weakest moments.

As human beings, the mistakes we make and scars we give and take can't be undone any more than knife punctures can be erased from a canvas. We can never take back what we say and do. The wounds we endure never completely heal. However, as someone's fellow human being, we have the chance to help by supporting each other.

The most important thing in life isn't what you did or what you'll do, but what you're willing to do now. There's no nobler impulse in mankind than mercy, and there's an abundance of people in the world who need it. Help them.

Technology Expo

The Joint Base San Antonio-Lackland Annual Technology Expo is Wednesday 9:30 a.m. to 1:30 p.m. at Mitchell Hall on JBSA-Lackland. For more information, contact Marissa Perez at 210-671-3200.

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.